

## Chapter 4 - Results (Qualitative Analysis)

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**Overview:** The following chapter elaborates beliefs and perceptions, with verbatim of elderly who were interviewed in Phase II of the research. Further, it also represents, sub-themes and global themes which emerged from the verbatim.

In Phase I of the research, during data collection of the quantitative survey, the researcher identified approximately 38 participants (20 non-institutionalised and 18 institutionalised) who were cooperative and displayed more openness. The respective respondents were observed to be high / low scorers on the psychological attributes by the researcher. Finally, 30 participants (17 non-institutionalised and 13 institutionalised young elderly) were interviewed. Out of 30 elderly, eight elderly from the institutions and three elderly living in a family were interviewed in person before the beginning of the Pandemic; and the remaining 19 were telephonically interviewed during Pandemic situation. The verbatim was transcribed.

The Thematic Analysis method by (Braun and Clarke, 2006) was used to analyze the data. Accordingly, the occurrence of similar/identical ideas or words were coded from which the common sub-themes emerged for each question. Frequency and percentage analysis was carried out on the sub-themes. The verbatims were revisited and rechecked again and again to validate the appropriateness of the sub themes. Global themes were derived after insightful analysis of the subthemes and verbatims. So, the global themes are more generic and include number of sub-themes. The global themes suggest the young elderly's understanding, perception and lived experiences related to each issue. The following are the beliefs and perceptions of physical health among elderly

### **4.1 Beliefs and Perceptions with Verbatim**

The following are beliefs and perceptions of the elderly, about physical health, happiness, generativity, resilience and present preparedness revealed through semi-structured interviews.

#### ***4.1.1 Perception of Physical Health***

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**Table 28***Perception of Physical Health*

Question 1	Verbatim	Code
What do young elderly mean by physical health?	<p><i>“When the individual is not suffering from any major illness, neither going through recurrent minor health issues like body ache or indigestion, he is healthy. Same time, he should also me stress free and happy”. (DRR, Male, 62 yrs., NI)</i></p> <p><i>“In my opinion, good health means freedom from ailments such as blood pressure, diabetes, asthma, joint pains. . In short, good health means freedom from ailments”.(ANP, Female, 66yrs., I)</i></p>	<p>No health issue</p> <p>No ache, indigestion</p> <p>Vitals normal</p>
	<i>“One should be able to adhere to his daily routine without any difficulties. Can also help someone in need to do so like my wife. I help her in drying clothes as she is suffering from arthritis”. (SA, Male, 70yrs.,NI)</i>	Adherence to daily routine
	<p><i>“When I realize that I can do everything on my own without anyone’s help or support, I believe I have a good health”. (MD, Female, 68yrs., NI)</i></p> <p><i>“Good physical health is such that your body supports what you want to do without external support. Complete independence in all your movements and activities”. (SP, Male,65 yrs., NI)</i></p>	Without help / support
	<i>“When I get up in the morning, I feel fresh, energetic and have no pain or discomfort in my body, I feel healthy”. (AVJ, Male, 65yrs.,NI)</i>	Feel fresh, no discomfort
	<i>“I love eating variety of food. I love cooking as well and also serve others in the family. I enjoy 8 hrs. of sleep at night and 2hrs. during the day. It talks about how healthy I am”. (AT, Male, 70yrs.,NI)</i>	Good food, good sleep

Question 1	Verbatim	Code
	<i>“Good physical health means physically fit, you move well, can walk, travel, play, move around, mix with people. Do all these things independently, is a measure of good physical health. Don’t have visit a Doctor.”(SD, Male, 63 yrs., NI)</i>	Physical fitness
	<i>“In my opinion, good health involves ability to do one’s own work well, cleanly and independently. You need to do some physical activity which give you good exercise and feel healthy. I sweep the compound of Niwara every day after which I feel hungry and then enjoy whatever is served here happily”. (VA, Male, 65yrs., I)</i> <i>“As females, we never get time to take care of our health. But in ashram, I can spend as much time as I want and so I do some regular exercise in the morning which keeps me healthy”. (ANP, Female, 66yrs., I)</i>	Independent work Self-care
	<i>“Good health is a peaceful mind which has to be experienced by oneself and cannot be gifted by others”. (JC, Female, 63 yrs., I)</i>	Peaceful mind
	<i>“Good physical health means one should be energetic, positive, enthusiastic and should enjoy being active and be happy what one is doing.” (ST, Female, 64 yrs., NI)</i> <i>“I consider myself healthy as I can do my work from morning to evening so happily that I can also help others without getting tired”. (SG, Female, 63yrs., I)</i>	Energetic, enthusiastic Happy about work

The following are the beliefs, perceptions and experiences about happiness and life satisfaction among elderly.

#### 4.1.2 Perception of Happiness and Life Satisfaction

**Table 29**

##### *Perception of Happiness*

Question 2	Verbatim	Code
What do young elderly mean by happiness?	<p>“It’s a personal experience, you cannot compare happiness of two people, even husband and wife” (AT, Male, 70 yrs., NI)</p> <p>“The thing what we want to do and are able to do is altogether a different experience in one’s life. It is beyond anyone’s description.” (AVJ, Male, 65 yrs., NI)</p>	<p>Incomparable</p> <p>Different experience</p>
	<p><i>“Objects give you comfort and not happiness. Interacting with others make me feel happy” (MD, Female, 68 yrs., NI)</i></p> <p><i>“Happiness is that you feel good in what you do, as per your choice. It may be your work or meeting people, something you look forward to”. (SD, Male, 63 yrs., NI)</i></p>	<p>Interactions with Others</p>
	<p><i>“Happiness is a feeling of mind and is not given by material things.” (ARJ, Male, 70 yrs., NI)</i></p> <p><i>“One can find happiness even in small things such as chit-chatting, walking and when we have no worries and are contented, we can be happy” (SA, Male, 70 yrs., NI)</i></p>	<p>Feeling</p> <p>Subjective experience</p>
	<p><i>“I define happiness as when I see others and me both happy. You have to decide measurements of your happiness.” (ARP, Male, 68 yrs., I)</i></p>	<p>Others’ happiness</p>
	<p><i>“Happiness means mutual helping, understanding pain and illness of others. Solving difficulties of those who are facing them.... helping anyone who needs our help”. (PG, Female, 65 yrs, I )</i></p>	<p>Mutual help</p> <p>Understanding others’ difficulties</p>

