

Provincial situation of elderly population in Nepal

Hom Nath Chalise^{1,2*}

¹Faculty Member, Department of Public Health, Nobel College affiliated to Pokhara University, Sinamangal, Kathmandu, Nepal

²Vice President, Population Association of Nepal, Kathmandu Nepal

*Author for correspondence:
Email: chalisehkp@gmail.com

Received date: June 08, 2020
Accepted date: June 24, 2020

Copyright: © 2020 Chalise HN. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Citation: Chalise HN. Provincial situation of elderly population in Nepal. Am J Aging Sci Res 2020; 1(1): 9-11.

Abstract

The world is witnessing a rapid demographic shift towards an aging population. People are living longer due to advances in education, technology, medicine, food distribution, and sanitary conditions. According to the 2011 census data, Nepal had a total of 2,154,003 elderly 60 years and above which accounts for 8.1 percent of the total population of Nepal. Nepal has a total of seven provinces declared in 2015. Province 4 has the highest (11.8%) elderly and province 6 has the least (5.6%) elderly 60 years and above. The provincial government should launch some activities for the well-being of its citizens as the number will increase rapidly in the coming days as well.

Keywords: Nepali elderly, Province of Nepal, Nepal, Aging

Introduction

Aging is a global issue of importance in the 21st century. The world is witnessing a rapid demographic shift towards an aging population. People are living longer due to advances in education, technology, medicine, food distribution, and sanitary conditions. Thus, population aging is ubiquitous, regardless of a nation's level of development [1]. However, there is very little research focusing on issues of older adults, particularly in poorer and developing countries [2,3]. So, much research in this field will help for the possible policy formation for the quality of life of older adults [3].

For a country like Nepal whose life expectancy was around 54 years in 1991 [4,5] is now expected to increase to 71 years in 2020. Data shows that in every two years, average life expectancy is increasing by one year in Nepal [6]. In Nepal, the Elderly population growth rate is quite higher than the population growth rate [2,3]. Different cross-sectional or review article shows that majority of Nepalese elderly are living with their children [2,3,7-9]. In the Nepali culture, generally, parents prefer to live with their children especially with son [2]. A study shows more than 80% live with their children and only 2.7% of the elderly were living with their daughters [2,3]. Children are also considered as insurance for old age because another social security system is not well developed in Nepal [2,3,11]. Recently in recent decades, the numbers of youth going abroad for employment and higher studies is increasing rapidly. Anecdotal information indicates that the effect of internal and out-migration has much affected the life of elderly people [12].

Nepal declared in 7 provinces on 20 September 2015 in accordance with schedule 4 of the Constitution of Nepal [13]. In Nepal census takes place every 10 years. The latest census was held in 2011 and the next census will be held in 2021. So, there is no provincial level elderly data which can be easily available in Nepal.

This short communication paper tries to present the provincial situation of the elderly in Nepal. It uses the re-arranged data from the 2011 census of Nepal.

Table 1 shows the provincial distribution of the elderly population in Nepal. As of 2011 Census of Nepal, there were a total of 2,154,003 elderly 60 years and above. Among the total elderly population, the highest proportion is in province 3 (21.2%), followed by province 2 (18.8%), province 1 (18.2%), and only 4.1% elderly are in province 6. Similarly, the total proportion of the elderly in Nepal was

| Province | Total Population | | Elderly Population | | Elderly Population | | Sex Ratio of Elderly |
|----------|------------------|-----------|-----------------------|---------------------------------------|--------------------|-----------|----------------------|
| | Total | Elderly | Proportion (Province) | Proportion (Total elderly Population) | Female | Male | |
| 1 | 4,834,943 | 393,031 | 8.1 | 18.2 | 196,513 | 196,518 | 100.0 |
| 2 | 5,404,145 | 405,698 | 7.5 | 18.8 | 194,515 | 211,183 | 108.6 |
| 3 | 5,529,452 | 455,987 | 8.2 | 21.2 | 235,920 | 220,067 | 93.3 |
| 4 | 2,403,757 | 282,981 | 11.8 | 13.1 | 147,042 | 135,939 | 92.4 |
| 5 | 4,499,272 | 336,351 | 7.5 | 15.6 | 166,677 | 169,674 | 101.8 |
| 6 | 1,570,418 | 87,636 | 5.6 | 4.1 | 44,369 | 43,267 | 97.5 |
| 7 | 2,252,517 | 192,766 | 8.6 | 8.9 | 104,475 | 88,291 | 84.5 |
| Total | 26,494,504 | 2,154,003 | 8.1 | 100.0 | 1,089,511 | 1,064,939 | 97.7 |

Table 1: Provincial Distribution of elderly Population in Nepal, 2011 census.

8.1%. Province wise the proportion of the elderly shows it is highest (11.8%) in province 4 and followed by province 7 (8.6%), and least in province 6 (5.6%).

