

## TABLE OF CONTENTS

S.N.	CONTENTS	Page No.
1.	Declaration by student	<b>i</b>
2.	Certificate by the supervisor	<b>ii</b>
3.	Certificate of plagiarism	<b>iii</b>
4.	Anti-plagiarism software report of Ph.D. Thesis	<b>iv-x</b>
5.	Certificate of successful completion of Viva-voce of Ph.D.	<b>xi</b>
6.	Undertaking for submission of Ph.D. Thesis	<b>xii</b>
7.	Acknowledgement	<b>xiii-xiv</b>
8.	Abstracts	<b>xv-xvi</b>
9.	List of figures	<b>xxi</b>
10.	List of tables	<b>xxii-xxiv</b>
11.	List of annexures	<b>xxv-xxvi</b>
12.	Abbreviations	<b>xxvii-xxviii</b>
13.	<b>CHAPTER I: INTRODUCTION</b>	<b>1-11</b>
	1.1 Background of the study	1-5
	1.2 Need for the study	5
	1.3 Statement of the problem	6
	1.4 Objectives of the study	6
	1.5 Research hypotheses	7
	1.6 Operational definitions	7-8
	1.7 Delimitations of the study	8
	1.8 Conceptual framework	8-10
14.	<b>CHAPTER II: REVIEW OF LITERATURE</b>	<b>12-49</b>
	2.1 Introduction	12
	2.2 Review of literature	13-47
	2.3 Summary of reviewed literature	48-49

15.	<b>CHAPTER III: MATERIALS AND METHODS</b>	<b>50-76</b>
	<b>3.1 Phase I: Development of the Comprehensive Nursing Interventions (CNIs)</b>	
	3.1.1 Research approach	50
	3.1.2 Research design	50
	3.1.3 Research setting	50
	3.1.4 Population and sample	51
	3.1.5 Sampling technique	51
	3.1.6 Data collection method and tool	51
	3.1.7 Data collection procedure	51-52
	3.1.8 Data analysis method	52
	3.1.9 Description of the development of comprehensive nursing interventions	52-55
	3.1.10 Validation of the CNIs	57
	<b>3.2 Phase II: Experimentation of Comprehensive Nursing Interventions</b>	
	3.2.1 Research approach	58
	3.2.2 Research design	58
	3.2.3 Research variables	59
	3.2.4 Research setting	59-60
	3.2.5 Population	60
	3.2.6 Sample and sampling technique	60-62
	3.2.7 Description of the tools	64-66
	3.2.8 Validity of the tools	67
	3.2.9 Reliability of the tools	67-68
	3.2.10 Ethical permission	68
	3.2.11 Pilot study	69-70
	3.2.12 Data collection procedure	70-72
	3.2.13 Data analysis and interpretation	73
	<b>3.3 Intervention</b>	<b>73-74</b>

16.	<p><b>CHAPTER IV: RESULTS</b></p> <p>4.1 Results of the qualitative data</p> <p>4.2 Results of the quantitative data</p> <p>4.2.1 Description of the socio-demographic characteristics of the senior citizens</p> <p>4.2.2 Description of current health problems and health related behaviour of the senior citizens</p> <p>4.2.3 Effectiveness of comprehensive nursing interventions on well-being of the senior citizens in rural community.</p> <p>4.2.4 Effectiveness of comprehensive nursing interventions on quality of life of the senior citizens</p> <p>4.2.5 Relationship between well-being and quality of life of the senior citizens</p> <p>4.2.6 Association between well-being and socio-demographic variables of the senior citizens</p> <p>4.2.7 Association between quality of life and socio-demographic variables of the senior citizens</p>	<p><b>77-132</b></p> <p>77-88</p> <p>88</p> <p>89-93</p> <p>94-98</p> <p>99-112</p> <p>112-126</p> <p>127-128</p> <p>128-130</p> <p>130-132</p>
17.	<p><b>CHAPTER V: DISCUSSION</b></p> <p>5.1 Socio-demographic characteristics of the senior citizens</p> <p>5.2 Exploration on well-being and quality of life of senior citizens</p> <p>5.3 Effectiveness of comprehensive nursing interventions on well-being of the senior citizens</p> <p>5.4 Effectiveness of comprehensive nursing interventions on quality of life of the senior citizens</p> <p>5.5 Correlation between well-being and quality of life of the senior citizens</p> <p>5.6 Association between well-being and selected</p>	<p><b>133-156</b></p> <p>134-139</p> <p>140-141</p> <p>142-144</p> <p>144-148</p> <p>148-150</p> <p>150-152</p>

	socio-demographic characteristics of the senior citizens	
	5.7 Association between quality of life and selected socio-demographic characteristics of the senior citizens	152-154
	<b>Strengths of the study</b>	154-155
	<b>Limitations of the study</b>	155-156
18.	<b>CHAPTER VI: CONCLUSION</b>	<b>157-162</b>
	6.1 Implications of the study	159-160
	6.2 Recommendation	160-162
19.	<b>CHAPTER VII: SUMMARY</b>	<b>163-168</b>
20.	<b>References</b>	<b>169-195</b>
21.	<b>Annexures</b>	