Question 2	Verbatim	Code
	<i>"We should remember that other's wellbeing is a key to our happiness". (BY, Male, 68yrs, I)</i>	Others' wellbeing relates with my happiness
	<i>"I am not only happy but in a blissful state of mind when I am with my Lord Krishna. That state is incomparable." (JC, Female, 63 yrs., I)</i> <i>"Remaining contented is a key to happiness. One should not look at others to feel happy or otherwise". (SR, Female, 60yrs.,I)</i>	Contented within
	<i>"If we do not indulge into excessive thinking and do not have expectations from others, we get happiness" (NP, Female, 69 yrs., NI)</i> <i>"You do not expect anything then you will not be unhappy. Expectations cause unhappiness." (AKA, Male, 68 yrs., NI)</i>	No expectation from others
	<i>"Do not have too high expectations and accept things as they happen"(DRR, Male, 62 yrs., NI)</i> <i>"Happiness depends on when you accept the situation and also the way a person perceives the situation"(KP, Female, 69 yrs., I)</i>	Acceptance
	<i>"If someone has positive mind, we can find happiness everywhere"( KP, Female, 69 yrs., I)</i> <i>"We should look at events with a positive frame of mind, do not have an unwanted desire for something that we do not possess and do not have negative thoughts, we can be happy". (NP, Female, 69 yrs., NI)</i>	Positive mind No unwanted desire, thoughts

**Table 30***Perception of Moments of Life Satisfaction*

Question 3	Verbatim	Code
Which are the life satisfying moments in young elderly?	<i>“My moments of satisfaction are related to my personal achievements such as my MS and Ph D. degrees” ( DRR, Male, 62 yrs., NI)</i>	My personal achievements
	<i>“I consider my CA degree and qualifying another competitive exam during my middle adulthood is indeed highly satisfying experience for me.” (MD, Female, 68 yrs., NI)</i> <i>“I am 68 yrs. And pursuing my Masters course in Economics. I am proud of myself”.(NP, Female, 69 yrs., NI)</i>	My qualification in middle adulthood Feel proud
	<i>“Biggest part in my life is of my wife and daughter. Hence when my daughter has become a successful doctor today is the peak of my satisfaction in life. Re-living the time of her result gives me different level of satisfaction.”(AVJ,Male,65 yrs. ,NI)</i> <i>“The happiest moment of my life is my son was recruited in the police service. I need not worry about him now” (SR, Female, 60yrs.,I)</i>	Daughter’s and wife’s success Son recruited in police service
	<i>“Good life partner with understanding and love is a satisfying experience for me”. (MD, Female, 68 yrs., NI)</i> <i>“Good married life is a key to satisfaction”(AKA, Male,68 yrs., NI)</i>	Good partner
	<i>“Even after my retirement, I am doing a part time job for two reasons—to keep me physically active and give me moment of satisfaction that I can do something productive even at this age”. (CS,Male,69yrs.,NI)</i>	Work be physically active and satisfaction

Question 3	Verbatim	Code
	<i>“When I am working for the ashram I face number of difficulties, but when I am able to solve them well. I feel I am still capable of living the way I want” (JG, Male, 68 yrs., I)</i>	Able to solve problem Capable of living
	<i>“When my wife allowed me to buy a saxophone after retirement costing 4.5 lakh and I am pursuing my dream of playing saxophone since then is the highest moment of satisfaction for me”. (AKA, Male, 68 yrs., NI)</i>	Pursue my dream
	<i>“I believe I am like a gold which shines only when it is heated. I realized my potentials only because of the difficulties that I could solve successfully and independently” (JC, Female, 63 yrs., I)</i>	Realization of my potentials
	<i>“The work that I am doing is very satisfying. My sons are also connected and involved in the same”. (JG, Male, 68 yrs., I)</i>	Connection with others
	<i>“When I help someone in need, I get happiness. Satisfaction is linked to helping others and happiness” (AR, Female, 65 yrs., NI)</i>	Helping others and happiness
	<i>“As a cashier in my bank, I helped an old lady during demonetization phase. When she heard from me that her money was safe, She had tears of joy”. (ST, Female, 64 yrs., NI)</i>	Others happiness because of my help
	<i>“On my mother’s birth centenary, she was felicitated by Justice Dharmadhikari for her work was a satisfying moment for me”. (VP, Male, 72 yrs., I)</i> <i>“Being recognized by others can give satisfaction”. (ARJ, Male, 70 yrs., NI)</i>	Mother’s felicitation Satisfying moment for me
	<i>Achieving mastery on a subject that one did not know can give feeling of satisfaction”. (ARJ, Male, 70 yrs., NI)</i>	Achieving mastery
	<i>“I went through difficult times and worshipping the Gurus helped me get strength. I get tremendous support from them”. (ANP, Female, 66 yrs., I)</i>	Help from guru is my support

Question 3	Verbatim	Code
	<i>“At 17 years, I learnt radio/ TV repair and could earn some money without bothering anyone”. (CS, Male, 69 yrs., NI)</i>	Earning in young age

The following are the perceptions of the helping behaviour among elderly.

