

**MENTAL HEALTH OF WOMEN IN OLD AGE
HOMES; A NARRATIVE INQUIRY**



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NARRATIVE INQUIRY**



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BY

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All changes suggested by examiners during defense are incorporated in this final copy.



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RESEARCH COMPLETION CERTIFICATE

It is certified that Ms. (Student name) of BSc (Hons) (session 2019 – 2023), Department of Applied Psychology has carried out research work entitled **“Mental Health of Women in Old Age Homes; a Narrative Inquiry”** under my supervision.

It is assured that the research work is original and has not yet been published anywhere else.



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Name: Shanzey Khan



Abstract

Old home living has become quite prevalent in Pakistan in recent years. But living in a facility is still different from living at home. Being separated from family and other social responsibilities must have a psychological impact on the residents of old age homes. This narrative inquiry was conducted to shed light on the impact living at an old age home has on the psychological state of women. This research was conducted using an interpretivist paradigm which is a part of the philosophical assumption. Purposeful sampling method was used and five women in two separate old age homes in Lahore were interviewed. After conducting the interviews, the recurrent themes were "Health-related concerns", "adverse life events", "challenges" and "coping mechanisms". These women had decided to live here on their own due to a lack of financial security and emotional instability in their homes. The participants ranged from ages 60 to 75 years and had been living in these homes for over two months to 8 years. A lot of them had troubled marriages due to being married at a very early age, were ignored by their children, and were cast out by their families. All this led to them battling depression and anxiety along with medical issues that come with old age like high blood pressure and diabetes. Having led very tough lives navigating through a male-dominated society as an alone woman they had developed certain coping mechanisms to stay afloat. Some were healthy and some led to negative results like denial, depleted self-esteem, and self-blaming. Lack of sociability with other residents and family members leads to them feeling isolated and abandoned due to which hopelessness was greatly observed. This all leads to bitterness, negativity, and toxicity becoming an avid part of their personalities. This research intends to highlight the mental health of these women and in turn, spread awareness about the importance of the psychological health of the female residents of old age homes in Pakistan.

Keywords: Psychological impact, emotional instability, medical issues, isolated, Coping Mechanisms.

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CHAPTER I INTRODUCTION

Old age homes might have been a part of western culture initially but now are quite prevalent in Asian countries including Pakistan. Having been against our traditions and norms for generations many people are now resorting to putting their parents in said homes for various reasons. Some even believe their parents will be more comfortable at these old age homes as compared to with them. But is this really true? In Pakistani culture we take pride in our familial values and togetherness, all our lives we are taught collectivism as the only form of living. So, if one is suddenly separated from their loved ones are they able to cope with it naturally or not? Women more than men usually have the highest expectations from their sons specifically claiming “he is my support”. Mothers and wives sacrifice all their young lives to take care of and serve their sons and husbands as this is the normal, they have seen and known since birth. The current study includes conducting research in the form of in-depth interviews from some of these women to understand their stories, their familial relationships and their current living standards and also how all of these have impacted their mental states.

Background:

Old age homes are a rising trend in Pakistan and Asian countries, but also still relatively new. Pakistan is a country where family life is respected, and the elderly are held in high regard which is why even the thought of not supporting or living with your parents is a topic frowned upon and shunned by society. But in the past ten to twenty years many NGOs and welfare organization by the government have set up these old age homes because many elderly Pakistanis were left in homeless shelters by their families or just left alone in their houses with no one to care of them.

Some didn't have any children, and some had children that couldn't support them, so the establishment of such institutions became vital for our society. This author had the opportunity to visit of the old age homes in Pakistan and realized that these people were neglected, forgotten about and ignored by society and their loved ones. Few people know about why they end up there, actually few even know about the existence of such organizations or institutions. Old age homes are considered a taboo in our society and a thing of the west, but let it be known that they are as real as any other truth you might know of. This author felt it necessary that these people have their stories heard, their wounds tended to, and their existences acknowledged.

Women In old age homes:

Pakistani or basically women in the sub continental region are taught all their lives that they have to sacrifice and put the needs of others before them. Before marriage they are expected to obey their fathers, after marriage they are expected to serve their husbands and once having become a mom, they are expected to sacrifice their entire selves to bring up that child. So, with great sacrifice and compromise comes great expectations. Women give their entire lives to their children and expect that child to be their support when they are too old to fend of themselves. Their pride and honor become their kids, and more than the fathers mother depend on their kids for emotional and financial support as well. So, when those same kids that she sacrificed everything for or that husband that she served all her married life abandons her or puts her at an old age home she finds herself in a pit of regret and hopelessness. The ones that are there due to never being married as they were never given the right to end up resenting their own decisions and their family members who forced those decisions on them, they feel purposeless and unwanted. She feels as if she was a burden and then they lose their sense of self, pride and honor because all of that was associated with their roles in life and the relationships they associated with. Now being left alone all they feel is a void.

The mental health of women at these old age homes gets greatly impacted due to the sudden

change of lifestyle. Old age homes aren't really a norm in Pakistani culture, so it comes as a culture shock. They feel abandoned, helpless, hopeless and are filled with regret about the choices they made in their lives prior to this. Many suffer from depression and hopelessness till the last day of their lives. Unlike many other Asian countries there haven't been many researches published on this matter but our neighboring country, India which has a similar culture and similar traditions published a study which concluded that the prevalence of depression in elderly individuals living in family settings was 22% mild, 14% moderate, and 10% severe, whereas, in old age homes, the prevalence was 36% mild, 26% moderate, and 8% severe, according to the Geriatric Depression Scale(Gautam, 2022).

These women also become victim to loneliness and lack of sociability as these old age homes are run down without proper activities and interactive sessions being offered so these factors contribute to the rising levels of depression. (Panwar et al., 2019)

Rationale:

Old age homes are a need and a rising trend in Pakistan, slowly being accepted by society yet having existed for decades they are yet to be acknowledged. A total of 7% of Pakistan's elderly population ends up in such facilities because the rest would rather be surrounded by their families no matter how tough the circumstances. (Qidwai et al., 2018)

The reasons behind the residents actually having ended up there are numerous, for example familial conflict, abusive families, lack of financial resources, death of immediate care givers and no family present in the country. (Vertejee et al., 2020)

These old age homes can be seen to be populated with a female majority in countries like India, Pakistan, Italy and the US. A larger female population in these

institutions means that either women tend to live longer than men or that they are likely to be financially dependent on their families without which they find themselves without shelter.

These statistics are shocking because in a country like Pakistan where women are usually the initial and only caregivers for their children and tend to sacrifice their entire adulthood for them. A female majority means that females are greatly affected by the conditions of these Old Age homes. Previous studies have shown a prevalence of depression, loneliness and hopelessness in these OAH. (Brahmbhatt & Shah, 2019)

More women means more women suffering from depression which is usually caused by lack of sociability and lack of care by the staff. They feel like a burden on their families and the society. Previous studies have highlighted the mental and physical health of the residents of OAH. They have also talked about the quality of service they are given and the reasons as to how they ended up there. (Panwar et al., 2019)

In contrast to the previously conducted studies this present study is focusing on the female population only, highlighting their mental health and shedding light on their stories prior to coming here. Previous international researches mostly consisted of analyzing the physical condition these elderlies are living in and also the reason for those conditions. Extensive research is yet to be carried out on their life stories before this times and how different past effect their present psychological condition. Such a study is yet to be published in Pakistan, keeping in mind how common these old age homes have become. None have made their studies gender specific nor done a narrative inquiry.

Objectives of the study:

- To highlight the conditions which these women from the Old Age homes are living in.

- Get in depth knowledge about their lives now and before.
- To inquire about the mental health of these female individuals.

Research question:

How does living at an old age home impact the psychological health of women?

CHAPTER II LITERATURE REVIEW

In this section previous research related to the elderly and specifically women living in old age homes along with their mental states will be presented which provide sufficient evidence to support these views.

International Research:

In 2021 a Study was conducted by the Departments of Psychiatric Social Work and 1 Psychiatry, National Institute of Mental Health and Neurosciences, Bengaluru, Karnataka, India to research on “Views of the elderly living in old-age homes on psychosocial care needs”. This study was done by conductive semi structured interviews of 20 residents were conducted using purposeful sampling. The emergent themes were; “health-care needs,” “concerns regarding the behavior of the staff,” and “mental health needs,”. These old-age homes fell under charitable trust rules, they charged low-to-moderate monthly fees from inmates. Services from any kind of trained or certified geriatric care professionals were not available in these old-age homes. Coming to the sample, ages ranged from 60 to 90 years. The majority (55%) of the participants were women. About 45% of them were widows. This study concluded that along with medical problems and problems with the staff the residents also suffered from mental health problems like inadequate support from family members, experiencing helplessness and a feeling of loneliness. And these can be avoided with proper training given to the staff along with more funding to such institutions (Shivarudraiah et al., 2021).

In India some research was conducted on the Assessment of depression among elderly living in old age homes and within family set up in Bareilly city. This was a correlation study done on a sample of 200 people. These 200 were equally divided into two groups. Group 1 were residents of old age homes and group 2 had elderly people living in family set ups. The age range was between 60-80 of both men and

women. In group 2 there were 66 men and 34 women whereas, at the old age homes, there were 30 men and 70 women. The prevalence of depression in elderly individuals in group 2 was 22% mild, 14% moderate, and 10% severe, whereas, in group 1, the prevalence was 36% mild, 26% moderate, and 8% severe, all this was according to the Geriatric Depression Scale. In this study, depression was shown to be more common in females (42% in old age homes and 28% in the family group) than in males (30% in old age home prisoners and 13% in the family group) (Nandita et al., 2022).

Assessing the Life Satisfaction of Elderly Living in Old Age Homes in the City of Ahmedabad through the random sampling approach, 50 inmates (Male = 33, Female = 17) from five old age homes were chosen. Individual interviews with the senior participants were conducted to ascertain the motivations for moving into old age homes and learning about their perspectives on their coping mechanisms and the surroundings in the new environment. The study's findings showed that the majority of the elderly did not receive consideration, attention, or love from their relatives and were quite unhappy with the behavior of their kids. The government viewed them as a burden. The respondents believed that as people age when a person's health deteriorates, and they are unable to work their self-respect is severely damaged. (Khadgi, 2021)

In India a study was conducted in 2019 on Loneliness, sociability and depression in old age home elderly. The cross-sectional survey includes 100 purposively selected elderly from selected old age homes, Uttarakhand. The elderly was interviewed by using University of California, Los Angeles (UCLA) Loneliness scale, Geriatric depression scale (GDS) and Eysenck personality inventory (EPI) sociability subscale of extroversion. Findings revealed a significant relationship of loneliness with depression and sociability. Similarly, sociability and depression were found to be dependent on each other in elderly. This study concluded that

older women showed a substantial link between sociability and depression, while males did not show this pattern, indicating that depression is a gender-specific condition. Gender-neutrality and a lack of socialization may be factors in this ageing silent epidemic. Now, it is acknowledged that residing at an old age facility disconnects allowing the elderly to socially interact with family members. Their reliance on family and friends makes them more susceptible to becoming depressed. Hence elderly residing in old age homes need due attention and care to get rid of these silent psychological problems. Timely medical care and measures to improve socialization may help to anticipate mortality and morbidity and protect the vulnerable population (Panwar et al., 2019b).

Despite off, many authors suggest that before women become old, she could start to have some typical deficit as amnesic and neurocognitive problem, going through the mild cognitive impairment. This is a critical stage in which the couple begins to decline, when they deal with losses, support the middle generation, and conduct a life review. In this stage, usually considered between 65 years old, men and especially women are more sensitive to adverse events and health problem and begin to be more frailty. In older age, loneliness, social isolation, feeling of contribution/uselessness, lack of leisure activities, anxiety for the health, social deprivation, and depression are increasing (Romana et al., 2019).

Indigenous research

An article done on a woman named Tabinda by the express tribune talked about her life story, how she ended up at the old age home and how her life is like there. Her husband was abusive, so she fled and when her family didn't support her and cast her out, she put herself in an Edhi old home. She also talked about how daughters in Pakistan a symbol of respect and honor are and when they fail to fit the norms they are cast aside and

left alone. The Social activist Dr Naveed Malik said that Pakistanis are quick to fight for the rights of afghanis and Palestinians when needed but they choose to ignore the poor, underprivileged, minorities and the helpless in their own country. World Elder Abuse Awareness Day is marked on June 15 (today) across the world, including Pakistan to draw global attention on the problem of physical, emotional, and financial abuse of elders. (Baig, 2021)

A study carried out in Gujrat, Pakistan on the Problems and challenges faced by elder people in old age homes by Arisha Akbar of the Department of Sociology, University of Gujrat, PAKISTAN said that the elderly confronted a variety of issues in old age homes, such as psychological, physical, emotional, a lack of facilities, and health issues. The study recommended that a plan of action be implemented through family, society, and the government to manage the issues facing the elderly. Elderly residents of the organization were the subjects of non-participant observation and interviews to gather data. Both men and women above the age of 60 were used when providing the data. This study talks about how old age homes don't have medical facilities needed by residents in that age, no doctor visits and no routine checkups that a caring family would generally provide. Due to negligence the elderly contract diseases, infections, heart attacks are more common, and diabetes remains uncontrolled., psychologically speaking, deprived from their need of socialization and a loving environment they suffer from depression and two major psychotic disorders; senile dementia and psychosis with cerebral arteries sclerosis. (Akbar, 2021)

This is a qualitative study on the Perception on service quality in old age homes. This study was conducted in 2020 and is published in the Journal of the Pakistan Medical Association.

Descriptive qualitative design was used to explore stakeholders' perception of older people living in OAHs. Three Old age homes were selected using purposive sampling. 10 Participants' for Focus Group Discussions (FGDs) were taken. Participants for Key Informant Interviews (KIIs) were those who were the caregivers of older people. Data was collected in the span of two months through

researchers' designed interview guide until data saturation was reached. The data revealed that approximately 89% of the caregivers were untrained workers and only 11% of them were actually trained nurses. Secondly caregivers were mostly female. Secondly the data inferred mean ages of participant of male and female i.e. 65 ± 4.6 and 64.6 ± 10.7 years consequently. Again, in this group, the female residents outnumbered males. One of the two themes that emerged were the reasons as to why the residents started living there and the quality of their life. The reasons included; Poor family's understanding of aging issues, Poor family caregivers' commitment to care, family conflicts, brain drain and economic burden.