Further composition of male and female elderly is measured through the sex ratio which gives the number of male elderly per 100 female elderly. Sex ratio above 100 is considered as an excess of male and sex ration below 100 is considered as an excess of females. The sex ratio of 100 implies both male and female is equal. The total sex ratio of the elderly 60 years and above of Nepal was 97.7 which imply there was excess of a woman in the total elderly population. In other words, there were nearly 98 males per hundred female elderly. Province 1 has nearly equal male and female elderly. Province dominated by elderly male is province 2 and province 5 only. Province dominated by female elderly is province 3, province 4, province 6, and province 7. Province 7 has only 84 males per hundred female elderly.

There is still a paucity of research carried out focusing on the issues of the elderly. With increasing population quality of life elderly should be focused [14]. Previous research has already focused on health aspects of the elderly [15-17] and mental health of the elderly [18]. Now, the provincial government should promote to carry out some local-level research and their findings should be incorporated in the policy formulation. It will help to promote the quality of life of the elderly.

References

1. Chalise HN, Saito T, Takahashi M, Kai I. Relationship specialization amongst sources and receivers of social support and its correlations with loneliness and subjective well-being: A cross sectional study of Nepalese older adults. Archives of gerontology and geriatrics. 2007 May 1;44(3):299-314.
2. Kudo S, Mutisya E, Nagao M. Population aging: An emerging research agenda for sustainable development. Social sciences. 2015 Dec;4(4):940-66.
3. Chalise HN, Paudel BR. Elderly Abuse among Community-Living Older Adults of Least Developed Country-Nepal. Arch Phys Rehabil Med. 2020;1(1):1-8.

4. Chalise HN. Demographic situation of population ageing in Nepal. Kathmandu University Medical Journal. 2006 Jul 8;4(3):354-62.
5. Chalise HN, Brightman JD. Aging trends: Population aging in Nepal. Geriatrics & Gerontology International. 2006 Sep;6(3):199-204.
6. Chalise HN, Ghimire-Risal PK. Does Population Ageing Affect the Least Developed Country Like Nepal?. Open Access Journal of Gerontology & Geriatric Medicine. 2018; 3(4):555618. DOI: 10.19080/OAJGGM.2018.03.555618.
7. Chalise HN, Basnet M. Abuse of older adults residing in the community of Nepal. Journal of Gerontology and Geriatric Research. 2017;6(2):1-5.
8. Chalise HN, Saito T, Takahashi M, Kai I. Relationship specialization amongst sources and receivers of social support and its correlations with loneliness and subjective well-being: A cross sectional study of Nepalese older adults. Archives of Gerontology and Geriatrics. 2007; 44(3):299-314. <https://doi.org/10.1016/j.archger.2006.07.001>.
9. Chalise HN, Saito T, Kai I. Correlates of loneliness among older Newar adults in Nepal. Nihon Koshu Eisei Zasshi (Japanese Journal of Public Health). 2007;54(7):427-33.
10. Chalise HN. Social support and its correlation to loneliness and subjective well-being of Nepalese older adults. Asian Social Work and Policy Review. 2010; 4 (1):1-25.
11. Malakar I, Chalise HN. Perception of Elderly towards Social Security Allowance in Nepal. South Asian Journal of Social Studies and Economics. 2019; 2(4):1-9. <https://doi.org/10.9734/sajsse/2018/v2i430008>.
12. Khanal P, Rai S, Chalise H. Children's migration and its effect on elderly people: A study at old age homes in Kathmandu. American journal of Gerontology and Geriatrics. 2018;1(1):1001.
13. Secretariat CA, Durbar S. Constitution of Nepal 2015. Kathmandu: Constituent Assembly Secretariat. 2015 Sep 28.
14. Joshi MR, Chalise HN, Khatiwada PP. Quality of life of Nepalese elderly living in rural Nepal. Journal of Gerontology and Geriatric Research. 2018; 7:484. <http://dx.doi.org/10.4172/2167-7182.1000484>.
15. Chalise HN, Rosenberg E. Social and Health Status of Community-Dwelling Older Adults in Nepal. Advances in Aging Research. 2019; 8: 63-74. <https://doi.org/10.4236/aar.2019.84005>

16. Chalise HN, Saito T, Kai I. Functional disability in activities of daily living and instrumental activities of daily living among Nepalese Newar elderly. *Public Health*. 2008 Apr 1;122(4):394-396.

17. Mishra S, Chalise HN. Comparative Study on Health Status of Elderly living in Government and Private Old Age Home in Nepal, *Asian J Biol Sci*. 2019 11: 173-178.

18. Chalise HN. Depression among elderly living in Briddashram (old age home). *Advances in Aging Research*. 2014; 3:6-11. doi: 10.4236/aar.2014.31002.