#### **4.1.3 Perception of Prosocial Behaviour**

**Table 31**

##### *Perception of People Helping Each Other*

Question 4	Verbatim	Code
Under which situation according to young elderly people help each other?	<i>“In this world, there is no help without expectations. 90% of the times this is a reality and 10% people do help with no expectations” (AT, Male, 70 yrs., NI)</i>	No help without expectation
	<i>“When the individual has above average emotional quotient and who is in a positive frame of mind helps others. Otherwise, mostly people are selfish” (SD, Male, 63 yrs., NI)</i>	Emotional quotient
	<i>“People do help in the calamity or when there is a health issue with other person.” (AKO, Male, 64 yrs., I)</i>	Calamity/ health issue
	<i>“Nobody will volunteer, but when asked they do offer”. (AKO, Male, 64 yrs., I)</i>	Nobody volunteer
	<i>“In case of any natural disaster, I know people go out of the way and help each other. Even during COVID, people are extending their help towards some of us staying in the old age homes”. (VP, Male, 72 yrs., I)</i>	Help in disaster
	<i>“In this Kaliyug, people do readily help each other specially for children or old’s as they are dependent and not otherwise”. (BY, Male, 68 yrs., I)</i>	Help children / old



Question 4	Verbatim	Code
	<i>“Some acts of help could be an investment to expect similar help when they are in need, in future”. (ARJ, Male, 70 yrs., NI)</i>	Investment for future
	<i>“People help each other when the helper has higher capability in terms of resources and power as compared to the person who is seeking help”. (ARJ, Male, 70 yrs., NI)</i>	Higher capability and resources
	<i>“People help each other when they get along well with each other. There must be friendship and where there is agreement about what gives satisfaction, there is joy and happiness in helping” (PG, Female, 65 yrs., I)</i>	Getting along well help
	<i>“People help during happy times and sad events. Even I have received such help. People have a tendency to help each other.” (NS, Female, , 64 yrs., NI)</i>	Tendency to help in happy and sad times
	<i>“When one develops the feeling of giving back to the society, then many things become possible. Small or big, one should try to pay back to the society to the best of his ability and in a genuine way.” (VP, Male , 72 yrs., I)</i>	Feel to give back
	<i>“Helping each other, can only lead all of us to happiness” (VP, Male ,72 yrs., I)</i>	Help and happiness
	<i>“At least when they praise you, show respect etc. you feel like helping. I have seen this happen in my life” (CS, Male, 69 yrs., NI)</i> <i>“I try to help needy who show appreciation for my help; and if the person is ungrateful, I remain away from the person”. (KP, Female, 69 yrs., I)</i>	Praise / respect motivates Help needy

**Table 32***Context in Which Young Elderly Help*

Question 5	Verbatim	Code
In which circumstances young elderly help others?	<i>“When I see someone in need and my help has given lot of relief to other person, I feel satisfied.” (ARJ, Male, 70yrs., NI)</i>	Someone in need
	<i>“I help on humanitarian ground. I adopt children for their education and make them independent which is a great service to humanity”. (DRR, Male, 62yrs., NI)</i>	Out of humanity
	<i>“As I was in police service, I am used to sense others’ needs and I believe it’s my moral responsibility to help to my level best, physically or even financially to some extent”. (BY, Male, 68yrs., I)</i>	Moral responsibility
	<i>“I don’t have any criteria to help. The moment I perceive someone is in a need, I try helping on my level. If not, I find someone more suitable than me to meet the expectations of the needy”. (VP, Male, 72 yrs., I)</i>	No specific criteria
	<i>“My message to the next generation: help each other till the end and do everything that one can do. I have learnt this from my mother, who believed ‘vasudhaiva kutumbakam’. (VP, Male, 72 yrs., I)</i>	Learnt from mother
	<i>“I help when I feel that the other side is in genuine need. I never hesitate. My belief in helping others has increased. Although I do not expect appreciation, I feel happy when the other side acknowledges the help they received”. (AKO, Male, 64 yrs., I)</i>	In genuine need
	<i>“I get tremendous satisfaction when I am useful to others”. (ARJ, Male, 70yrs., NI)</i>	Satisfaction by being useful

Question 5	Verbatim	Code
	<i>"I need to help others so that they in turn help me". (SS, Male, 68yrs.,NI)</i>	Return help
	<i>"I try to help others who are needy and poor and who show appreciation for the help received from me." (CS, Male, 69yrs.,NI.)</i>	Needy / poor When appreciate
	<i>"I help my known people, may be relatives, friends or neighbours". (HP, Male, 70yrs.,NI)</i>	Help friends /relative
	<i>"Certainly, when people are not well, they need help. And I always like to provide the same". (AKA, Male, 68yrs.,NI)</i>	Not well

The following are the situations in which young elderly help next generation

#### **4.1.4 Perception of Generativity**

**Table 33**

##### *Context in Which Young Elderly Help Young Generation*

Question 6	Verbatim	Code
In which circumstances young elderly help younger generation?	<i>"As a rule of the ashram we are expected to clean our plates after meals. Those who cannot do so due to any disability, I do it voluntarily for last many years and thus try to reduce burden on the young service staff. They feel touched to see me doing. Without using any words, I try to teach them sensitivity towards others through my action". (SG, Female, 63yrs.,I)</i>	Help to disabled And help the young staff
	<i>"At times, young people are not aware of the pros and cons of the situation. As a senior person, I feel it is my duty to at least offer the benefit of my experience". (ARJ, Male, 70 yrs., NI)</i>	Offer help from my experience benefits them
	<i>"I like to tell these girls of our ashram the importance of self-defense and try to inspire them for civil service. One</i>	Inspire to join the civil service