The residents also expressed that they were fearful of returning back home due to constant abuse and conflicts with other members even though they missed their grandchildren quite a lot. The second theme was the need for the care giver to have from academic training. They expressed the need to have trained caregivers who know how to care for older people. The study concluded that there was a dire need for monitoring systems to ensure quality care at OAHs. The major strength of the study was the diversity of the study participants and the thoughtful selection of study sites (Vertejee et al., 2020b).

This literature review clearly shows there is a literature gap present on the topic of elderly people living in old age homes. Firstly none of the studies are primarily focused on women. And because the larger population is men the statistic are largely representative of the men. Hence female centric studies need to conducted. Also these studies don't talk about their journeys as humans. Just their current states in these homes and their reasons for choosing to be here. That is where this study bridges that gap. This study talks about their entire life journey from childhood to now and is primarily only focused on females.

CHAPTER III MATERIALS AND METHODS

This study was conducted using a epistemological philosophical assumption and an interpretive paradigm. Five women from two different old age homes were chosen keeping in view the inclusion and exclusion criteria through purposeful sampling.

Table 1.

Demographic characteristics of participants

Sr. No	Age	Education	Socio economic background	Number of children	Marital status	time in old home
1	55	Matric	Middle class	0	divorced	8 yrs
2	65	BS	Upper Middle class	2	divorced	2 yrs
3	60	none	Lower class	4	widowed	2 months
4	72	BS	Upper middle Class	2	Divorced	7 yrs
5	62	Primary	Lower Middle Class	4	Divorced	3 yrs

Methodology:

This a qualitative narrative research design used to learn the stories hence shed light on the current mental health of women in old age homes.

Philosophical assumption:

Philosophical assumption is the first thought you have when you're coming up with the idea for your research. Philosophical assumptions are important because they shape our study, how we raise questions and how we plan to find answers for them. (Creswell, 2022) Epistemological assumption is used for this study by studying and interviewing our sample closely where they live and spend most of their time.

Paradigm:

A research paradigm is the set of common beliefs and agreements shared between scientists about how problems should be understood and addressed.

Interpretivist paradigm will be used in the present study. Interpretivism is associated with the philosophical position of idealism, and is used to group together diverse approaches, including social constructivism, phenomenology and hermeneutics; approaches that reject the objectivist view that meaning resides within the world independently of consciousness.

Sample and sampling strategy:

Purposeful sampling methods were used, this is a type of non-probability sampling. In nonprobability the criterion of selection is not random but not everyone has a chance to be included in the research. Purposeful sampling is a sampling technique that qualitative researchers use to recruit participants who can provide in-depth and detailed information about the phenomenon under investigation (Moran, 2021). In this study 4 old age homes throughout Lahore were chosen each from a different town and containing residents from different classes. two women from each old age home were chosen, each having a different reason to be present in that facility and of a different age.

Inclusion criteria:

1. The participants need to have living in that old age home for over two weeks.
2. The participants need to be female
3. The participants need to be between the ages of 60-80.
4. The participants need to be physically able to give sound interviews.

5. The participants need to have lived in Pakistan most of their lives.

Exclusion criteria:

1. The participants should not be suffering from any physical ailment that could impact their psychological health.
2. The participants should be suffering from amnesia or any other psychological illness that greatly impacts their memory.

Procedure:

First the women were selected based on the inclusion and exclusion criteria. It was made sure that they vary in class, age, reason for living there and marital status. Then informed consent was taken from the facility and the individual interviewed them. Once attained the interview process was started. They were told about confidentiality in case they want their identities hidden. They were explained about their rights and responsibilities. After which the interview process was begun, Multiple in depth interviews were taken which could take months. The interview process did go on till sufficient information has been gathered. After which they were transcribed, and the themes were evaluated. The resulting themes were further divided into sub themes and a conclusion was written up.

Pilot Study:

A pilot study was conducted on a woman residing at an old age home in Lahore. She was 64 years old and had been living there for two years. This study showed that clients tend to talk more of their lives prior to living at the old age home as compared to their lives now. They feel a sense of shame when mentioning their current states and it takes a lot of rapport building to get them to share their feelings and insecurities.

CHAPTER IV

RESULTS

MAIN THEME TABLE

MAIN THEME	SUB THEMES	CODES
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Health related concerns	Medical issues	Asthma Heart condition Arythmia Allergies Blood pressure Diabetes
	Physical Accidents	Broken teeth Broken arm Limps Broken collar bone
	Psychological Issues	Waiting for life to end Calls life a tragedy Doesn't feel like doing anything Low appetite Inability to sleep Cries all the time Doesn't feel like socializing Anxious Palpitations Hands shaking

		<p>Random worrying</p> <p>Obsessed with their routine and can't accept change</p> <p>Obsessed with cleanliness</p> <p>Gets angry when people make them change their views or lifestyle</p>
	Self-Care	<p>Matted hair</p> <p>Unclean fingernails</p> <p>Torn clothes</p> <p>Unable to bathe regularly</p>
Adverse life events	Failed Marriages	<p>Got married very young due to pressure from family</p> <p>Age gap with husband</p> <p>Abusive husband</p> <p>Husband had extra marital affairs</p> <p>Communication barrier</p> <p>Husband sent a divorce</p> <p>Lack of financial support</p>
	Death of family members	<p>Husband passes away</p> <p>Parents and siblings, all deceased</p> <p>A few siblings and parents deceased Feels alone</p> <p>Daughter deceased</p> <p>Nephew deceased</p>

	Deprived of a home	Left without a home
		<p>Had to sell home to take care of kids</p> <p>Couldn't afford a rental</p> <p>Couldn't stay alone due to medical concerns</p> <p>No home after husband kicked her out</p> <p>Didn't know where to go when parents didn't accept her back</p> <p>Due to social norms can't live with married daughter</p> <p>Daughter in law doesn't want her living with them</p> <p>Son isn't stable enough to support her</p>
Challenges	Unsupportive parents	<p>Parents didn't support divorce</p> <p>Parents kicked her out of the house</p> <p>Parents didn't support education</p> <p>Married her off at a very young age</p>

	Familial hardships	Divion of dad's assets was not done equally Son in law took all the property Daughter claimed ownership to the house Sister-in-law took all of brother's assets
	Declining medical health	No money for treatment No doctor available for checkup Can't travel alone to the hospital Due to broken arm can't do daily chores properly

	Neglectful family	<p>Children don't call</p> <p>Daughter is estranged</p> <p>Sister-in-law doesn't send money</p> <p>Husband remarried and left</p> <p>Son took dad's side in the divorce</p> <p>Daughter in law forced her out</p> <p>Sadness due to feeling alone</p> <p>Cut out of the will by sister-in-law</p> <p>Daughter stole her house</p>
Coping Mechanism	Self distraction	<p>Watch tv</p> <p>Talking to family members all night</p> <p>Listening to songs</p> <p>Gossiping about other residents</p> <p>Cooking</p> <p>Religious practices</p>
	Religious inclination	Constantly grateful to God

		<p>Reliance on God</p> <p>Spiritual pirs</p> <p>Reads Quran regularly</p> <p>Fast regularly</p>
	denial	<p>Likes to listen to others rather than talk about her own pain</p> <p>obsessive</p> <p>Not in tune with reality</p> <p>Believes it is temporary</p>
	Results of unhealthy coping	<p>Think they are a burden on their family</p> <p>Believe themselves to be a failure.</p> <p>Thinks they did something wrong in bringing up their children to deserve this</p> <p>Thinks she is unforgivable</p> <p>Self-pity</p> <p>Lack of self esteem</p>

	Victim mentality	<p>Anger towards kids</p> <p>Resentment towards ex husband</p> <p>Bitterness towards other female residents</p>
		<p>Feels mistreated by sister-inlaw</p> <p>Thinks she was abandoned by family</p> <p>Feels manipulated</p> <p>Angry at the administration</p> <p>Thinks she was wrong to have kids as they are the reason why she ended up here</p> <p>Blames the society for not allowing her to live with her married daughter</p> <p>Regrets being a doormat for her kids and family</p> <p>Regrets not fulfilling her own wishes</p> <p>Feels betrayed</p>

Results show that these women whether from low socioeconomic backgrounds or financially stable backgrounds had all suffered greatly. Throughout this research three main themes emerged, which were “health related concerns”, “adverse life events”, “challenges” and “coping mechanisms”. Their adversities ranged from abusive husbands, divorces, death of their family members and children who when

of age started to abandon them. When asked why they don't work reasons like medical concerns, lack of education, and lack of institutional support were brought up. These five women were married off while young to men who were greatly older than them, four out of the five women were cheated on by their husbands and filed for separation or were sent divorce papers once their husbands were caught. Their families, albeit supportive in some cases, were still not kind enough to let them live with them. Children having made their own lives or siding with their fathers were in most cases the reason for their bitterness. So, these women made the conscious decision to shift into these old age homes themselves. Even though a planned-out decision it still can't be called a choice as they'd much rather be in their own houses as brought up again and again. It was said repeatedly about how these institutions aren't taking proper care of their medical or emotional needs but a tone of acceptance of fate was also noticed.

These women had an unusual bitterness towards the other female residents living with them and largely kept to themselves and only socialized when extremely necessary to do so. Given everything they had gone through and were continuing to go through these women would randomly burst into tears during their interviews or would completely avoid any question that would trigger emotions. All five of these women had medical conditions like blood pressure and diabetes, some had severe allergies and asthma whereas a few had been in major accidents that resulted in them losing their teeth or breaking their collarbones. They also had heart conditions and were frequently complaining about the price of their medication and their uncontrolled symptoms like arrhythmia, palpitations, inability to breathe properly, cough, bladder control issues, and shaky hands. A few participants complained about having sleep problems and a lack of appetite as well which causes them to remain lazy and lethargic throughout the day. When questioned about familial visits they answered that they didn't want their families to see them like this nor do they feel like meeting them often as it disturbs their routines.

Another topic brought up again and again was how they felt abandoned, unwanted, and unsupported by their children, and due to feeling like a burden they chose to move here. All were pretty hopeless about their futures, claiming that they have reached the end of life, and nothing can be looked forward to anymore. Two of the women weren't particular about their medication claiming that it's useless and their end is near. Their children didn't reach out to them as much as they should claimed the women. This led to the women resenting their kids.

Problems with the institution, like privacy due to fewer rooms available and three women having to share one room were shared. They also didn't like the communal living which expected them to eat at particular times only, on top of that a few complained about inappropriate behavior from the male residents as well. The administration in their view should've been female run because according to them only a woman can understand a woman. Even with all these difficulties they continued to live in these homes because they no longer have their homes waiting for them. Some sold their own houses to keep their families afloat after their husbands left or passed away, some were kicked out by their children whereas others had their houses stolen in custody battles.

Now to deal with such adversities these women had developed certain coping mechanisms to continue living and put up a face in front of the world. These coping mechanisms included distraction where they would distract themselves from their reality by cooking, talking to their grandchildren when they're sad, or watching tv in the afternoons. Another very common coping mechanism found was religious inclination, all these women were very rigidly and passionately very practicing. They all constantly kept saying this was Allah's will, they pray more than the five prayers, fasted even though their health doesn't allow it, and read the Quran for hours. In almost every question they were either thanking God or scared of His punishment. Moreover, there was denial present as well as another coping

mechanism, a woman refused to believe she had been abandoned by her kids claiming it's impossible to come to visit from Canada which is why her kids don't visit anymore. Another blamed her son's lack of empathy on his psychological disorder, claiming that when their house was stolen, he went through a very traumatic time. On the contrary, some women had developed a very bitter attitude and blamed their situation on their kids and their husband. Some even had very hateful words toward their sisters-in-law or mothers-in-law. All the while praising themselves claiming they did no wrong. While blaming others they developed a very negative and toxic attitude which showed itself while they talked about other female residents as well. Negative feelings along with immense anger were seen through their words and gestures.

These women have led long, tough, and emotionally draining lives all with toxic marriages, the death of entire families, and manipulative kids. All these factors when brought together had led to the development of low self-esteem, declining psychological and physical health and toxic coping mechanisms.

CHAPTER V

DISCUSSION

This research was conducted to understand and analyze the psychological impact residing at an old age home has on women in Pakistan. Having interviewed five women from two different old age homes some recurrent themes have emerged. Hour-long interviews were conducted where these participants were asked to talk about their past and present experiences along with any future expectations. These five women were between the ages of 55-75 years and had been living in their respective old age homes for over two weeks to 7 years. The main themes that emerged from their research were “Health-related concerns”, “Adverse life events”, “Challenges” and “Coping Mechanisms”. They were brought up repetitively by the participants.

Theme 1: “Health-related concerns”

This was a major main theme that was brought up multiple times by the participants. All participants had health-related concerns like medical diseases, psychological disorders, and selfcare issues and had suffered major accidents. The quality of their life was greatly impacted by these concerns and at times they were the reason for these women to end up in old age homes. Almost all the women had blood pressure issues which was further causing heart problems. One of the women said:

“nahi sugar aur bp tou har kisi ko hota hai”

This makes it apparent how blood pressure isn't even deemed as a medical disease given how normal and widespread it is. Two women also had anxiety which then caused palpitations that were confused with blood pressure issues. One participant

suffered from anxiety which caused palpitations whenever she'd think about her previous life:

Me: aapnay kaha tha ke aapko dil ka masla hai. Kia masla hai?

Her: heartbeat tez ho jati hai

Me: palpitations?

Her: ji ji

4 out of these 5 women also have diabetes which requires constant medical care and a different diet. Their diabetes is also not controlled which has led to tremors, vision impairment, headaches, and dizziness.

“Mujhe bohot high sugar hai”

and

“nahi mujhey raasha hi itna na. Hath sambhaltay hi nahi. Chay ebhi nahi pi skati aram se. Jab

ghar se mujhey nikala inhoun touy sugar bhi hogayi aur raasha bhi.”

