

Constituents of healthy ageing**P V Ramamurti**

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Maintenance of good health may need knowledge on what constitutes good health and a motivation to keep it so. The present study investigates the importance of knowledge and attitude to health as components of well-being in old age. A multistage random sample of 320 men and women from rural and urban areas of Chittoor District were assessed on subjective health status, knowledge of components of good health and attitude towards health. Results showed that men had better knowledge and attitude towards health than women. The subjects in rural and urban areas belonging to higher social and economic classes were found to have better knowledge and more favorable attitudes toward good health than others. Interventions need to be directed towards the poorer groups on the issues of improving knowledge and motivation towards good health practices. A model was developed based on this study.

Efficacy of an educational programme for the aged: An evaluative study**Sajjan Singh, R S Singh, D S Baghel**

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The Ashram System of the life style has been advocated in various Indian Scriptures since ancient times, and that the Vanprashaprasth Life style for third age (elderly) was the best suited to give a contented, satisfied and productively active old age. To prove this a study was conducted to evaluate the efficacy of an educational programme in bringing about changes in mental health and quality of life of the elderly. The sample consisted of 100 persons aged 50+ in each of the treatment and control groups from urban and rural areas of Rewa, a district of Madhya Pradesh. The educational package consisted of lessons on Yogic postures (*asanas*) and breathing exercises (*pranayama*), meditation, psychology, physical health, social relationships, financial management and spirituality. The lessons had their underpinnings in the traditional Indian Ashram view of life. A before-after design of research was employed in which the Ss were tested

before 5-day camps, meant for imparting education, and after the camps. To compare the changes in mental health and quality of life resulting from this educative programme, a control group of elders, not educated in the above manner was also tested twice with an interval of 5-days between the testings. To assess Ss status on mental health parameters and quality of life, tests for depression, death anxiety, insecurity and quality of life were used. The differences between the pre-and post-test scores of the treatment group were compared with the differences in the pre-and post-test scores of the treatment control group. Statistically significant differences were obtained in case of depression ($t=3.19$; $p = .01$), death anxiety ($t = 7.43$; $p = .01$) and quality of life. ($t = 4.78$; $p = .01$). The treatment group showed more decrement in the level of depression and death anxiety and more increment in the level of quality of life than the control group. Though the value of 't' was not significant in case of insecurity, the treatment group did have an edge over the control group in terms of decrement in insecurity. The results as a whole indicated the efficacy of the educational programme

An evaluation by residents of senior 'Pay and Stay' homes in the southern region of India**Jyotsna M Kalavar, D Jamuna**

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In the past decade, a rapid demographic rise in the gerontological population, increase in dual-career families, changing values, and the crunch of time, space, and money have created new challenges with regard to elder care. Against the backdrop of social change, India has seen a gradual rapid proliferation of 'pay and stay homes' for the elderly, especially in urban communities. On a continuum, these homes run the gamut from dormitory-style accommodation to upscale, resort-style arrangements. This project examined 'pay and stay' homes in four cities of South India namely; Chennai, Tiruvananthapuram, Hyderabad, and Bangalore. The various types of 'pay and stay homes' will be depicted, followed by an examination of the monthly payment, the duration of stay by residents, and reasons