Question 6	Verbatim	Code
	<i>student who appeared for 12<sup>th</sup> exam has started her preparation. I feel satisfied to see her interest”. (BY, Male, 68 yrs., I)</i>	
	<i>“If they come to me, I advise without any hesitations or expectations. Otherwise, I prefer not to offer on my own, as they may or may not like it.”(AT, Male, 70 yrs., NI)</i>	Prefer not to advice on my own
	<i>“I help the young minds to mould their thoughts, if needed. My career in disaster management has taught me that”. (DRR, Male, 62 yrs., NI)</i>	Mould young minds
	<i>“Basically, younger people require financial help or emotional help when someone is down due to situations he must be facing. I do help to the best of my capacity even here, as due to Paralysis I cannot offer any physical help”(SO, Male, 67 yrs., I)</i>	Financial / emotional help
	<i>“When I see some young one in conflict, I ask them whether I can help them to come out”. (AKA, Male, 68yrs.,NI)</i>	Help the young one in conflict

**Table 34**

*Young Elderly's Feelings Being Generative*

Question 7	Verbatim	Code
What do the young elderly feeling after helping young generation?	<i>“I feel satisfied, get a sense of fulfillment. Rather, it gives me an opportunity to remain socially connected”.(AVJ, Male, 65yrs.,NI)</i>	Satisfying experience Social connection
	<i>“I feel a sense of fulfilment that my life has been useful to someone.(BY, Male, 68yrs.,I)</i>	Fulfillment experience
	<i>“I feel very satisfied that we have paid back something to the society. I feel a sense of fulfilment”. (BY, Male, 68yrs.,I)</i>	Satisfaction to pay back to society

Question 7	Verbatim	Code
	<i>"I get happiness seeing them being happy. Its altogether a different experience". (ANP, Female, 66yrs.,I)</i>	Others' happiness makes me happy
	<i>"I feel that I become young, of their age and have the same level of aspirations as they have. Feeling young and enthusiastic helps me maintain my physical health. And the acknowledgement that I receive when the young achieve their goals makes me feel good."(ARJ, Male, 70yrs.,NI)</i>	Make me young and enthusiastic
	<i>"Many youngsters nowadays feel that their lives are different than what elders had. This causes a distance between the generations. By helping them, I feel connected with them". (KP, Female,69yrs.,I)</i> <i>"I get satisfaction and I feel happy to get connected with everyone".(SR, Female, 60yrs.,I)</i>	Bridge generation gap
	<i>"Some of them feel happy to remain in touch with me or even to reestablish contact with me as they feel confident that I can be of help. My self-confidence also boosts up"(SD, Male, 63yrs.,NI)</i>	Social connection Self confidence
	<i>"I feel happy that we are adding value to the lives of next generation. Like one gets good sleep after completing a task satisfactorily". (DRR, Male, 62yrs.,NI)</i>	Adding value

**Table 35**

*Contribution by the Young Elderly in the Family*

Question 8	Verbatim	Code
<i>How do the Young elderly engage in the lives of</i>	<i>"I am always ready to do anything in ashram as I consider it as my home henceforth. I do not feel any work is below my dignity". (SR, Female, 60 yrs., I)</i> <i>"As I know a little bit of electrical and plumbing work, whenever required I try to sort out on my level. I used to do</i>	Ashram is my home now Do all kinds of work here

Question 8	Verbatim	Code
family members?	<i>regularly at home and even now when I visit my home such jobs are kept pending for me. I do it happily in ashram as well as at home.” (JG, Male, 68 yrs., I)</i>	
	<p><i>“Whatever is need-based, I do it in ashram, whether cooking or shopping or cleaning. It keeps me active”. (JC, Female, 63yrs., I)</i></p> <p><i>“Even when I go to my son’s place in Mumbai, I feel sorry to see him and daughter-in-law struggling with the job and household work. I happily take up the responsibility to cook for all and do the cleaning work as well”. (AT, Male, 70yrs., NI)</i></p>	Whatever need
	<i>“I am retired now, Cooking and looking after the house is my contribution to the family now.” (AR, Female, 65yrs., NI)</i>	Like cooking, looking after house
	<i>“I always extend my help to anyone in the family and try to do in the best possible way. I consider my relatives and neighbours also as an extension of my family and thus offer my service to do shopping, bank work to all”. (ARJ, Male, 70 yrs., NI)</i>	Help anyone for bank work, shopping in family, neighbours
	<p><i>“I happily do any light job such as helping my daughter in law in the kitchen or dusting in the house and looking after my granddaughters not cooking because of my arthritis.” (BK, Female, 70yrs., NI)</i></p> <p><i>“My father is 101 years old. And taking care of him is my duty now”. (SP, Male, 65yrs., NI)</i></p>	<p>Do light job and help look after grand daughters</p> <p>Look after 101 yrs father</p>
	<p><i>“When someone was not well in the family or in neighborhood, I used to offer them help. And I do the same in ashram for my room partner, because this is my home now” (BY, Male, 68yrs., I)</i></p> <p><i>“I look after my mother-in-law, as she does not keep well. almost bedridden”. (ST, Female, 64yrs., NI)</i></p>	Help ill

The following are different reflections of resilient behaviour.

#### 4.1.5 Perception of Resilience

**Table 36**

*Strategies Used by Young Elderly to Face the Challenges in Life*

Question 9	Verbatim	Code
What strategies are used by the young elderly to face the challenges and difficulties in life ?	<p><i>"I give full credit to my wife and friends who pulled me out of the most difficult situation in life". (SA, Male, 70 yrs., NI)</i></p> <p><i>"I seek support from others to overcome challenges in life. Consulting the friends in difficult situation does not lower my standards. I do take their help". (SS, Male, 68 yrs., NI)</i></p> <p><i>"Considering my room-mate as a family, I take his help. It matters a lot to me that time"(SO, Male, 68 yrs. I)</i></p>	<p>Support from wife</p> <p>Friends</p> <p>Room partner</p>
	<i>"I feel there is no option left but to face the challenges boldly and bravely. This attitude of mine gives me strength to fight with the situation, come what may." (ARJ, Male, 70yrs.,NI)</i>	Boldly face challenges
	<i>"I think about the situation cool mind, plan action and then execute it". (SD, Male, 63yrs., NI)</i>	Think and plan action
	<p><i>"I knew what I could do for my mother-in- law when she suffered from heart attack and I did everything to save her life with lot of positive attitude" (ST, Female, 64yrs.,NI)</i></p> <p><i>"I face difficult situations with positivity. Frequently, simply listening to others and learning from their experience helps a lot to solve our problems." (BY, Male, 68 yrs., I)</i></p>	Strong and positive