So, it is clear that they owe they blame their diabetes on their homes being stolen from them. Some women have severe allergies and asthma that results in them having to buy expensive medication despite which they still end up in the hospital due to lack of proper medical facilities and care being provided at the old age homes.

“mujhey asthama hai. Lekin mai ziada dawaiyan nahi leti. Bas aik goli aur inhaler.”

These women are mostly uneducated and don't trust medication a lot which leads to their health further deteriorating. No check is kept on their health as well through regular checkups or keeping their medication up to date. Three out of 5 women had also suffered major accidents in their recent years that had left them

with broken bones and teeth. This results in the inability to lead a normal life. Women who had lost their teeth in these accidents felt shame and discomfort in eating in the main hall and hence would get even more anxious or would avoid eating.

“Merey neechay walay daant nahi hein. Wo accident mai toot gaye thay. Aur naye walay bhi kharab hogaye. Tou mai sabke saamnay beht ke khana nahi kha sakti. Lekin nahi hota sabke saamnay. Kesy banda sabke saamnay khaye esay. Mushkil hoti hai. Mai khana daal ke idhar le ati hun lekin unko aiteraaz hota hai iss baat se.”

All women that were interviewed had developed psychological issues during the time spent at the old age home. All had problems with sleep which varied from the inability to sleep, troubled sleep, nightmares or even sleeping too much. Some said these problems come and go whereas for others they persisted every day. For one woman her trigger was thinking about her late brother:

“Interviewer: Tou aunty aap poora din kia karti hein? kab uthti hein

Interviewee: bas samjhein uthti soti rehti hun sari raat (laughs)

Interviewer: Keun aunty sahi neend nahi ati aapko?

Interviewee: Bas kabhi kabhi achay din yaad ajatay hein. Apna bhayi yaad ajata hai. Aur ye 2 din pehla hua aur meri tabiyat itni kharab hui ke ro ro ke ro ro ke halat kharab hogayi. Paoun mai swelling hogayi aur tabse so nahi pa rahi”

Lack of adequate sleep disturbs their entire day, slows down their metabolism, and depletes immunity. Inability to sleep also could be due to depression as they also have low appetites which is another symptom of depression. It was noticed that none of the women interviewed enjoyed socializing or meeting other residents. They even avoided meeting family or going back home. The avoidance of going back home was also noticed to be due to sudden changes in routine and

surroundings which wasn't accepted by most of the women. They didn't like to be bothered or disturbed in their everyday activities no matter how mundane. Despite missing the family due to depression, they just didn't want to meet one another.

“Me: iye tou hai. Mahinay mai ktni baar milti hein khaandan waloun se?”

Her: pehlay teen saal tou kisi se nahi mili mai. Ab milna shuru hui hun chotay betay se”

Another participant even said:

“bas dil nahi karta. Nahi jaga neend nahi ati. Bathroom bhi door hai. Auir wahan bas banda behta hi rahay har waqt. Yahan agar kuch na ho tou mai peechay lawn mai chali jati hun. Mali ya washerman se batein karleti hun gapa laga leti hun. Ab ye jo hamaray chokidar hai us ke pas beht jati hun. Udhar mujhey wahin rehna parhta hai. Aur washroom ka bohot masla hai!”

In a recent study in India conducted on residents of old age homes it was also seen that mental health needs and health care needs were emergent themes. And further subthemes much like our study were found to be helplessness and loneliness. (Shivarudraiah et al., 2021) Also in India, another research concluded that women were much more susceptible to depression in old age homes as compared to men. (Nandita et al., 2022) Our research showed a great link between sociability and depression just like research conducted in India some years ago that said older women showed a substantial link between sociability and depression, while males did not show this pattern, indicating that depression is a gender-specific condition. Gender neutrality and a lack of socialization may be factors in this aging silent epidemic. Now, it is acknowledged that residing at an old age facility disconnects allowing the elderly to socially interact with family members. Their reliance on family and friends makes them more susceptible to becoming depressed. (Panwar et al., 2019b)

Another subtheme that emerged in health care was the lack of self-care. Just being able to shower was considered a huge blessing for these women given the lack of facilities provided. Most of these women were from good backgrounds and hence not being able to stay clean adversely impacted their mental and physical health. It was noticed that they were wearing dirty torn clothes albeit trying to hide their toes and face. Their toenails were extremely dirty, and their hair was oily. They also talked about the need to get proper sanitation which isn't provided.

“Bas sab Allah ki dein hai shukar hi ada kar saktay hein. Mujhey tou khushi hai ke aaj mainay

naha lia aur saaf sutri hogayi hun”

But having said that it was noticed that sanitation was provided but due to lack of finances for clean clothes and depleted energy, they couldn't take care of their hygiene as well as they should. In many types of research that were conducted before on depression in older adults, it was seen that their prevalence is largely greater than in younger adults. In a recent study, it was seen that depressed elderly are less likely to express or show affective symptoms and more likely to display cognitive effects, somatic symptoms, and lack of interest than younger adults. (Fiske et al., 2009) Keeping this in mind one can include those somatic symptoms like lack of appetite, losing train of thought, crying outbursts at random times, and sleep problems that can very likely be attributed to the development of depression rather than just signs of old age. These women cried multiple times during their one-hour-long interviews. At times they would shed a tear or two even while laughing about their difficulties. Their obsessive qualities were seen when they couldn't tolerate someone touching their possessions or disturbing their routine no matter who the person was or what the reason was. Starting from the chaadars they were wearing to their utensils these women were unlikely to share anything. They now even avoid the comfort of their own children's homes due to it being a disturbance to their sleep or day-to-day activities.

Theme two: Adverse Life Events

This theme talks about all the difficult life milestones these women were subjected to. As this was a narrative inquiry so interviews covered topics from their childhood all the way to current life, throughout this journey many major life events were covered. The three subthemes within this main theme are “marriages”, “death of family members” and “Homelessness”. Amongst their life stories it was noticed that when asked about childhoods they were mostly very positive remarks given. These women had very normal childhoods and close-knit families.

Interviewer: kesa tha aapka bachpan?

Interviewee: Bohot acha tha.

Smiles spread across their faces and each participant had a lot of positive feedback when asked about their childhood. They talked about their siblings, their parents and the lack of responsibilities they had. According to them that was the last good period of their lives so there was also a hint of pain along with nostalgia when telling childhood stories. But bitterness showed its effects here as well. Due to being married off very young they had a resentment to their parents for causing them to miss out on their childhood. 1 participant claims that she doesn't have many childhood stories because well she never got to have one:

Me: aunty aap ka bachpan kesa tha?

Her: bachpan kia tha yar 14 saal ki umar thi jab shadi hogayi kia hi bachpan hoga. Na bachpan dekha na jawani dekhi jab burhapa ya tou siyapa dekha

Moving on to the first subtheme, something all our participants had in common was early marriages. They all got married in the age range of 14-18 years. Whereas

their husbands were 10 to 15 years older than them. They now feel like this stripped them of their right to childhood and put burdens on their shoulders that were too great for them to bear. They never got to develop their own personalities or confidence in their spouses. Research in the past have found that especially in the subcontinent because of early marriages young girls don't have the ability to deal with responsibilities, pregnancy-related mortality and morbidity, resulting in huge physiological and psychological health issues in these young girls, which causes them to lose relationship confidence and ability to maintain a healthy relationship. (Ahmed et al., 2013)

Their early marriages also were a prerequisite for their abusive husbands. 4 out of these 5 women had abusive husbands, three out of those 4 had physically abusive husbands who would beat them up every other day. Research conducted in Pakistan has found that the problem of Child Marriages is quite common and pervasive practice and an instrument of gender-based violence against women and high population growth rate in South Asia including Pakistan. (Naveed & Butt, 2015)

Her: mainay kabhi apnay ghar waloun ko apni taqleef ke baray mai nahi bataya. Ke mera miyan mujhey maarta ha ya kabhi kabhi kharcha bhi nahi deta. Khud kamanay nikal jati thi.

Kharhayan kati thi, chadrein banati thi, property dealery bhi aur rishtay bhi karati thi. Aik mera bhayi tha jo ab fout hogaya hai wo bohot acha tha. Usne mujhey zameen bhi lekey di thi aur mera kharcha bhi uthata tha.

It is clear how incredibly difficult her married life must have been. They not only had to put up with non-caring, non-loving and abusive husbands but also had to take on the responsibilities of a father as the father was usually unavailable for the kids. These women lead extremely adverse married lives but continued for the sake of their children and to have a place in society. When asked why they didn't get a divorce they mostly 4 out of these five women had cheating husbands as

well. Their husbands had multiple extra marital affairs which led to them marrying not once but twice after their wedding to our participants. Maybe it was due to this that our participants had low self-esteem as they somewhat blamed themselves for not being good enough wives to their husbands. Having lived in Pakistan where marriage is taken more like an institution rather than a life choice it's imperative to keep it going no matter how abusive, negative or demeaning.

Me: agar wo na detey talaaq tou apa rehti sath?

Her: mainay tou rehna hi tha sath meri 2 betiyan bhi thi. Usko pata tha ye bohut dheet hai. Itna marta hun ye phir bhi yahan hai tou thak ke usne talaaq dedi

But for three of our participants who asked to divorce themselves that was a huge hit to their self-confidence and self-esteem because they felt as if they had failed. Some had their husbands leave them and never look back, this led to the development of serious abandonment issues on their side and they felt completely alone. But on the other side they were so hurt and had so much hatred for their husbands that a part of them was relieved that it was over. But now they had to fend for themselves and their children because the husband no longer even financially supported his kids. None but 1 of the participants looked back at their marriages in a positive way, they all had hate, negativity and resentment in their tones and faces when talking about what they had to go through.

Next subtheme that emerged was the death of family members. It's a natural phenomenon that takes place in our lives but when untimely and sudden it could greatly negatively impact our health. This could potentially lead to depression, a feeling of loneliness and abandonment issues. One of the participants had lost her daughter to cancer when she was just 7 years old. This made her fear remarrying or having any other kids, claiming it would happen again and what the use.

Her: Han maiany shadi ki thi meri beti bhi thi. Wo saath saal ki thi jab uko blood cancer hua aur wo 10 saal ki thi jab expire hogayi.

Another participant had lost all her family members either to age or to diseases and this caused her to feel alone and become depressed. She cried multiple times during the interview whenever her family was brought up.

Me: aap kay koi behn bhayi nahi hein?

*Her: beta kuch na poocho! Ain linewise hi gaye hein sab. Pehlay abu, phir miyan, phir ami, phir behnoun ki aur abhi last bhayi fout hua 4 mahinay pehlay. Banda poochay mai kabhi idaray mai na ati. *cries**

The same participant mentioned that her physical health started declining rapidly 2 and half years ago which is when her first family member passed. She also felt like she had no one to rely on and that there was no one to live for even though she had four daughters. Now void of a family she craves her own home to fill that void somehow. She kept on talking about her own home calling it a piece of heaven and somewhere where she would feel safe because she was lacking the safety net a family provides. All these women were greatly attached to their brothers specifically claiming that they were their confidants and supporters. So, the death of their brothers caused them to fall in despair. This could also be because they lacked a good male relationship in their life due to a neglectful and abusive husband, so they found it in their brothers.

Her: Jo mai kehti thi wohi hota tha. Aur uske baad merey bhayi ne mujhey esey rakha jesy mai kia batoun halake wo mujhse chota tha. Bas ab wo yadein hein

They talked of their brothers with such fondness so naturally when their death was brought up tears were expected.

Interviewer: aap itni close thi apnay bhayi ke sath?

*Interviewee: *cries**

Interviewee: mai bas usko dkehti hi thi aur wo samajh jata tha meri behn kia chahti hai. Uski betiyan nahi rehti thi merey bagheir. Uskay hotay huay meri bhabi ki jurat nahi hoti thi kuch kehney ki.

Their brothers took care of them in a way their husbands never did as is clear through these interviews. They relied on their brothers for money, homes and emotional needs so after their passing they felt as if all that was ripped away from them, and they were homeless. Research has said that those receiving support from their family members may feel a greater sense of selfworth, and this enhanced self-esteem may be a psychological resource, encouraging optimism, positive affect, and better mental health.

Theme 3: Challenges

The five participants chosen for this research study all had their fair share of challenges throughout their lives that they had to face and overcome. All humans do face certain challenges in their lives but this notion of all ending well keeps them pushing through. Sadly, these women don't have that because their challenges are now their lives. With no hope of a better tomorrow, they continue to face these challenges. The subthemes that constantly came up in this main theme were "unsupportive parents", "familial hardships", "neglectful family" and "declining medical health". These women either are living at these old age homes due to the challenges life threw at them or are still constantly struggling between 1 or 2 of them regularly. The first subtheme is unsupportive parents. Every woman that was interviewed had the baggage that she dealt with before coming here. Three out of five still had been married off at very young ages, which they blame on their parents because that was their decision to make.

her: han tab mera daakhla is waja se hogaya ke jab meri shaid hui thi tou mai 14 saal ki thi tou nikaan khwa mera nika nahi kar raha tha. Phior merey abu ne meri umar 18 likhwayi kaghazoun pe.

Another woman had complained that she never got to live her childhood because her parents put too much pressure to take care of her younger siblings. She said:

Me: chalein aunty aapke bachpan ki baat kartay hein. Kesa tha shadi se pehlay aap ka bachpan?

Her: jesa hota hai. Mai sab behn bhaiyoun se bari hun. Ami job karti thi abu thay nahi. Bachoun sambhala ghar ko dekhna ye sab

Me: kabhi koi bachkana harkatein nahi ki?

Her: nahii.. Kabhi nahi mai tou dekh ke heraan hoti ke hamnay ko kabhi esi harqatein nahi ki.

Another topic brought up was the lack of support for education by their parents. These women time and time again had a very helpless and bitter tone towards all their life decisions that were made for them by their parents. This led to them feeling a lack of control over their own lives. Lack of control over their own lives can lead to the buildup of anxiety and anger issues over the years. This is why passive aggression was noticed in their tones when talking about their parents. (Beisswingert et al., 2015)

Paret also didn't let their daughters back into their homes due to not supporting their decision of asking for divorce themselves. This further increased their trust issues and heightened their fear of abandonment. When they made the difficult decision to finally leave their husbands who had extramarital affairs and also abused them due to social stigma their parents didn't back this decision and closed the doors of their houses, so these women had to fend for themselves and their kids.

