

# ***CONTENTS***

	<b><i>Page</i></b>
Acknowledgements	- v
List of tables	- xiii
List of figures	- xv
Abbreviation	- xvi
<b>Chapter - I INTRODUCTION</b>	- 1
1.1 Background of the study	- 1
1.2 Psychosocial or mental health	- 5
1.2.1 Psychosocial or mental health traits	- 5
1.2.1.1 Depression	- 5
1.2.1.2 Loneliness	- 7
1.2.1.3 Cognitive function	- 9
1.2.2 Phobia	- 10
1.2.2.1 Claustrophobia	- 10
1.2.2.2 Altophobia/Acrophobia	- 10
1.2.2.3 Thanatophobia	- 10
1.2.2.4 Autophobia/Monophobia	- 10
1.3 Nutritional Status	- 11
1.4 Quality of Life	- 13
1.5 Activities of daily living (ADL) and Instrumental activities of daily living (IADL)	- 14
1.6 Factors affecting psychosocial health	- 15
1.7 The oldest-old people	- 16

	<i>Page</i>
1.8 The oldest-old people vis-à-vis psychosocial/mental health	- 18
1.9 The oldest-old people and psychosocial health: A brief global literature review	- 19
1.9.1 Depression vis-à-vis associated variables: oldest-old people	- 19
1.9.2 Loneliness vis-à-vis associated variables: oldest-old people	- 21
1.9.3 Cognitive function vis-à-vis associated variables: oldest-old people	- 23
1.10 The oldest-old people, general health and nutritional status: A brief global literature review	- 25
1.10.1 Quality of life vis-à-vis associated variables: oldest-old people	- 25
1.10.2 Activities of Daily Living (ADL) & Instrumental Activities of Daily Living (IADL) vis-à-vis associated variables: oldest-old people	- 26
1.10.3 Nutritional status vis-à-vis associated variables: oldest-old people	- 27
1.11 The oldest-old people and psychosocial health: A brief Indian literature review	- 28
1.11.1 Depression vis-à-vis associated variables: oldest-old people	- 28
1.11.2 Loneliness vis-à-vis associated variables: oldest-old people	- 30
1.11.3 Cognitive function vis-à-vis associated variables: oldest-old people	- 30
1.12 The oldest-old people, general health and nutritional status: A brief Indian literature review	- 31
1.12.1 Quality of life vis-à-vis associated variables: oldest-old people	- 31

1.12.2	Activities of Daily Living (ADL) & Instrumental Activities of Daily Living (IADL) vis-à-vis associated variables: oldest-old people	-	31
1.12.3	Nutritional status vis-à-vis associated variables: oldest-old people	-	32
1.13	Rationale for conducting the present study	-	34
1.14	Objectives of the study	-	34
1.15	General hypothesis	-	35
<b>Chapter - II</b>	<b>MATERIALS AND METHODS</b>	-	36
2.1	Area of study	-	36
2.1.1	The District of Paschim Medinipur	-	36
2.1.1.1	Geographical location	-	36
2.1.1.2	Administrative Distribution	-	37
2.1.1.3	Climate: Temperature, rainfall & seasons	-	38
2.1.1.4	River and Drainage system	-	38
2.1.1.5	Soil type	-	39
2.1.1.6	Floral and faunal wealth	-	39
2.1.1.7	Population of the district	-	40
2.1.2	The town of Midnapore: A snapshot	-	41
2.2	Study population: The Bengali Hindus	-	43
2.2.1	Distribution	-	43
2.2.2	The biological and social characteristics	-	44
2.3	Study design	-	44
2.4	Study participants	-	45
2.5	Sampling method	-	45
2.6	Age estimation	-	46
2.7	Research ethics	-	46

2.8	Period and duration of field work	-	46
2.9	Data type	-	47
2.9.1	Demographic Profile	-	47
2.9.2	Socioeconomic Profile	-	47
2.9.3	Depression	-	47
2.9.4	Loneliness	-	49
2.9.5	Cognitive Function	-	50
2.9.6	Nutritional Status	-	52
2.9.7	Quality of Life	-	56
2.9.8	Activities of Daily Living	-	57
2.9.9	Instrumental Activities of Daily Living (IADL)	-	60
2.9.10	Anthropometric measurements	-	62
2.9.11	Derived anthropometric indices	-	62
2.10	Statistical Analyses	-	63
2.10.1	First Set of Statistical Analysis	-	63
2.10.2	Second Set of Statistical Analysis	-	63
2.10.3	Third Set of Statistical Analysis	-	63
2.10.4	Fourth Set of Statistical Analysis	-	64
2.10.5	Fifth Set of Statistical Analysis	-	64
<b>Chapter - III</b>	<b>RESULTS</b>	-	66
3.1	Descriptive and comparative analyses	-	66
3.2	Inferential analyses	-	93
<b>Chapter - IV</b>	<b>DISCUSSION</b>	-	111
4.1	Oldest-old and psychosocial health: Some observations	-	111
4.2	Recapitulations and implications of the results	-	114
4.2.1	Psycho-social/ Mental health traits: General observation	-	120

4.2.1.1	Psycho-social/ Mental health traits: Depression	-	120
4.2.1.2	Psycho-social/ Mental health traits: Loneliness	-	124
4.2.1.3	Psycho-social/ Mental health traits: Cognitive function	-	126
4.2.1.4	Psycho-social/ Mental health traits: Quality of life	-	128
4.2.2	Nutritional Status: observation and correlates	-	130
4.2.3	Activities of Daily Living (ADL) and Instrumental Activities of Daily Living (IADL): some observations	-	132
4.2.4	Morbidity status: some observations	-	134
4.3	Strengths and limitations of the study	-	136
4.4	Concluding remarks	-	136
<b>Chapter - V</b>	<b>SUMMARY</b>	-	139
	<b>REFERENCES CITED</b>	-	152