Question 9	Verbatim	Code
	<i>“Self-confidence, positivity and trust in others have always helped me in overcoming the difficult times in life”. (VP, Male, 72yrs., I)</i>	Positive, confident
	<i>“I always believe in fighting or if not trying till the end of my capacity. Sometimes knowing the possibility of failure, I don’t give up so easily.” (NP, Female, 69yrs., NI)</i> <i>Whatever is the situation, I keep trying my best with a hope that it will change one day”. (NS, Female, 64yrs., NI)</i>	Fight till end of my capacity
	<i>“There is no substitute to His help and blessings. Trust Him and He guides you on a right path”. (SD, Male, 63yrs., NI)</i>	Trust in Him
	<i>“I try my past experiences. They guide you very well. You realise what was right and what were your mistakes.” (AKA, Male, 68yrs., NI)</i>	Past life experiences taught me

**Table 37**

*Qualities the Young Elderly Find in Themselves While Responding to Challenges*

Question 10	Verbatim	Code
What qualities the young elderly find in themselves while responding to the challenges and	<i>“I do not get angry and lose my patience. I have complete faith in God as well as my wife. Trust in my efforts, I always believe my past life as a good learning experience for me”. (SA, Male, 70yrs., NI)</i>	Don’t lose patience Faith in God
	<i>“I never consider challenge as a hurdle in my life. I take and try to face in the best possible way”. (AVJ, Male, 65 yrs., NI)</i>	Consider as challenge, not a hurdle
	<i>“I trust my capacities and I know that I am not deficient in getting anything.” (AVJ, Male, 65 yrs., NI)</i>	Trust myself



Question 10	Verbatim	Code
difficulties in life?		
	<i>"I keep trying and never give up. It's not my temperament". (NP, Female, 69yrs.,NI)</i>	Don't give up
	<i>"I show a lot of patience and it has helped me in leading a good life so far." (HP, Male, 70yrs.,NI)</i>	Patience helped me so far
	<i>"Just change the way you look at a problem and you feel positive, get energy to solve it." (MD, Female, 68yrs.,NI)</i> <i>"The life is a mixture of success and failures. You learn to accept both. I consider failure a step towards success." (AKA, Male, 68yrs.,NI)</i>	Look at problem differently you feel positive
	<i>"I am confident about my qualities. I also have a strong social circle who come to my help whenever I need." (KP, Female, 69 yrs., I)</i> <i>"I remember my old friends who have been a great support for me in difficult times, We are still connected. I try to develop my inner strength and decide to come out of the difficult situation." (VA, Male, 65yrs.,I)</i>	Confident Friends are good support
	<i>"I remain calm, not get angry or feel disappointed in any difficulty, which gives me strength to face it". (SA, Male, 70 yrs., NI)</i>	Calm, quiet
	<i>"I am mentally and physically fit right from childhood and can decide what needs to be done in difficult situation". (NP, Female, 69 yrs., NI)</i>	Mental, physical fitness
	<i>"I think my future provisions in terms of money make me feel more secured to face any challenging situation". (AKA, Male, 68yrs.,NI)</i>	Financial provision
	<i>"My father was a doctor who made me strong and did never allow me to avoid difficult times but face and find ways out boldly". (ST, Female, 64yrs.,NI)</i>	Not to avoid difficult times but face and find ways

Question 10	Verbatim	Code
	<i>“Biggest attitude is to take a stop/pause, think step by step before jumping in to solve the problem, break it down to as many steps as possible, even if it say apparently 2 steps are required, break it down to say 5-10, where all we need to be alert and take action”. (SD, Male, 63yrs.,NI)</i>	Think, plan and act
	<i>“I can control my life and do anything to succeed because of my regular practice in yoga and meditation.” (ST, Female, 64yrs.,NI)</i>	Control my life Because yoga, meditation
	<i>“Learning from my past varied experiences in life and even in work”. (SP, Male, 65yrs.,NI)</i>	Learn from the past
	<i>“I am flexible in my approach and can change my method to meet with the challenging situation that I am faced with. Anticipation has also been a strong factor that has helped me.” (ARJ, Male, 70yrs.,NI)</i>	Flexibility in me and anticipation
	<i>“If I take up something, I will keep doing it till I get success. I just don’t think about the effects of my action. But do it if I feel it’s right”. (CS, Male, 69yrs.,NI)</i>	Not to bother Try till succeed
	<i>“I have this fighting spirit to fight injustice”. (AKO, Male, 64yrs.,I)</i> <i>“Increase in one’s mental ability to face failures is the only way forward”. (VP, Male, 72yrs.,I)</i> <i>“Determination to get things done”. (JG, Male, 68yrs.,I)</i>	Fight determination
	<i>“I am very strong mentally and found a way out of every difficulty that I faced with positivity and perseverance. I will get out of this come what may as it’s my life”. (KP, Female, 69yrs.,I)</i>	Mentally strong
	<i>“Playing my saxophone when I have some challenge to face gives me strength. Basically, it subsides my stress and makes me positive”. (AKA, Male, 68yrs., NI)</i>	intensely pursuing hobby gives me strength and positivity

Question 10	Verbatim	Code
	<i>“I am beyond usual issues of ego, credit or discredit, I try to adjust with everyone, I talk well with everyone. I do not get angry. If required, I can ask their help”. (SA, Male, 70yrs., NI)</i>	Good relations

The following is the preparedness among elderly to live in the Present moment.