The next subtheme we will be discussing is familial hardships. Living in a male-dominated society these women had to suffer greatly due to their gender and the lack of representation. Due to this, they have started to feel weak and demean themselves from time to time. 3 out of these 5 women were deprived of their right to their father's inheritance either due to problematic sisters-in-law or lack of awareness. If given their due share they could've managed to at least live in a

house on rent if not own, it. These women felt wronged by the people they trusted most. In the case of one of our participants, her daughter took away her house through force and legal loopholes.

“Her: mera nahi tha. Meri bari beti ka tha. Shuru se jab bhi wo mujhse arta tha uska rujhaan uni taraf tha. Meri sari khabrein deti thi unko aur phir wo akay pesy le jata hai. Baap beghairat insaan tha na uska tou uska khoon hi esa tha. Uska zarf hi ganda tha. Mai kia keh sakti hun.

Shuru se mili hui thi wo baap ke sath”

This shows clearly how hurt and betrayed she felt when her daughter sided with her father. This woman also felt abandoned by her daughter and had her house ripped from under her. The next subtheme is their declining medical health, which is due to their increasing age and lack of medical facilities available. These women have to manage their health and diseases like blood pressure and diabetes every day which is a great challenge when you have limited money, energy, and resources. They have to sacrifice their other needs to afford medicines and due to lack of medical staff, they have to travel to clinics and hospitals to get checked. They aren't getting any younger and so their health will just get worse with time, and it will be harder to manage, hence a bigger challenge. The last subtheme is neglectful families, which is the cause of their ending up in these homes and is still a challenge as they still don't meet them. Women felt ignored by their children and felt as if their needs weren't met and instead, they had to work harder to earn a room in their own house. Their older siblings didn't notice this and never offered any assistance or help, which added to their hopelessness as well. One woman is no longer on speaking terms with three out of her four daughters as they just stopped making any effort to do. Only one out of these five women had kids who called her whereas 4 out of five have kids who are leading stable lives. Their husbands never fulfilled their responsibilities, nor did they stand

up to their expectations. Their husbands always neglected their needs and their children's and 3 out of these 5 women had husbands that fled without a word without even sending a divorce.

Having a neglectful family, which is technically supposed to be your primary source of care, love, and respect has a huge toll on your mental health and causes trust and self-esteem issues as well. This mixed with medical health which rapidly getting worse and familial hardships that they had to face to get here has greatly and adversely impacted their mental health and has left effects that may never be washed away.

Theme 4: Coping mechanisms

Now that this research has talked about their health, their challenges, and their adverse life events it will talk about how they deal with this turmoil. At the end of the day, they are living and getting through every struggle and surviving to see another morning so they must have a way to cope. This would be called their coping mechanism which they use to just be okay when faced with a problem or a difficult day. The subthemes found were “self-distraction”, “religious inclination”, “victim playing”, “denial” and “results of unhealthy coping mechanisms”. Different women had different ways they chose to deal with their lives and their issues.

The first sub-theme self-distraction talks about the participants putting their mind elsewhere to not think about how unfair or difficult their life is. This is a healthy coping mechanism. Distraction gives us the chance to decrease our anxiety and other negative feelings associated with a distressing situation. Distraction can look different for everyone. (Avoidance Versus Distraction: Which One Are You Doing? n.d.)

To distract themselves these women either talk to their grandkids on text or watch some tv. Some also enjoy indulging in music of their choice as well. This coping mechanism was also used during the interview when the participant wanted to distract the interviewer from asking emotional questions, they started questioning their interests.

Interviewee: tv nahi dkehti mai. Mai phone pe lagi rehti hun. Nusrat ke ganay sunti hun. Aap sunti hein?

This coping mechanism was also important to them as there wasn't much else these women could do; they couldn't change their fate or fight their battles anymore so instead of falling into a pit of despair they would rather just distract themselves. But it was also noticed that the participants that were running from their reality because it was just too difficult to endure practiced this mechanism more as compared to those women that had accepted what was their truth and were done pretending that it was okay. Another way they'd distract themselves is by listening to the other women talk about their pain instead of focusing on their own. This would keep them busy and also help them understand that they aren't alone. Another method of distraction is religious practices that kept them occupied throughout the day and gave them a separate purpose. Moving on to the next subtheme, which is a religious inclination, all our participants were extremely religious inclined by offering more than the required five prayers, reading the Quran for hours and constantly doing tasbeeh They mentioned how grateful they were to Allah again and again.

*“Mujhey yahan 8 saal hogaye tou dekhein jawani guzaar di yahan pe. (laughs)
Lekin Allah ka shukar hai izat ki chat hai. Allah ne time guzar dia”*

These women have multiple medical diseases and are old but fast regularly in the month of Ramazan because it gives them a purpose, makes them feel as if they are a part of something larger, and hence distracts them from their hardships and

gives them hope in a better tomorrow and the strength to accept a difficult today. Research has said Religion, spirituality, and/or belief were found to play several roles in the everyday lives of older adults, including being a source of strength, comfort, and hope in difficult times and bringing about a sense of community and belonging. (Malone & Dadswell, 2018) The next subtheme we will be talking about is denial, the ones that weren't distracting themselves were choosing to remain in denial. A person who is confronted with a fact that is too uncomfortable to accept rejects it instead, asserting that it is not true despite what may be overwhelming evidence, according to the psychological defense mechanism of denial proposed by psychologist Sigmund Freud. One of the five participants wasn't in tune with reality because she believed her kids weren't meeting her due to their busy schedules, but it was apparent that they didn't want to. When her friends pointed it out, she would get aggressive.

“Warna tou mai bardasht karlun lekein jab ye mere bachoun ke baray mai kuch kehti thi tou mujhse bardasht nahi hota. Mai kehti thi mujhey jo kehna keh lo chup rahun gi ya uth ke chali jaoun gi lekin jab wo merey bachoun ko bura bhala kehta hai tou mujh se bardasht nahi hota.

Phir merey se bura nahi hoga. Mai apnay bachoun ke baray mai kuch sunna na manzoor

Samajhti hun. Tanay bhi wohi deti thi mai tou chup rehti thi.”

Other areas where denial came in was when they were talking about why their sons were not keeping them in their houses, claiming it's because their mental health isn't stable but when further probed it was revealed that those same sons are

leading normal lives with their families so no reason could be found as to why their mothers couldn't live with them. Another place denial was noticed was in the way they weren't accepting how helpless they now were. Claiming this, they still did whatever they wanted and were leading very decent lives when their words were completely disconnected from their physical states. The women still were pretending to be women from a middle-class background in two of the cases, unable to accept that now they no longer have the same stature or lifestyles.

Another subtheme that emerged was victim playing. People with victim mentalities frequently go through trauma or difficult times without learning more effective coping mechanisms. They consequently have a pessimistic outlook on life and believe that they have little control over their circumstances. The participants of this study were old women residing in old age homes due to having very difficult lives and a lack of familial support. All this suffices for "trauma" and so begins their pessimistic outlook on life and statements like "I never did anything, I don't know why this is happening".

"Ghar bhi esa hi tha. Jabki sugar hui hai aur heart ka masla hua hai tabka esa hi hai. tab bhi kisi ko tang nahi karti thi. Bachay soye huay hotay thay mai sonay deti thi"

There can be subtle victim playing seen and heard throughout their interviews. Three out of these

5 participants claimed they did everything right, but everyone was out to get them. Saying that they never did anything to hurt their sisters-in-law, but their sister-in-law stole everything from them and kicked them out. They also play the victim card when asked why they don't work, claiming they are too old, it's too hot or they are too sick to work so they don't think they should. They also blame the institution for not bringing them opportunities otherwise they would have. They have developed this angry, aggressive, and bitter tone towards their ex-husbands and children for not treating them right, claiming they did whatever they could, yet

they still weren't loved or accepted. At times they also blamed society for being too harsh, which is why they didn't feel comfortable living with their daughters, and blamed their daughters-in-law for making them work, which is why they felt sick and didn't want to live there anymore.

The last emerging subtheme is the consequences of negative and toxic coping mechanisms. Through years of denial, victim playing, acceptance, avoidance, and isolation these coping mechanisms have left a permanent effect on these women's personalities and mental health. These women have started to believe they are a burden on their families, friends, and the world which is why they constantly say hopeless things like:

“ab kia kal hona. Yahi kal hai. Bas agay aur burhapa hai. Kia sochna. Kisi bhi waqt zindagi ki shaam hosakti hai. Ab kia sochna hai. Ab mai ye sochti hun roza kab khulay ga”

Another consequence of such coping mechanisms is self-pity and a lack of self-esteem which was heard in these interviews. One participant blamed herself for not bringing up her daughter's rights whereas others that had medical issues were ashamed to go to public gatherings even as small as having dinner with everyone. They feel as if they no longer have anything to contribute even though most were in their 60s and when one compares them to women in their sixties that live with families their tone of despair was too great and recurrent.

“Beta ab kuch karnay ka dil nahi chahta. Himmat hi nahi. Dekhtey dekhtey din guzar jatay aur esay hi baki ki zindagi guzar jayegi”

These women have blamed themselves to the extent that they no longer feel they are worth forgiveness and were repeating the same words of asking God for forgiveness again and again. Society has embedded into them that it was mostly their fault so even if they are angry at their families or ex-husbands and have bitterness, there is a part of them that believes it was all due to some fault of theirs

that deepens their anxiety and worries and has them thinking of punishment in the afterlife.

CONCLUSION:

Based on the results presented, the women in the study have gone through a lot of adversity in their lives, which has impacted their physical and mental health as well as their relationships with family and other residents in the aged care home. The study highlights several key themes, including health-related concerns, adverse life events, challenges, and coping mechanisms. The women faced many challenges in their lives, such as abusive relationships, divorce, and the loss of family members. They also had medical conditions that were impacting their daily lives.

The coping mechanisms the women developed ranged from religious beliefs to denial and distraction, and some developed a negative and toxic attitude towards others, including fellow female residents. However, despite these challenges and coping mechanisms, the women have shown resilience by surviving and adapting to their circumstances.

The study's strengths include its in-depth exploration of the experiences of women in aged care homes and the identification of key themes related to their health, well-being, and social interactions. However, some limitations of the study include a small sample size and the fact that the study only focuses on women, making it challenging to generalize the results to the larger population. Additionally, the study does not explore potential solutions to address the challenges faced by these women.

LIMITATIONS

This study employed a narrative inquiry approach within an interpretivist paradigm, in which we conducted interviews with five women from two different old age homes. However, there were certain limitations that need to be acknowledged. Due to the limited number of old age homes that permitted the interviews, the sample size for this study was restricted to two old age homes located in Lahore. As a result, the generalizability of the findings may be limited. To improve the generalizability, future studies should involve participants from multiple old age homes. It is important to note that the old age homes we visited for this study were of a higher standard compared to other institutions in Lahore. Therefore, the findings may not be representative of the living conditions in other, lower-quality old age homes. To gain a more in-depth understanding of the experiences of the participants, future studies may benefit from conducting multiple interviews with the same participant. Another limitation of this study was the lack of access to alternative data sources. It would be more authentic to interview the children of the participants as well as the staff of the old age homes to corroborate the participants' accounts and prevent potential exaggeration of the facts due to emotional attachment.

IMPLICATIONS

1. The findings suggest the need for more targeted mental health interventions for women in old age homes, particularly those who are experiencing depression. This could include increased access to counseling services, support groups, and other resources to help them manage their symptoms.
2. Addressing the root causes of mental health disorders among women in old age homes should be a priority. For example, improving social support and reducing feelings of loneliness could be effective ways to prevent or alleviate depression in this population.
3. Staff at old age homes should be trained to recognize the signs of mental health disorders like depression and anxiety and be equipped with the tools to provide appropriate support and referrals for residents who may be struggling with mental health issues.
4. The findings suggest that there is a need for more research on the psychological health of women in old age homes, including factors that may contribute to its development and effective interventions for this population.
5. Efforts should be made to improve the quality of care provided to older women in old age homes. This can be achieved by providing training for staff members and increasing the number of caregivers.
6. More research is needed to understand the unique needs and experiences of older women in old age homes. This will help to inform policy and practice in this area.
7. Social support networks should be strengthened to help older women living in old age homes to maintain connections with their families and communities.
8. There is a need for greater awareness and education about the issues faced by older women in old age homes among the public, policymakers, and healthcare professionals.

9. Older women in old age homes should be encouraged to participate in activities that promote physical and mental well-being, such as exercise, social activities, and hobbies.
10. Further research is needed to explore the impact of different types of living arrangements, such as co-housing or shared housing, on the well-being of older women. This can inform policy and practice in this area.
11. There needs to be changes made on a national level by making early marriages a punishable offence and keeping a stricter check especially in rural areas
12. A in house counsellor should be provided to the residents.

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APPENDICES

APPENDIX A: INTERVIEW PROTOCOL

<p>Hello, my name is Shanzey Khan, I'm a female student of psychology and i want to interview you for my university thesis.</p> <p>Whatever you say will be kept anonymous and if you don't want your name will not be disclosed. This is for purely educational purposes.</p> <p>ہیلو، میرا نام شانزے خان ہے، میں سائیکالوجی کی طالبہ ہوں اور میں اپنے یونیورسٹی تھیسس کے لیے آپ کا انٹرویو کرنا چاہتا ہوں۔ آپ جو بھی کہیں گے وہ گمنام ہوگا اور اگر آپ نہیں چاہتے ہیں تو آپ کا نام ظاہر نہیں کیا جائے گا۔ یہ خالصتاً تعلیمی مقاصد کے لیے ہے۔</p>	
<p>It's very cold today right? Was it this cold when you were a kid? آج بہت سردی ہے نا؟ کیا اتنی سردی تھی جب آپ بچپن میں تھے؟</p>	<p>Does the cold bother you a lot? کیا سردی آپ کو بہت پریشان کرتی ہے؟</p>
<p>What is your name and how old are you? آپ کا نام کیا ہے اور آپ کی عمر کتنی ہے؟</p>	<p>When did you start living here? Do you have a family? Where is your family? تم نے یہاں رہنا کب شروع کیا؟ کیا آپ کا خاندان ہے؟ آپ کا خاندان کہاں ہے؟</p>

<p>How has your day been so far? اب تک آپ کا دن کیسا گزرا؟</p>	<p>What did you do? What did you eat? تم نے کیا کیا؟ تم نے کیا کھایا؟</p>
<p>Do you like it here at this old age home?</p>	<p>How is this place?</p>
<p>کیا آپ کو یہاں اس اولٹ ایج ہوم میں پسند ہے؟</p>	<p>Do the people here take care of you? Do you have anyone you can talk to? یہ جگہ کیسی ہے؟ کیا یہاں کے لوگ آپ کا خیال رکھتے ہیں؟ کیا آپ کے پاس کوئی ہے جس سے آپ بات کر سکتے ہیں؟</p>
<p>Why are you living here? تم یہاں کیوں رہ رہے ہو؟</p>	<p>Would you rather live at home? Is this better than living with your family? Was it a choice? کیا آپ گھر میں رہنا پسند کریں گے؟ کیا یہ اپنے خاندان کے ساتھ رہنے سے بہتر ہے؟ کیا یہ ایک انتخاب تھا؟</p>
<p>What do you do all day? آپ سارا دن کیا کرتے ہیں؟</p>	<p>Do you have anything that make you happy or that you like doing? Who do you share a room with? کیا آپ کے پاس کوئی ایسی چیز ہے جو آپ کو خوش کرتی ہے یا جو آپ کرنا پسند کرتے ہیں؟ آپ کس کے ساتھ کمرہ شیئر کرتے ہیں؟</p>
<p>Do you miss your family? کیا آپ اپنے خاندان کو یاد کرتے ہیں؟</p>	<p>What do you miss most? Are you angry at them? آپ سب سے زیادہ کیا یاد کرتے ہیں؟ کیا آپ ان سے ناراض ہیں؟</p>

<p>What was living at home previously like? پہلے گھر میں رہنا کیسا تھا؟</p>	<p>Did you enjoy living with your family? What made you leave? What did you do to pass the time at home? Who did you enjoy spending time with the most? What was your house like? کیا آپ کو اپنے خاندان کے ساتھ رہنے کا مزہ آیا؟ آپ کو کس چیز سے زیادہ چھوڑ دیا؟</p>
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	<p>گھر میں وقت گزارنے کے لیے کیا کیا؟ آپ کو کس کے ساتھ وقت گزارنے میں سب سے زیادہ مزہ آیا؟ آپ کا گھر کیسا تھا؟</p>
<p>What is life like for you? آپ کے لیے زندگی کیسی ہے؟</p>	<p>Do you take part in activities? Do you meet your old friends? Do you meet other family members? Do you eat and sleep right? Do you get enough exercise? کیا آپ سرگرمیوں میں حصہ لیتے ہیں؟ کیا آپ اپنے پرانے دوستوں سے ملتے ہیں؟ کیا آپ خاندان کے دیگر افراد سے ملتے ہیں؟ کیا آپ صحیح کھاتے اور سوتے ہیں؟ کیا آپ کو کافی ورزش ملتی ہے؟</p>

<p>Do you have any medical issues? کیا آپ کو کوئی طبی مسئلہ ہے؟</p>	<p>How is your health? If you do fall sick what do the people here do? آپ کی صحت کیسی ہے؟ اگر آپ بیمار پڑ جائیں تو یہاں کے لوگ کیا کریں؟</p>
<p>What was your childhood like? آپ کا بچپن کیسا تھا؟</p>	<p>How many siblings did you have? Where did you live? Did you go to school? What did you enjoy most? آپ کے کتنے بہن بھائی تھے؟ آپ کہاں رہتے تھے؟ کیا آپ اسکول گئے تھے؟ آپ کو سب سے زیادہ کیا لطف آیا؟</p>
<p>Are you married? کیا آپ شادی شدہ ہیں؟</p>	<p>What was your marriage like? Was it love or arranged? What was your husband like?</p>
	<p>آپ کی شادی کیسی تھی؟ یہ محبت تھی یا اہتمام؟ تمہارا شوہر کیسا تھا؟</p>
<p>Do you wish you could go back in time? کیا آپ چاہتے ہیں کہ آپ وقت پر واپس جا سکیں؟</p>	<p>If you could what would you do? What would you change? Do you regret anything? اگر آپ کر سکتے ہیں تو آپ کیا کریں گے؟ آپ کیا بدلیں گے؟ کیا آپ کو کچھ افسوس ہے؟</p>

<p>Are you happy? کیا تم خوش ہو؟</p>	<p>Do you feel satisfied? Do you feel sad? What do you want from life?</p> <p>کیا آپ مطمئن محسوس کرتے ہیں؟</p> <p>کیا آپ اداس محسوس کرتے ہیں؟</p> <p>آپ زندگی سے کیا چاہتے ہیں؟</p>
<p>How would you describe your current mental state? آپ اپنی موجودہ ذہنی حالت کو کیسے بیان کریں گے؟</p>	<p>Do you feel hungry? Do you sleep well? Do you cry often, sometimes without reason? Do you feel like trying new things? Do you maybe hear voices with no one there?</p> <p>کیا آپ کو بھوک لگ رہی ہے؟</p> <p>کیا آپ اچھی طرح سوتے ہیں؟</p> <p>کیا آپ اکثر روتے ہیں، کبھی کبھی بغی روجہ کے؟</p> <p>کیا آپ کو نئی چیزیں آزمانے کی طرح محسوس ہوتا ہے؟</p> <p>کیا آپ کو آوازیں سنائی دے رہی ہیں کہ وہاں کوئی نہیں ہے؟</p>
<p>What do you think about the future? مستقبل کے بارے میں کیا خیال ہے؟</p>	<p>Do you any hopes, wishes or dreams? Do you want to do something in the near future?</p> <p>کیا آپ کی کوئی امید، خواہش یا خواب ہیں؟</p> <p>کیا آپ مستقبل قریب میں کچھ کرنا چاہتے ہیں؟</p>

<p>When you feel sad what do you do? جب آپ اداس ہوتے ہیں تو آپ کیا کرتے ہیں؟</p>	<p>Do you cry? Do you call family? Do you talk to the care givers or other residents here?</p> <p>کیا آپ روتے ہیں؟</p> <p>کیا آپ فیملی کو فون کرتے ہیں؟</p> <p>کیا آپ یہاں کی دیکھ بھال کرنے والوں یا دیگر رہائشیوں سے بات کرتے ہیں؟</p>
<p>Did you wish life was different? کیا آپ چاہتے تھے کہ زندگی مختلف ہو؟</p>	<p>If yes then what kind of life would you want? Do you wish you maybe did things differently?</p> <p>اگ ر ہاں تو آپ کس قسم کی زندگی چاہتے ہیں؟</p> <p>کیا آپ چاہتے ہیں کہ آپ چیزیں مختلف طریقے سے کریں؟</p>
<p>Have you learned to accept this reality? کیا آپ نے اس حقیقت کو قبول کرنا سیکھ لیا ہے؟</p>	<p>Does it give you pain to think that this is where you are or are you okay with it? Who are you angry at?</p> <p>کیا یہ سوچ ک ر آپ کو تکلیف ہوتی ہے کہ آپ یہیں ہیں یا آپ اس کے ساتھ ٹھیک ہیں؟</p> <p>آپ کس سے ناراض ہیں؟</p>
<p>Who are you closest to here? آپ یہاں سب سے قریب کون ہیں؟</p>	<p>Do you like a particular care giver or resident? کیا آپ کو کوئی خاص دیکھ بھال کرنے والا یا رہائشی پسند ہے؟</p>
<p>What is your favorite thing to do here? یہاں آپ کی پسندیدہ چیز کیا ہے؟</p>	<p>Do you get to do it often? کیا آپ کو اکث ر ایسا کرنا پڑتا ہے؟</p>

Thank you for talking to me. Your time and effort means so much to me and is greatly appreciated. Are you okay? Do you need to talk to someone or maybe need some help?

مجھ سے بات کرنے کا شکریہ۔ آپ کا وقت اور کوشش میرے لئے بہت معنی رکھتی ہے اور بہت تعریف کی جاتی ہے۔ کیا تم ٹھیک ہو؟ کیا آپ کو کسی سے بات کرنے کی ضرورت ہے یا شاید کسی مدد کی ضرورت ہے؟

APPENDIX B: TRANSCRIBED INTERVIEWS

INTERVIEW 1: Participant A

Interviewer: Aunty aap ka kia naam hai?

Interviewee: Mera naam rubina meher hai

Interviewer: Aur aap kab se hein yahan pe?

Interviewee: **Mai yahan 8 saal se hun.** Lahore ki rehna wali hun. Apnay bhayi ke ghar rehti thi is se pehlay. Walid thi, waalida thi lekin bhayi ki road accident mai death hogayi thi, uske deir saal baad walid ki bhi death hogayi. Tou bhabi ne property sari sale karke wo pindi ki thi wo pindi chali ayi. Ami ko bhen ne saudia bula lia apnay pas. Merey liye bara mushkil hogaya tha kabhi ksi ke ghqar kabhi kisi ke. Phir kisi ne mujhey bataya yahan ka tou mai ayi. Tab meri age nahi thi. Inhoun ne kaha 60 saal ke rakhtay thay. Mujhey yahan 8 saal hogaye tou dekhein

jawani guzaar di yahan pe. (laughs) Lekin Allah ka shukar hai izat ki chat hai.

Allah ne time guzar dia

Interviewer: Tou ab aapki kia umar hai?

Interviewee: Ab meri umar 55 hai

Interviewer: Matlab aap 47 ki thi jab yahan agayi. Tou aapne kabhi shadi ki thi?

Interviewee: Han maiany shadi ki thi meri beti bhi thi. Wo saath saal ki thi jab uko blood cancer hua aur wo 10 saal ki thi jab expire hogayi.

Interviewer: Aur aapka shohar?

Interviewee: (silence) ab mai kia kahun. Jo banda na maroun mai hai na zindoun mai uske baray mai kia kahun. 9 mahinay ki thi meri beti jab wo gaya tha mulk se bahir phir mur ke hi nahi dekha

Interviewer: Koi contact nahi tha aapk? Phone pe bhi nahi?

Interviewee: Phone karti thi lekin wo baat nahi karta tha. Kisi ne bataya usne wahan aurat rakhi hui hai. (silence) Mai apnay ghar mai bari laadli thi. Sabse bari thi. Jo mai kehti thi wohi hota tha. Aur uske baad merey bhayi ne mujhey esey rakha jesey mai kia batoun halake wo mujhse chota tha. Bas ab wo yadein hein

Interviewer: Ap ne pata laganay ki koshish ki thi shohar ki? NAp kia abhi bhi shadi shuda hein?

Interviewee: Nahi mainay phir khula le lia tha. Mera dil nahi tha ke isk naam ke sath mera naam laga rahay.

Interviewer: Tou aap tou bohut young thi aapne dubara shadi keun nahi ki?

Interviewee: Phir kia hona tha?

Interviewer: Apki beti bhi choti thi kabhi dil nahi chaha dubvara shadi karnay ka?

Interviewee: Aik hi dafa kafi hota hai (laughs) experience baar baar thori karta hai insaan. Naseeb achay ho tou aik hi dafa mai..... chalein koi baat nahi ab esay hi tha. Phir tou mera maqsad tha sirf apnay maa baap ka.... Meri bhayi ki teen betiyan thi aik uski death ke baad hui... lekin bhabi na pindi ke loug aur tarhan ke hotay hien. Bara kahan hamnay ye hamarya bachay hamaray saamnay rahein lekin wo chahti thi “mai jo marzi karuyn koi rok tok na karun” Tou sari property thi na wo rent pe de ke usko har maa teen lakh rupaioya jata tha.

Interviewer: Aur aapka jaidaat ka hissa?

Interviewee: Nahi lia na.

Interviewer: aik tou desi auratein ye keun karti hein (laughs)

Interviewee: Wo is waja se na ke wo bhi chaar bachiyan thi halake hamaray aik rishtedar ne mujhey kaha ke “aapko kia lagta hai ye jo property hai ye aapki bhabi ke liye namak barabar hai. Apki bhabi ko policioun ka cararoun rupaya mila hai. Sari zindagi bhi khaye tou khatam nahi hoga” Tou merey bhayi ko gold akhata karnay a bara shouk tha. Us ne aponi teenoun betiyoun ke liye 10 tolay ke 5 5 biscuit rakhay huay thay. Tou jab usko pata chala beti honay lagi thi tou mainay us se kaha mai tou gold lun gi. Tou wo raat tou hamaray liye kiyamat thi. Loug dekh

ke heiran houn ke itna acha itna khubsoorat shohar khyal rakhnay wala tou isko khiyal hi nahi hai. Usko mobile aur wallet ki fikar thi.

Interviewer: Tou agar well settled thi bhabhi tou phir bhi nahi koshish ki jaidaat ek hissa miljaye?

Interviewee: Tou aik saal pehlay ki baat hai ke hamnay adalat mai byaan dia tha ke ye proeprty sale nahi karsakti. Tou usne jalsaazi se sari property sale kardi. Phir hamay pata chala tou tab meri walida thi. Hmanay stay lagwaya aur asli walay documents dekhaye. Jakay ami ko bhi cancer tha mun ka aur chal phir bhi nahi sakti thi lekin wo adalat mai gayi aur byaan diye wheel chair pe. Beech wali behn ghar wali hai bachoun wali tou ami ne power of attorney merey naam karwayi keh ke” tum hi karsakti hho” tou case chal raha hai. Mai hearing pe jati hun.

Interviewer: tou aapne kabhi socha tha behen ke pas rehnay ka banisbat yahan ke?

Interviewee: Aik tou yahn rehti nahi aur jo 2 rehti hein wo joint family mai rehti hein. Mai rahi hun 2 ya 3 din rehti hun. Aur unka susral batein bohot karta hai

Interviewer: Tou aap idhar khush hein?

Interviewee: Han lekin abhi deir saal se masla hua hai. Pehlay madam thi wo zara bhi pareshan nahi honay deti thi. Esi batein madam ne merey se ki jab mai ayi.