#### ***4.1.6 Perception of Present Preparedness***

**Table 38**

*Where do Young Elderly Prefer to Live*

Question 11	Verbatim	Code
In leisure time, where do the young elderly prefer to live- Past/Present/Future?	<p>Present----</p> <p>“Being in the ‘present’ helps me taking decisions easily and independently”. (AKO, Male, 64yrs.,I)</p> <p>“Happiness exists, One should it in the Present moment”. (PG, Female, 65yrs., I)</p> <p>“Being in present helps me to get satisfaction and happiness”. (PG, Female, 65yrs., I)</p> <p>“Like to be in the present as I want to accept every moment as it comes”. (CS, Male, 69 yrs., NI)</p> <p>“The Present is in my hands and the life is ahead of me. Hence, it allows me to act properly” (SG, Female, 63yrs., I)</p> <p>“I like to live in the present as I live that moment. If I want, I can make change in it.” (BY, Male, 68yrs., I)</p> <p>“I have control over my Present and not on the Past or Future.”(SG, Female, 63yrs., I)</p>	<p>Decision</p> <p>Happy</p> <p>Satisfaction</p> <p>Acceptance</p> <p>Control over thoughts</p> <p>Live that moment</p>

Question 11	Verbatim	Code
		Can control my present
	Past---- “I like to remain in the Past as it has taught me a lot of how to enjoy life. Like to cherish those memories.” (SA, Male, 70 yrs., NI)	Taught me a lot
	“Happy to look back at good things”. (SD, Male, 63yrs., NI)	Good things in the past
	Future--- “I can dream about my future. Yes, I like to dream. I can plan accordingly and improve from my mistakes”. (AKA, Mal, 68 yrs., NI)	My dream
	“I like to live in future as want to build a similar ashram for so many old people in society”. (JG, Male, 68 yrs., I)	dream

**Table 39**

*Qualities That Allow the Young Elderly to Accept Every Moment as it Comes in Life*

Question 12	Verbatim	Code
What are the qualities in themselves which allow the young elderly to accept every moment as it comes in life?	<i>“I believe in Karma Philosophy, and it helps me to accept the life as it comes.” (SD, Male, 63yrs., NI)</i>	Karma philosophy
	<i>“I take it as a learning experience” (SD, Male, 63yrs., NI)</i>	Accept as experience
	<i>“I am quite flexible by nature which helps me a lot”. (SG, Female, 63yrs., I)</i>	flexible
	<i>“I try to remain positive as much as possible”. (PG, Female, 65yrs., I)</i> <i>“I give my hundred percent to anything that I do. I do everything that is possible, never look back and do not worry about result, whenever it comes. I believe anything that happens, happens for my best”. (NP, Female, 69yrs., NI).</i>	Positive by nature

Question 12	Verbatim	Code
	<p><i>“This is possible only due to Sadguru. And genuine faith in Sadguru and God”. (JC, Female, 63yrs., I)</i></p> <p><i>“My faith in Him says nothing wrong will happen to me, so just be happy to accept”. (SA, Male, 70yrs., NI)</i></p>	Sadguru does everything
	<i>“Every day SWADDHYAY (spiritual practice) that I am into for couple of years gives me strength to accept and adjust with the life”. (BK, Female, 70yrs., NI)</i>	Spiritual practice/ swaddhyay
	<i>“Residents older than me often say that due to my being here at Niwara has made it a beautiful place”. (SG, Female, 63yrs., I)</i>	Others’ compliments
	<i>“I served my sister for 8 years nursing her. Everyone was very appreciative. After she passed away, I realized that I am alone, and I decided to come here willingly. It’s my nature”. (ARP, Male, 68yrs., I)</i>	Willing acceptance
	<i>“I am blessed to have excellent parents, good life partner, very good friends for over 30 years. With their support I get energy to believe, whatever happens, happens for the best.” (SD, Male, 63yrs., NI)</i>	Good parents, friends
	<i>“We are living a very good life at Niwara. It’s a blessing for me to be here”. (VA, Male, 65yrs., I)</i>	Good life at ashram
	<i>“Most things happen for good reason. Otherwise, it would have been worse. So, I feel satisfied and accept it”. (AT, Male, 70yrs., NI)</i>	Feel satisfied and accept
	<i>“I have been having good life all along, married and at work. Jai Ho. Enjoying the life journey thoroughly because nobody knows when and where it would end”. (AVJ, Male, 65yrs., NI)</i>	Good life so far

## 4.2 Thematic Analysis

The researcher further analyzed the codes to derive subthemes and then the global themes.

### 4.2.1. Perception of Physical Health

**Table 40**

#### *Perception of Physical Health*

Code	Sub-themes	% of recognition	Global theme
No health issue No ache, indigestion Vitals normal	Free from illness/ailments	53% NI 31% I	Absence of illness
Adherence to daily routine	Active life	30% NI 39% I	Active, engaged and independent daily life
Without help / support	Physical independence	71% NI 54% I	
Feel fresh, no discomfort	Sound bodily functioning	41% NI 20% I	
Physically fitness	Physical fitness	47% NI 10% I	
Good food, good sleep	Getting sound sleep & enjoying good diet	53% NI 31% I	Ability to enjoy good diet, sleep and exercise
Independent work Selfcare	Able to do regular exercise	35% NI 31% I	
Peaceful mind	Peaceful mind	18% NI 20% I	Tranquility of mind
Energetic, enthusiastic Happy about work	Positive attitude	18% NI 10% I	

#### 4.2.2 Perception of Happiness and Life Satisfaction

**Table 41**

##### *Perception of Happiness*

Code	Sub-themes	% of recognition	Global theme
Incomparable Different experience	Relative concept— one's perception and one's experience	47% NI 46% I	Relative concept & One's perception
Feeling Subjective experience	Beyond materialistic pleasures	59% NI 23% I	
Contented within	Contentment / sense of fulfilment	47% NI 31% I	
Positive mind No unwanted desire, thoughts	Positive attitude	41% NI 31% I	
Interactions with Others	Good relationships	59% NI 31% I	Confelicity
Others' happiness	Seeking happiness from others' happiness	47% NI 39% I	
Mutual help Understanding others' difficulties	High level of empathy so can enjoy & share with others	29% NI 10% I	
Others' wellbeing relates with my happiness	Depends on others' wellbeing	24% NI 10% I	

Code	Sub-themes	% of recognition	Global theme
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No expectation from others	No expectations	35% NI 10% I	Unconditional acceptance of situations
Acceptance	Acceptance of the situation	35% NI 31% I	

**Table 42**

*Perception of Moments of Life Satisfaction*

Code	Sub-themes	% of recognition	Global theme
My personal achievements	Personal growth in education or career	35% NI 10% I	Success in personal life
My qualification in middle adulthood Feel proud	Achieving goals in personal and work life	71% NI 10% I	
Good partner	Good married life	53% NI 23% I	
Realization of my potentials	Overcoming challenges successfully	35% NI 46 % I	
Daughter's and wife's success Son recruited in police service	Academic or Career success of children	59% NI 31% I	Success of family members
Mother's felicitation Satisfying moment for me	Oneself / a family member received recognition from authorities/important people in life	47% NI 23% I	



Code	Sub-themes	% of recognition	Global theme
Work for physical active and satisfaction	Economic independence in old age	47% NI 10% I	Self-reliance
Earning in young age	Economic independence at a very young age	47% NI 10% I	
Able to solve problem Capable of living	Independence in problem solving	47% NI 10% I	
Pursue my dream	Pursuing hobbies	47% NI 23% I	Creative pursuits
Achieving mastery	Doing something 'new' or creative	41% NI 23% I	
Helping others and happiness	Helping others	65% NI 39% I	Altruistic pleasure
Others happiness because of my help	Seeing others happy because of my help	53% NI 39% I	
Help from guru is my support	Receiving spiritual support	29% NI 20% I	Spiritual support

### 4.2.3 Perception of Helping Behaviour

**Table 43**

*Perception of Prosocial Behaviour in Others*

Code	Sub-themes	% of recognition	Global theme
No help without expectation	With an expectation of 'return'	47% NI 31% I	Selfish motive
Investment for future	As an investment	35% NI 0% I	
Help and happiness	To get happiness	24% NI 23 % I	
Emotional quotient	Concern for the other person	41% NI 23% I	Symbolic social influence
Tendency to help in happy and sad times	'Culture' of helping	24% NI 23 % I	
Feel to give back	To give back to the society	35% NI 0 % I	
Calamity/ health issue	Rationalised help	18% NI 23% I	Situational demand
Help in disaster	Difficult situations /crisis	29% NI 39% I	
Help in children/ olds	Special segment of the society such as children/old/ disabled/poor	29% NI 31% I	
Getting along well help	Familiar people	24% NI 10 % I	

Code	Sub-themes	% of recognition	Global theme
Higher capability and resources	Self confidence	29% NI 18 % I	Competence to help
Nobody volunteers	When others ‘ask’ for the help	24% NI 31% I	Exclusive demand
Praise / respect motivates Help needy	When the help is acknowledged	35% NI 10 % I	Contingent to recognition

**Table 44**

*Context in Which Young Elderly Help Others*

Code	Sub-themes	% of recognition	Global theme
Needy / poor When appreciate	Others’ recognition	35% NI 0% I	Empathic joy
Satisfaction by being useful	Feel happy to help	47% NI 31 % I	
Someone in need	Sense the ‘need’ of another person	35% NI 23 % I	Emotional accuracy
No specific criteria	Feel bad to see others suffering	29% NI 46 % I	
Out of humanity	Humanitarian basis	59% NI 23 % I	Empathy and responsibility
Moral responsibility	Social responsibility	24% NI 31% I	
Learnt from mother	Upbringing to help those in need	35% NI 46 % I	Relational schemas

Code	Sub-themes	% of recognition	Global theme
In genuine need	When the help is asked for genuine reason	47% NI 39 % I	Emotional empathy
Help friends /relative	Friends / familiar people	47% NI 18 % I	
Not well	Health issue	29% NI 39% I	
Return help	Expectation of help from others	24% NI 10 % I	Selfish motive

#### 4.2.4 Perception of Generativity

**Table 45**

*Context of Generativity Among Young Elderly*

Code	Sub-themes	% of recognition	Global theme
Help to disabled And help the young staff	<i>When the younger generation requires physical help</i>	65% NI 10 % I	Customized need-based help
Offer help from my experience benefits them	help in decision making	65% NI 23 % I	
Inspire to join the civil service	Motivating in academics	65% NI 23 % I	
Financial / emotional help	Financial / emotional help	59% NI 39 % I	
Help the young one in conflict	Resolving conflict	65% NI 23 % I	
Prefer not to advice on my own	Help only when asked for the help	65% NI 54 % I	On-demand help

Code	Sub-themes	% of recognition	Global theme
Mould the young minds	Sense the need of help	65 % NI 18% I	Social concern

**Table 46**

*Feelings of Young Elderly Being Generative*

Code	Sub-themes	% of recognition	Global theme
Fulfilling experience Bridge generation gap	Feeling of contentment	53% NI 39 % I	Sense of satisfaction
Satisfaction to pay back to society	‘Paying back’ opportunity	35% NI 23 % I	Socially concerned and responsible
Feel happy to add value to next generation	Adding value to next generation	47% NI 39 % I	
Make me young and enthusiastic	Become young with them and thus feel enthusiastic and energetic	24% NI 10 % I	Social connect
Bridge generation gap and feel connected	Feel socially connected	47% NI 31% I	
Social connection Self confidence	Increase in self - esteem	41% NI 39% I	