Unhoun ne bohtoi bara risk lia mujhey rakhnay ke liye keunke dekhein na meri age nahi thi us waqt. Mainay unse kaha ke aap mujhey ye bataye ke ab mai 13 saal intezaar karun gi 60 saal honay ka? Tou wo kehtay bacha hona chahiye sath aur

mai bacha kahan se lati. Tou unhoun ne kafi risk lia aur mainay bhi apna getup bilkul change kia. Bilkul jeseey insaan ult hojata hai.

Sara makeup mainay apnu behn ko dediye. Aur shalwarein aur bari bari chadarein le li.

Interviewer: Han keunke mai bhi aapko dekh ek hairaan horahi thi keunke aapki utni umar nahi jitna aapne apna hulia karlia hai. Tou ye khud kia hai?

Interviewee: haan na khud kia hai. Tou jab admionistration change hui tou unhoun ne bola mujhey aur mainay kahan mujhey itnay saal hogaye hein aap kesey nikal saktay hein. Phir aik bohot achi madam ayi wo bohot achi thi. Aur maiany idaray ke liye bhi bohot kaam kia hai. Idaray mai gas nahi thi cylinder jaltay thay. Tou bohot mushkil hoti thi uper se meri cook ke sath duty thi. Phir merey peer sahab ko mainay bataya apni mushkil ke baray mai. Tou unhoun ne poocha tou maiany batay ke pipeline nahi hai. Phir peer sahab ne pipeline bichwa di. Tou phir madam ne generator ki wiring karwayi aur automatic machine bhi lagwa ke di. Phoir banda bhejwaya jo machine laga ke chala ke gaya

Interviewer: Tou aunty aap poora din kia karti hein? kab uthti hein

Interviewee: bas samjhein uthti soti rehti hun sari raat (laughs)

Interviewer: Keun aunty sahi neend nahi ati aapko?

Interviewee: Bas kabhi kabhi achay din yaad ajatay hein. Apna bhayi yaad ajata hai. Aur ye 2 din pehla hua aur meri tabiyat itni kharab hui ke ro ro ke ro ro ke halat kharab hogayi. Paoun mai swelling hogayi aur tabse so nahi pa rahi

Interviewer: aap itni close thi apnay bhayi ke sath?

Interviewee: *cries*

Interviewee: mai bas usko dkehti hi thi aur wo samajh jata tha meri behn kia chahti hai. Uski betiyan nahi rehti thi merey bagheir. Uskay hotay huay meri bhabi ki jurat nahi hoti thi kuch kehna ki. Tou jab mai doll lati thi tou meri bhatiji kehti thi phupo neechay nahi leke jana mama tor dein gi. Neechay hamari dukanay hein aur uper 3 portion. Chori chori ati thi meri choti bhatiji aur khelti thi. Aik din neechay itna ro rahi thi tou jab mainay poocha tou kehti mama ne gurya ttor di.

Interviewer: Bhatijioun se bhi koi contact nahi hai? Unki ami nahi rakhnay deti?

Interviewee: *signals no*

Interviewer: Aur aapki baki behnoun ka bhi koi raabta nahi bhabi se.

Interviewee: nahi jo pata hamay pata tha wo us ghar ko chor gayi hai.

Interviewer: hmmm. Jab aapko raat ki neend nahi पूरी hoti dupheher ko so sakti hein?

Interviewee: nahi neend nahi ati. Abhi worker mujhse kharay hokay keh raha tha aap mujhse batein nahi kar rahi aur mai chup thi ke shayed neend ajaye lekin nahi ati. Garmiyoun ki dupheher itni lambi hoti hai aur neend itni dheet hai (lasughs) wo kehti hai jo marzi ho jaye mainay nahi ana

Interviewer: apnay kabhio doctor ko dikhayahai?

Interviewee: nahi kuch dinoun se mainay 8 bajay ke baad sabse milna julna khatam kardia hai. Koi call bhi nahi karta. Aur agar phit bhi neend nahi ati tou apnay per ka massage kar leri hbun aur sojati hun

Interviewer: kabhi neend ki goiyan try ki hein?

Interviewee: *laughs* nahi nasha par jata hai

Interviewer: *laughs* tou phir aapko kesey pata hai?

Interviewee: nahi mujhey pata hai ke nasha lag jata hai. Loug bohot goliyan khatay hein. Dard hui panadol khali. Keun itni dawaiyan khatay ho?

Interviewer: meri ama tou doctor hein ham tou bohot khatay hein

both laugh

Interviewer: agar neend nahi ati reaat ko tou din normal guzar jata hai ya thakawat ho hai?

Interviewee: han ab hoti hai pehlay nahi hpoti thi. Pehlay na kitchen mai madam ne order lagaye huay thay board pe. Ye tou in logoun ne akay sab badal dia. Ab mai kuch nahi karti diaray ke liye. Pehkay bohot karti thi. Agar kuch kartui hun tou staff ke liye karti hun

Interviewer: Staff acha hai?

Interviueewe: ji

Interviewer: idhar ki admin kesi hai?

Interviewee: Ab wali sabse gandi hai

Interviewer: ye jo office walay hein ?

Interviewee: ye tou sirf clerk hai. Inko bohot dar lagta hai ke mai kahin baat na karlun kisi high banday se ke mai bol dun gi kuch. Jab madam thi na tou jab bhi hamari trip jati thji madam bus mai kuch khanay ko rakhti thi lekin ye loug outing pe kabhi kuch khanay ko nahi detey. Ab buzurg hein bemar hohjatay hein. Likh ke lagaya hua hai ke haftay mai dou din sweet dish hotio hai. Mai tou khana khud banti hun. Tou aik din mainay khana kahay tou mainay staff ko bola “ke khanay ke baad wali sewiyan la dena” saray heiran hogaye *laughs* saray kehtay “konsi” mainay bola keun likh ke lagaya hai

Interviewer: tou aap apna khana khud banati hien? Shok hai?

Interviewee: ji

Interviewer: Apnay nokri karna ka socha hai kabhi. Aap kafi younbg hein abhi

Interviewee: mai khudhi bahir nahi jana chahti

thi Interviewer: aapney kidhar tak parhayi ki

thi?

Interviewee: metric tak

Interviewer: tou phir aap kaam karsakti thi

Interviewee: bass... aap doctor ban rahi hein?

Interviewer: dimagh ki doctor.

Psychologist Interviewee: Allah kamyab

karay aapko.

Interviewer: Apki dosti hai idhar kisi se?

Interviewee: Meri sabse dosti hai. Saki kheriatr poochti hun. Salam dua sabke sath hai. Na kisi ke kamoun mai inbterfere karti hun na gheebatein karti hun. Mujhey buri lagti hein esi cheezein. Ye meri roommate aik din pehlay ayi hein. Pehlay ye pichlay kamray wali ke sath larke merey pas agayi tou wo peechay se balti pakar kar ayi tou kehti isne merey bister ko geela kia mai iskje bister pe pani giroungi *laughs* tou mainay kaha bas andar koi larayi nahi. Larayi sharayi is kamray se bahir. Ghunda ghardi nahi chalay gi. Kamray se bahir isko darya mai phenk ana andar nahi ana. *laughs*

Interviewer: *laughs*

Interviewee: bari mushkil se uski jaan chrayi tou wo kehti mainay tumharay room mai ana tou mainay kaha aja bibiu.

Interviewer: Tou aap kamoun mai overall helpout karti hein?

Interviewee: han han saray kehtay hein hamaray sath akay beht jao. Tou mai apna khana bowl mai daal ke le jati hun

Interviewer: Tou aap poora din kia karti hein. Tv dekhti hein?

Interviewee: tv nahi dkehti mai. Mai phone pe lagi rehti hun. Nusrat ke ganay sunti hun. Aap sunti hein?

Interviewer: nahi mai nahi sunti

Interviewee; doctor loug bohot dry hotay hien. Aj mainay khana nahi banaya. Aaj mainay pudinay ki chatni banani hai sirf. Dekhna phir saray ajayein ge. Aur kahein ge hamay bhi dede *signals asking for food*

Interviewer: Tou sabka khana aap bana dia karein aap

Interviewee: pehlay banati thi na mai lekin in logoun ke liye ab mai keun

banoun Interviewer: bore tou nahi hoti? Dil tou nahi ghabrata?

Interviewee: dil ghabrata hai tou staff ke stah beht jati hun aur batein sun leti hun unki. Khulay dil ke loug hein apas mai batein karletay hein.

Interviewer: Tou aaj sirf pudinay ki chatni keun? Bhook nahi lagi?

Interviewee: nahi abhi nashta kia hai na tou bhook lagay gi 5 ya 6 bajay tou sotay sotay kahan hazam hojata

Interviewer: tou dupeher mai 2 baar khana kahti hein?

Interviewee: haan duphere ko bhook hi nahi lagti

Interviewer: Tou aap bhayi ke ilawa behnoun ne nahi close?

Interviewee: nahi mai hun. Saudia wali behn ki beti yahan hai aur wo gila karti hai ke khala milnay nahi ati. **Wo merey khanay ki bohot farmaish karti hein. Mai sabz**

chaye bohot achi banati hun. Saray kehtay hai “aunty stall laaale tu” *both laugh*

Tou choti wali bhaanji bengan nahi khaati tou mainay kahan aap bengan nahi khati tou kehti nahi mujhey nahi pasand tou mainay bhar kje bengan banaye sath white chawal. Aur wo ab kisi aur cheez ki famaish hi nahi karti. Ab parsoun meri choti behn ka phone aya hua tha aur keh rahi thi ker bachay bula rahhein hein khala ko. Lekin mai ab kahin jakay disturb hoti hun. Ham sab poori raat batein kartay hein aur akhatay sotay hein. Bhanjay bhanji aur meri behn bhi.

Interviewer: mahinay mai 1 baar chati hien?

Interviewee: nahi ab tou 5 maa hogaye hein

Interviewer: dil nahi chata?

Interviewee: bas dil nahi karta. Nahi jaga neend nahi ati. Bathroom bhi door hai. Auir wahan bas banda behta hi rahay har waqt. Yahan agar kuch na ho tou mai peechnay lawn mai chali jati hun. Mali ya washerman se batein karleti hun gapa laga leti hun. Ab ye jo hamaray chokidar hai us ke pas beht jati hun. Udhar mujhey wahin rehna parhta hai. Aur washroom ka bohot masla hai!

Interviewer: akalay rehnay se dil ghabrata hai?

Interviewee: nahi

Interviewer: tou nahi jati family ke pass?

Interviewee: tou bata tou rahi hun isi waja se ke mushkil hai.

Interviewer: Tou bhanjoun ke sath kia karti?

Interviewee: Mera bhanja bhi hai bohot batein karta hai phone pe mai usko videos

bhejti hun Interviewer: tou aap yahan khush hein?

Interviewee: Nahi jabse ye nayi admin ayi hai mai nahi khuish. Inhoun ne bhi poora zor lagay hai aur mainay bhi. Jahn ye koi ghalti kartay hein tou mai pakarleti hun. Isi liye inko mujhse

taqleef hai

Interviewer: Tou aap complain nahi karti?

Interviewee: Mai 6 ya 7 maa se keh rahi hun director sahab se. Mainay bola ke mainay istikhara ki hai ke hamara old age home 15 december tak gardish mai hai keunke 15 december ko director ne hojana hai retire.

Interviewer: tou aapko lagta hai ke aurat director honi chahiye?

Interviewee: tou aur kia? Aik mahina pehlay aik fakeerni ayi jisko inhoun ne sirf mujhey tang karnay ke liye rakha. Mainay bola isko koi suit dou takay ye nahaye. Tou usne mujhey phone pe bnaat kartay hua sun lia aurt ghabra gayi ke mai akeli ho jaoun gi. Tou wo kehti mai tou jarahgi hun mai esay idaray mai akeley mai nahi rahun gi. Tou usne incharge ko phone kia aur wo kehta jo suit dia hai isko wo lelo aur chadar bhi utarlo. Mujhey bohot bura laga. Tou mainay apni chadar nikal ke di.

Interviewer: Aurat incharge behter thi?

Interviewee: aurat hi aurat ko samajh sakti

Interviewer: ahaa

Interviewee: yahan pe sirf safaid posh rehtay hein. Maangnay walay yahan nahi rehtay.

Interviewer: Kis class ki auratein hoti hein yahan pe?

Interviewee: han meri jesi hi hoti hein. Ye ayi hein ye jo merey sath hein inki chaar betiyan hein beayi hui. Saamnay aik couple bhi hai. Wesay rakhtay nahi hein couple ko bas inko rakh

lia

Aik aur aurat hai uski aulad nahi aik ka beta hai wo khyal nahi rakhta. Mai kahin nahi jati keunke mujhey kaam bohot hota hai idaray ke.

Interviewer: tou aapko acha lagta hai ye saray kaam karna?

Interviewee: ji. Agar merey pas koi aye kaam le ke aur mai na karsakun tou mujhey bohot taqleef hoti hai

Interviewer: koi swaheliyan hein aapki?

Interviewee: merey walid meri saheli thi. Unke baad zarorrat nahi mehsoos ki. Mai unse har baat karti thi. Keunke loug ronay waloun ke sath nahi rotay nsirf hasnay waloun ke sath hastay hein. Tou mai roti sirf Allah ke samnay hun (trust)

Interviewer: Tou agar mai poochun ke aapki zindagi kesi hai yahan aap kia kaheing?

Interviewee: Theek

Interviewer: khush hein ya chal rahi

hai? Interviewee: **Chal rahi hai bas**

(depression) Interviewer: Isko khush

kesey kia jaskta?

Interviewee: madam ko wapis lana hai. Wo bohot achi thi. Wo bohot khyal rakhti thi. Ye jaga ghar lagta tha. Jabse wo gayi hein yhe idara lagna shuru hogaya.

Tou ab mai sirf apnay kamray tak rehti hun. Mai khana bhi khud banti hun aur khud khati hun. Jab mera dil chahta hai mai sabke pas chali jati hun jab nahi dil chahta nahi jati. Uper se inhoun ne aik waqt rakha hua khanay ka. Ye ghalat baat hai sabko aik waqt tou bhook nahi lagti na. Buzurg kehtay hein na hamary daant hein na darein hai tou table pe beht ke kesey khayein hum. Ajeeb lagta hai

Interviewer: Tou mood kesa rehta hai?