**Table 47***Engagement of Young Elderly in the Lives of Family Members*

Code	Sub-themes	% of recognition	Global theme
Ashram is my home now Do all kinds of work here	Voluntary engagement in household work	65% NI 31% I	Sharing household responsibility
Whatever need	Need-based help	71% NI 46% I	
Like cooking, looking after house	Cooking	59% NI 31% I	
Do light job and help look after grand daughters Look after 101-year-old father	Looking after old parents/in-laws/ grandchildren	53% NI 0 % I	
Help the ill	Taking care of sick at home/ in relation	53% NI 23 % I	
Help anyone for bank work, shopping for the family or neighbours	Outdoor work	92% NI 31 % I	Outdoor help

#### 4.2.5 Perception of Resilience

**Table 48**

*Strategies Used by Young Elderly to Face Challenges and Difficulties in Life*

Code	Sub-themes	% of recognition	Global theme
Support from wife Friends Room partner	Taking social support (family and friends) with trust	96% NI  85 % I	Support from family and friends
Boldly face challenges	Accept and face the situation	88% NI 69 % I	Intrinsic strength and character
Think and plan action	Keep myself calm, think and plan	77% NI 31 % I	
Strong and positive	Remain strong positive	77% NI 85 % I	
Positive, confident	Self- confidence	65% NI 54% I	
Past life experiences taught me	Reflections on the experience	65% NI 62% I	
Fight till end of my capacity	Perseverance	88% NI 46% I	Perseverance
Trust in Him	Faith in God/Supreme	77% NI 69 % I	Faith in God

**Table 49***Qualities of Young Elderly to Face Challenges and Difficulties in Life*

Code	Sub-themes	% of recognition	Global theme
Faith in God Don't give up	Support from God/Supreme	47% NI 54% I	Faith in the supreme
Consider as challenge, not a hurdle	Give my best	83% NI 54% I	Self-efficacy
Trust myself	Trust in my capacities	83% NI 54 % I	
Don't give up	Perseverance & Patience	71% NI 39% I	Intrinsic strength of character
Learn from the past	Learn from the past experiences/mistakes	83% NI 54 % I	
Fight determination	Strong determination	59% NI 46% I	
Flexibility in me and anticipation	Ability to 'anticipate'	24% NI 23% I	
Calm, quiet	Remain calm and composed	71% NI 10 % I	
Think, plan and act	Think with a peaceful mind and review, plan and then act, do not react immediately	35% NI 23% I	
Look at problem differently you feel positive	Positive perception	65% NI 39 % I	



Code	Sub-themes	% of recognition	Global theme
Not to avoid difficult times but face and find ways	Belief in facing the situation and not running away	65% NI 71 % I	Internal locus of control
Mentally strong	Belief that 'life is under my control'	71% NI 31% I	
Not to bother Try till succeed	Not to think about the consequences of the action but do it boldly	29% NI 62 % I	
intensely pursuing hobby gives me strength and positivity	Pursue my hobby intensely which gives me strength and positivity	24% NI 0% I	Skills acquired
Control my life because yoga, meditation	Regularly practicing yoga and meditation	35% NI 23 % I	
Mental, physical fitness	Physical and mental fitness	29% NI 31% I	Fitness
Financial provision	Financially sound (to face major illness)	29% NI 0 % I	
Confident Friends are good support	Take support from family and friends without hesitation	77% NI 46% I	Social support
Good relations	Maintain good relations with others	59% NI 77% I	

#### 4.2.6 Perception of Present Preparedness

**Table 50**

##### *Present-Preparedness Among Young Elderly*

Code	Sub-themes	% of recognition	Global theme
Decision	<b>Present----</b> Able to take decision	47% NI 39% I	Present
Control over thoughts	Plan and think about the future	65% NI 23% I	
Can control my present	Make me feel 'having control on my life'	71% NI 54% I	
Happy	Can feel happy	29% NI 31% I	
Satisfaction	Can feel satisfied	59% NI 46% I	
Live each moment	Can live every moment	71% NI 46% I	
Accept as a fact	Can accept the situation or reality	47% NI 39% I	
Taught me a lot	<b>Past----</b> Learning from the Past	12% NI 31% I	Past
Good things in the past	Pleasant memories	18% NI 46% I	
My dream	<b>Future---</b> Because I can dream	6% NI 6% I	Future

Code	Sub-themes	% of recognition	Global theme
Dream	to do something constructive for the society	6% NI 6% I	

**Table 51**

*Qualities of Young Elderly to Accept Every Moment In Life*

Code	Sub-themes	% of recognition	Global theme
<i>Karma</i> philosophy	Accept the life as it comes	47% NI 54% I	Faith in Indian Philosophy
Accept it as experience	Perception of present as a learning experience	41% NI 31% I	Positive perception
Positive by nature	Potentially positive	41% NI 39% I	
Flexible	Flexible nature	35% NI 39% I	Personal quality
Willing acceptance	Temperament	41% NI 39% I	
Feel satisfied and accept	Feel satisfied even in difficult situation	18% NI 39% I	
<i>Sadguru</i> does everything	Faith in God	29% NI 23% I	Faith in supreme / spirituality
Spiritual practice/ <i>swaddhyay</i>	Spiritual practice	29% NI 23% I	
Good parents, friends	Familial/ Social support	18% NI 23% I	Social support
Others' compliments	Other's recognition	6% NI 39% I	

Code	Sub-themes	% of recognition	Global theme
Good life so far	Satisfied married and work life	41% NI 23% I	
Good life at <i>ashram</i>	Happy environment	24% NI 46% I	Situational factors

The following diagram will illustrate the themes emerged in the research and the interpretation of the thematic analysis is given in the following Chapter 5.

**Figure 51**

*Representation of the Themes Emerged From Perceptions and Attributes of Elderly*