Interviewee: Phone pe lagi rehti hun. Aik whatsapp group hai behnoun aur bhanjoun aur bhanjiyoun ke sath. **Mera aik bhanja tou sari raat nahi sonay deta. Wo bohot batein karta hai. Mai voice message bhejti rehti hun *laughs***

Interviewer: mai bhi yahi karti hun *both laugh*

Interviewee: tou bas wo mera dil lagayi rakhtay hein

Interviewer: Tou idhar koi doctor ata hai?

Interviewee: rakha hua tha per wo 2 mahinoun se ayi nahi hai. Ye saray khud doctor hein *laughs*

Interviewer: aunty aapko koi medical issues hein?

Interviewee: mujhey asthma hai. Lekin mai ziada dawaiyan nahi leti. Bas aik goli aur inhaler.

Interviewer: Apnay mujhey kaha tha ke jab achay waqt yaad atay hein tou rona ata hai phir aap kia karti hein?

Interviewee: tou Allah ka shukar ada karti hun. Ke ae Allah unke bagheir zindagi guzar rahay hein jinko dekhey bagheir saans nahi ata tha. Mai apnay bhayi se kahun... ke jab uski shadi honay wali thi ke logoun ne itni rakhi hoti hai tumne kya kia. Wo kehta ye aapne decide karna. Tou jab hum rishta dekhney jatay thay mai kehti thi jese mera bhayi hai wesi bhabhi ho pyari si lekin jese naseeb hein wesa hi milta. Tou hum ne 5 star hotel mai unki mangni ki. Tou mainay : kahn ke mera dil chata hai ke barat pe teri gari ke agay mai naachti jaoun tou usne mera hath chooma. Tou usne gold ki chooriyan di mujhey. (religion)

Interviewer: tou aunty aapka kharcha kesey chalta hai agar aap noukri nahi karahi

Interviewee: tou dukaan ka rent jo amki ko ata tha wo mujhey ata hai ab. Merey peer bhi meri bohot help kartay

Interviewer: aap jati hein unke pass?

Interviewee: mai 4 ya 5 saal se jarahi hun unke pas. Unhoun ne mujhey khud yaha se dhoonda.

Mai unse har baat karti hun. Wo khudi sab jaan jatay hein. Unse baat karke sakoon mnilta hai.

Wo mujhpe dum bhi kartay hein agar mai kahun

Interviewer: bechani kab aur keun hoti haio?

Interviewee: jab apna bhayi. Appna baap aur apna ghar yaad ata hai (emotional problems) Interviewer: kesa tha aapka bachpan?

Interviewee: Bohot acha tha. Mainay musarat misbah se kaam bhi seekha beautician course kia. Mera parlour bhi tha bohto bara sa. Itna pyara parlour tha mera lekin har cheez merey bhayi karke detey thay. Wo mainay chora jab meri beti bimar hui. Mainay pak tea house se beautician classein bhi li. Aur cutting seekhi. Udhar compnay walay akay demo detey thay. Udhar aik sir hotay thay. Wo kuch saloun baad mujhey milay. Tou mainay tou unko pehchan lia lekin unhoun ne mujhey nahi pehchana. Tab mai jean shirt pehnti thi aur meri boycutting thi. Tou phir mainay bataya unko mai kon hun. Waqt waqt ki baat hai. Udhar aik larki ko mai khana bhi bana ke deti hun lekin wo kehti hai ke khana tou aapke sir kha jatay hein. (life before) Interviewer: tou aunty aap makeup keun nahi karti ab?

Interviewee: babay bohhot tharki hein. Aik baar saal pehlay eid party pe mainay joora banwana tha tou mai parlour gayi tou larki kehti mai makeup bhi kardun tou mainay mana kia lekin usne israr kia tou mainay kaha han challo karlo halka sa. Ye pehli baar mainay makeup kia tha. Aur mai chadar elti thi takay mai buzurg lagun.

Tou tab madam incharge thi madam ko mai mubarakbaad deney gayi tou unhoun ne mujhey pehchana hi nahi wo kehti “oh tera bera thar jaye”

Interviewer: tou karliya karein

makeup Interviewee: nahi bas idhar

mard bohot hein

Interviewer: inhoun ne kabhi kuch kia tou nahi?

Interviewee: nahi bas ye Allah ka shukar hai ke in sabko mujhse bohot dar lagta hai inki jurat nahi hoti ke merey kamray mai ayein.

Interviewer: aap yahan ka kia badalna chahien gi?

Interviewee: ke yahan gents na ayein bas ladies hi ayein admin mai. Aurat behter samajhti hai. Apko bataoun mai ke jitnay funds atay hein ke roz bhi ronay ka niwala lein tou kum ho. Bas ye sab apni jeboun mai daal letay hein

Interviewer: zindagi se kia chati hein aap?

Interviewee: ab mai kuch nahi chati. Mai Allah ki raqza pe razi hun. Jo bhi hai. Jo ab meraq mind hua hai wo yahan any ke baad hua hai. Mujhey dunya ki asliat ka nahi pata tha.

Interviewer: aunty bohot acha laga aapse baat karke. Apna khyal rakhiye ga

Interviewee: beta mainay pehli baar esa interview dia bohot maza aya

Interviewer: thank you. Allah hafiz

Interview 1: Participant B

Interviewer: Assalamulaikum, mai shanzey Khan hun aur mai kinnaird college ki aik student hun. My psychology ki degree kar rahi hun aur uski thesis ke liye mai aapka interview lena chahti hun. Kia mai aapse kuch sawal kar sakti hun?

Interviewee: Ji zaroor kar sakti hein.

Interviewer: Kesi hein aap?

Interviewee: Theek Bas Allah ka shukar. Abhi naha ke nikli hun aur dhoop sekney yahan akay behti hun. (Hygiene)

Interviewer: Han kaai thand hogayi hai. Lekin dhoop achi hai aaj!

Interviewee: Bas sab Allah ki dein hai shukar hi ada kar saktay hein. Mujhey tou khushi hai ke aaj mainay naha lia aur saaf sutri hogayi hun. (hygiene)

Interviewer: Tou aapko yahan rehna pasand hai?

Interviewee: Ji ji yahan mai bohot khush hun. Bohot achay loug hein bohot khyal rakhtay hein mera.

Interviewer: Aunty aapki kia umar hai? Aap kabse yahan hein?

Interviewee: Mai 65 saal ki hun aur yahan dou saal se

hun Interviewer: Aapkey koi bachay hein?

Interviewee: Ji meray alhamdullilah dou betey aur 1 beti

hai Interviewer: Aapkey miyan zinda hein?

Interviewee: Ji ji wo zinda hein!

Interviewer: Agar aap batana chahti hein tou kia mai jaan sakti hun ke aap yahan kesey aur keun ayin?

Interviewee: Bas aik tragedy hai ye

Interviewer: Mai samajh sakti hun agar aap batana nahi chahti

Interviewee: Nahi beta kia chupana. Mai bohot ameer hua karti thi. Aap mujhey dekh ke manein gi nahi lekin mai amreeka mai rahi hun kaafi deir.

Interviewer: Achaa

Interviewee: Bs merey miyan ne doosri shadi karli. Mainay pakar liye aur bas phir mera sath rehna ke liye dil nahi mana

Interviewer: Acha

Interviewee: Mai amreeka mai reh rahi thi tab tak. Mera miya pilot tha tou ham bohot phirtay thay

Interviewer: phir?

Interviewee: Mainay apni maa se keh dia bas ab mai wapis ana chahti hun lekin unhone ne keh dia ke nahi. Is ghar mai ab tm nahi asakti.

Interviewer: Wo keun?

Interviewee: Keun ke wo chati thi mai apnay miyan ke sath bana kar rakhun aur wesay hi rehti rahun

Interviewer: Phir aapnay kya kia?

Interviewee: Pehlay behn ke ghar chali gayi thi lekin udhar ziada deir nahi reh saki phir doosri behn ke ghar gayi. Bete ke sath bhi rahi thori deir per bahu ko pasand nahi tha ye. Behn ke ghar behnoi ko mai boujh lagti thi.

Interviewer: Aap yahan kesey ayin?

Interviewee: Bas phir meri bhanji ko iss old age home ka pata chala aur usne idarein waloun se baat ki aur mai yahan shift hogayi

Interviewer: Aur yahan aap comfortable hein?

Interviewee: Yahan sab bohot achay hein, khana milta hai, pesay nahi lagtay, saaf suthri jaga hai aur mujhey apna aap boj nahi lagta kisi per (current state)

Interviewer: Tou yahan koi tangi tou nahi?

Interviewee: Nahi kia tangi honi bas aaj naha lia na 6 din baad ab sab sahi. Merey kamray mai 2 aur auratein hein aur wo andar baar andar baar bas bathroom ke

chakkar lagati rehti hein. Raat ko neend hi nahi ati itna shor hota hai. Kabhi almari ka lock kholti hein kabhi band karti hein.

Raatein mushkil hein thori si (current state and depression)

Interviewer: Matlab aapko privacy nahi milti

Interviewee: Kia privacy beta yahan tou betey se baat karnay ke liye bahir jana parhta lawn mai. Ye auratein meri baatein sunti. Mujhey tv shows dekhney ka bohot shouk hai lekin inko sakht zehr lagta. Tou bas english shows subtitles ke sath dekh leti hun mute karke.

Interviewer: Tou kesey aap ghusa nahi karti?

Interviewee: Bas mainay apnay aap ko samjha lia hai ke ye jaga mera susral hai aur mainay chup (dep)

Interviewer: Aap apnay bachoun se baat karti hein?

Interviewee: Han han har doosrey din merey kisi cousin ya bachoun ka phone ajata hai aur phir mai ghanta baatein karti hun. Dil ko sukoon milta hai

Interviewer: Tou aap unke sath rehti keun nahi?

Interviewee: Bara beta tou baap ki side pe hai keunke wo usko esh karwata hai.

Chotay ki biwi mujhey pasand nahi karti. Jab wahan rehti bhi thi tou usne bas nokrani hi ki tarhan mujhey istemal kia. (family)

Interviewer: Tou aunty aap yahan keun ayin, kisi jaga nokri karleti?

Interviewee: Ki thi, mai tou ap mano gi nahi lekin headmistress thi aik school ki. Wahan ka owner farishta sift insaan tha. Usne hamay rehney ke liye ghar bhi diya hua tha aur khana bhi muft tha. Bas uske saath aik tragedy hogayi aur usko school band karna parha

Interviewer: Tou ab keun nahi karti koi nokri aap? Waqt guzar jaye ga

Interviewee: Ab jism ijazat nahi deta. Mujehy dou laqway ke attacks parhay huay hein aur dil ki surgery bhi hui wi hai. Abhi kuch saal pehlay accident bhi hua tha tou bazu ki haddi bhi toot gayi thi. (difficulties)

Interviewer: Tou koi salhayi karhayi type kaam ke baray mai socha hai?

Interviewee: Beta ab kuch karnay ka dil nahi chahta. Himmat hi nahi. Dekhtey dekhtey din guzar jatay aur esay hi baki ki zindagi guzar jayegi (mental state)

Interviewer: Apko kis kaam se sab se ziada khushi milti?

Interviewee: Apnay bachoun se phone pe baat karkay bohot khushi milti.

Milnay bhi jati hun 1 ya 2 mahinay baad unse. Bas maa hun na reh reh ker unhi ka khyal ata Interviewer: Tou aap yahan mutmayin hein?

Interviewee: Ji beta yahan mai sukoon mai hun. Alhamdullilah

Interviewer: Aapney zikar kiya tha ke aap bohot mulk ghoomi thi. Kis kis mulk gayi hui hein aap?

Interviewee: florida, dubai aur amrica ke aur bohot mulk dekhey huay hein mainay.

Interviewer: wah aunty aap tou bohot active thi

Interviewee: ji ji mai aapko tasweer dekhoun gi mai tou jeans aur tops pehna karti thi aur mai gaati bhi bohot acha hun

Interviewer: InshaAllah agli baar zaroor dekhun gi. Shukriya aunty merey liye waqt nikalnay ka aur mujhey apni zindagi ke baray mai batanay ka.

Interviewee: Shukriya beta bohot acha laga aapse milke. Ati rehna

Interview 1: Participant C

Interviewer: Assalamualikum aunty. Mera naam Shanzey Khan hai aur mai Kinnaird college se ayi hun. Apka kia naam hai?

Interviewee: Mera naam farida rehmat ali

Interviewer: Aap kabse yahan hein

Interviewee: 2 mahinah

Interviewer: is se pehlay aap kahan thi?

Interviewee: iss se pehlay mai ghar hi thi

Interviewer: tou phir yahan ana kese hua?

Interviewee: Bas bachay bohot tang kartay hein.

Interviewer: **Bachay kia kartay thay (CHILDREN ISSUES)**

Her: Asal mai meri betiyan na pehlay wo bohot ehsaas karti thi. Tou ab na aik ne bura kia aur bakiyoun ne dekhi dekhi kia. Pehlay bohot ehsas karti thi. Mujhey apnay ghar mai rakhti thi aur apna ghar bhi nahi leney deti thi. Kehti thi ama aapko kia zaroorat aap hamaray sath rahein. Mai quarter mai rehti thi unhoun ne mujhey apnay pas bula lia. Aur ab mai ghar le nahi sakti keunke meri amdan nahi hai aur tabiyat bhi kharab rehti hai. Akela banda kia hi kar sakta hai. Mujhey **heart ki problem bhi hai, sugar bhi hai aur bp bhi hai.(MEDICAL ISSUES)** Abhi barha hua hai bp mera. Medicicine leney ke bawajood abhi bohot dard. Bas apnay aap ko busy rakhti hun Me: esa kia hua ke wo badal gaye?

Her: bas jab aik koi esi harkat karta tou saray doosray line wise wesay hojatay?

Me: aapke kitnay bachay hein total?

Her: meri 4 betiyan hein

Me: is se pehlay sab theek tha?

Her: han sab theek tha. Bas dou dhayi saal se esa hona shuru hua hai. Us se ephaly sab theek thi. Merey husband ko fout huay we 22 saal hogaye balkay ziada hogaye hein. Ji ji 27 28 saal hogaya unko fout huay way.

Me: Tou aap ne kaha hai ke dhai saal se aap kay sath ye horaha. Tou ab keun faisla kia ke mai yahan ajaoun?

Her: Tou bas tv pe aik dou dafa dekha tha. Eid pe mind bana tha jab program chal raha tha tv pe. Dil ko tou bara laga. Ke akhir mai akay insaan ki kia zindagi hai

Me: aapki umar kia hai?

Her: 60 saal. Is idaray mai 60 pe letey hein tou 60 hi hai meri. *laughs* hai tou nahi lekin 60 hi samjhein.

Me: idhar aapko ghar se behter lagta hai?

Her: nahi beta ghar tou

ghar hi hai Me: tou dil

chahta hai wapis janay

ka?

Her: nahi chahta.

Me: aapki betiyoun ki shadi hui wi hai?

Her: hanji sabki

Me: kiske ghar rehti thi aap?

Her: sabke ghar hi. Kabhi aik ke ghar kabhi doosri. Jahan koi bulaye.

Me: aapkay koi behn bhayi nahi hein?

Her: beta kuch na poocho! **Ain linewise hi gaye hein sab. Pehlay abu, phir miyan, phir ami, phir behnoun ki aur abhi last bhayi** fout hua 4 mahinay pehlay. Banda poochay mai kabhi idaray mai na ati. *cries*

Me: haye aunty. Himmat rakhein. Tou phirpoora din aap kia karti hein dil behlanay ke liye. Dost hein yahan pe koi?

Her: ji saray dost hein

Me: tou kia karti hai poora din?

Her: ***cries* jo** ay gharki jannat hai wo kahin nahi. betiyoun ke ghar bhi nahi.

Kabhi kisi ke bartan manj kabhi kisi ke kapray dho. Bed pe koi beht ke bardasht nahi karta Me: tou ab aap sochti hein ke apnay ghar bana lena chahiye tha?

Her: apna ghar tha. Pehlay ghar jo miyan chor ke gaya wo sotaylay betey ne bika diya. Doosra beti ki shadi ke liye bechna para aur jo bacha us se apna chota sa ghar banaya. Uske baad phir mujhey ghar bech ke bachiyoun ki shadi ki.

Commityan daal daal ke chohti beti ki. Phir ami se pesey leke umra kia. Ab is haal mai hun *cries* Me: aap apnay bhahiyoun se close thi?

Her: bas wo achay thay bohot mashaALLAH. Atay jatay rehtay tha. Madad bhi kardeni. Bohot ikhlaaq se kehtay thay chor inko. Per chora nahi jata na. Bohot mehnat se bachay palay.

Me: aapnay abhi sotalay betey ka zikar kia hai. Apkay miyan ki doosri shadi thi?

Her: ji ji.

Me: aap kay baad ya pehlay?

Her: nahi wo pehlay

ki hui thi. Me: unki

biwi fout hogayi thi?

Her: ji. Unki phupo I beti thi

Me: aapka aapkey iyan ke sath kesa rishta tha?

Her: bohot acha. Misali

Me: wo fout kesey huay?

Her: unko asthma tha. Wo behn ke ghar gaye thay wahan se mujhey phone aya ke unkii tabiyat kharab hai jese mai pohonchi wo fout hogaye huay thay. Dipty thay sarkari mulazim.

Bohot careful thay. Shayed mai unki yadoun ke saharay hi zinda hun

Me: aapka pehla bacha jab hua tha aapki kia umar thi

Her: pata nahi

Me: shadi kis umar mai hui

Her: bohot choti thi. 10 saal shadi rahi. 10 saal mai 4 bachay bhi hogaye aur bewa

bhi hogayi Me: aapka apkey sotaylay betey se kesa rishta hai?

Her: koi nahi

Me: wo kitnay saal ka tha jab aapki shadi hui?

Her: 5 ya 6 saal ka tha

Me: phir bhi aapki uske sath wesa rishta nahi bana

Her: baray pyar se paala, shadi ki uski karza utha ke. Phir karza utaray. Wo tou phir begum ka hogaya.

Me: jab aapnay yahan anay ka faisla kia tou betiyoun ne mana kia?

Her: mai unko 1 saal se keh rahi thi ke mai zehn bana rahi hun. Mainay chalay jana. Wo hasti aur kehti jati keun nahi.

Me: tou phir jab aap yahan ayi...

Her: kisi ne nahi roka. Unko laga karaye ka ghar dhoond rahi. Aur mainay dhoonda bhi. Lekin nahi mila. Chota sa kamra bhi 10 hazaar ka hota. Aur merey pas itni incoem nahi thi. Majbooran mujhey yahan ana parha.

Me: aapko yaad ati hai unki

Her: ji

Me: unke bachay hein?

HER: Ji charoun ke bachay hein

Me: unke sath kesa rishta hai

Her: **bara pyar kartay hein.** Kal ayi hui thi nawasi. Aapke jitni hai. Sabse bari wali ki dou bachiyoun ki shadi ho chuki hai. Hamaray mai bohot choti choti umar mai shadi kara detey hein agar nahi parhna chahti hai. Agar parhna chahti tou paray

Me: tou aap nahi parhna chahti thi?

Her: hamaray waqtoun mai itni parhaiyan nahi hoti thi. Aur agar hoti bhi thi tou mera bio data bohot uljha hua tha. Hamaray bhi walid sahab nahi thay. Sutaylay walid thay. Ami job karti thi. Aur ami tou college mai thi us zamanay mai bari baat thi.

Me: aapko sab se ziada yaad kia ata hai?

Her: sab hi yaad ata hai. Sabse ziadaaaa..... uqoon tou merey khyal mai her insaan apnay aap mai hi peda kartahai.. Lekin ghar jannat hoti hai aur dihar time pas karti hun. Mout ka inte zar

Me: aap yahan ke logoun se ghul mil sakti hein. Activities mai hissa le sakti hein.

Her: han karti hun. Bas Allah ka

shukar hai Me: ghussa ata hai

apni betiyoun pe?

Her: han bohot ziada. Itna ghussa ata hai ke. Kash mai bhi iss tarhan ke hoti ke merey bachay na hotay

Me: lekin unse pyar bhi bohot hai aapko. Yaad bhi ati hai

Her: hum 5 behn bhayi thay. Merey bhayi ke bachay aur merey bachay sab esay niklay.

Me: tou aapko unpe ghussa bhi ata hai aur yaad bhi ati hai. Aap unse baat karti hein phone pe?

Her: nahi. Mai bhi nahi karti wo bhi nahi kartay

Me: tou aap kitnay saloun se unke sath reh rahi thi?

Her: Inke abu ko fout huay way 27 saal hogaye phir bhi mainay nahi chora. Har waqt khyal rakhti thi. Mai unke gharoun mai jakay pani bhi nahi peeti thi. Mai eid shabraat pe hamesha pesey deti thi jitnay hotay thay.

Me: idhar anay se pehlay aap pooray din kia karti thi?

Her: mai chalti phirti rehti thi. Kitchen ke kaam bohot pasand hein mujhey. Din kitchen mai hi guzar jata tha. Idhar bhi mai phirti rehti hun.

Me: Kis nawasi ya nawasa se ziada lagao tha?

Her: sabse hi. Lekin sabse bari beti ki sabse bari beti se bohot close hun. Usko nahi pata uski nano kahan hein. Wo islamabad mai rehti hai. Usko bataya tou wo mujhey yahan nahi rehnay degi.

Me: jis beti ke ghar aap rehti thi unke kitnay bachay hein?

Her: Uske 4 betay 1 beti. Uski saas bhi ghoomti rehti meri tarhan. Ati jati rehti

Me: tou aunty aap ko kia lagta hai achanaq se aapki betiyoun ko kia issue hogaya tha jo wo badal gayi?

Her: beta mujhey bhi nahi pata. Mai kehti hun itni achi thi ke har waqt meri kheriyat poochti rehti thi. Ab sirf sabse bari poochti hai. Wo okara mai hoti. Baki nahi poochti halakay kareeb rehti hein

Me: Dukh hota hai ye soch ke?

Her: zahiri baat hai

Me: Aap dou mahinay mai settle hogayi hein?

Her: ji

Me: idhar aapki kia masroofiyat hein?

Her: bas chalti phirti rehti hun. Hamara washroom bhi kharab hai. Raat ko uth ke bahir jaake bathroom istimaal karna bohot mushkil lagta. Wo bhi admiyoun wala.

Bas ye washroom

wala masla hai. Complain ki hai wo kehtay hein koi purza nahi mil raha. Lekin mainay ghussa bhi kia ke raatoun ko andhera hota bahir nahi jaya jata.

Commisioner sahab ke saamnay sab theek kartay.

Me: bhabi ke sath aapkey taluqaat theek hein?

Her: ji ji. Unko bhi nahi pata mai

yahan hun Me: aap yahan karti

hein kuch?

Her: kia karun beta bas phirti rehti. Chahti hun kuch karna ke dehaan batay.

Kitchen mai bhi jati lekin phior wo sara burden daal detay insaan pe. Mai tou heart ki mareez hun garmiyoun mai nahi kar sakti. Mai koi halka sa kaam karna chahti hun ke zehen ko suqoon milay.

Me: aap kitna parhi hui hein?

Her: bilkul bhi nahi.

Me: keun?

Her: bata tou rahi hun shuru se maa baap ke hi baray maslay hein.

Me: ye idaray walay aapko koi actvity nahi detey karnay ko. Knitting ya kuch

Her: ab tou garmi arahi hai. Kuch dein ge ye tou karlun gi. Mainay kabhi koshish hi nahi ki. Dil hi nahi kia. Merey haalat bohot kharab thay anay se teen saal pehlay. Mera dil karta tha ke kash mai kuch kar sakti lekin aik boorhi bandi akeli kuch nahi kar sakti. Koi mada karay tou zaroor.

Me: Tou ye idara help nahi karta?

Her: nahi

Me: aapnay kaha tha ke aapko dil ka masla hai. Kia masla hai?

Her: heartbeat tez

hojati hai Me:

palpatations?

Her: ji ji (anxiety)

Me: Koi doctor ata hai yahan pe?

Her: nahi yahan jabse mai ayi koi nahi aya. Ziada tabiyat kharab hojaye tou ye hamay haspatal le jatay

Me: chalein aunty aapke bachpan ki baat kartay hein. Kesa tha shadi se pehlay aap ka bachpan?

Her: jesa hota hai. Mai sab behn bhaiyoun se bari hun. Ami job karti thi abu thay nahi. Bachoun sambhala ghar ko dekhna ye sab

Me: kabhi koi bachkana harkatein nahi ki?

Her: nahii.. Kabhi nahi mai tou dekh ke heraan hoti ke hamnay ko kabhi esi harqatein nahi ki.

Aaj kal ke bachay tou bohot tez hein hum tou seedhay sadhay thay.

Me: aunty aapki umar utni nahi hai jitni aapn ne bemariyan paal li! Esa kia hua?

Her: beta meri zindagi bhi tou dekho. Kam mushkilat jheli hein kia mainay. Na baap, na miyan na bhayi itni kum umar mai tou bemariyan tou ani thi.

Me: aap kay miyan aap kay cousin thay?

Her: nahi ye tou aik love story hai!

Me: mujhey bhi batayein apni love story aunty

Her: mai apni aunty ke ghar gayi hui thi. Merey husband aik din gali wali dukaan pe bethay huay thay aur mai apnay khala ke chotay betey ko lekey dukaan gayi.

Unhoun ne mujhey dekha aur apnay dost se poocha ye kon hai. Pehlay tou nahi dekha isko. Unke dost ne bataya ke ye us aunty ki bhaanji hai kafi dinoun se ayi hun. Bas phir wo meri aunty ke peechay parh gaye ke mera rishta dou. Wo mujhse uar mai bohot baray thay. Koi 45 saal baray thay. Itna peechay paray ke meri aunty maan gayi aur unhoun ne merey liye rishta bhejwaya. Retired army officer thay wo. Ami ne kaha ke nahi nahi ye tou uske abay se bhi bara hai. Phior pata nahi kesey ami maan gayi. Baat cheet challi aur saadgi se nikkah hogaya mera. Wo merey sath kahin nahi jatay keunke wo bohot baray lagtay. Aik baar station pe aik aunty ne poocha ke ye aap kay susar hein ya daddy. Is liye wo kehtay they ke

merey sath na aya kar bahir. Ghar mai merey sath raha kar ya mujhey tokri pakra dia kar takay mai mulazim lagun. Bohot achay din guzrein hein hamaray

Me: aap khush thi?

Her: shuru mai tou nahi thi dekh ke lekin ahista ahista taluq barh gaya wo meri har khuwahish ka ehtaram kartay thay. Achi baat hai

Me: Tou agar mai aapse poochun ke aik wo cheez jo aap apnay past ke baray mai badal sakein wo kia hoga?

Her: Yahi ke Allah karay koi chota sa apna ghar hota. Apna ghar banati Me: Agar apna ghar hota tou akalay reh leti?

Her: han. Pehlay bhi tou akeli hi rehti thi. **Yahi tou sakoon hai ke apnay ghar mai ho. Kabhi kabhi bachay milnay ajayein**

Me: tou idhar ghar wali feeling nahi ati?

Her: *sighs* and *cries*

Me: idhar agar khush nahi hein tou mutmayin hein?

Her: ji mai hun. Bas ab din **zindagi ke pooray karnay hein**

Me: nahi nahi aunty abhi aapki kia hi umar hai. Koi tou khuwahish hogi?

Her: nahi esa kuch nahi hai. Jab tak apna ghar tha tab tak bohot khuahisein thi. Ma poora sajati thi usko. Bohot khubsoorat ghar tha mera. Jannat ka kona tha.

Me: tou filhal aap kesi hein? Bhook lagti hai time pe?

Her: lagti bhi hai lekin nahi bhi lagti. Meray neechay walay daant nahi hein. Wo accident mai toot gaye thay. Aur naye walay bhi kharab hogaye. Tou mai sabke saamnay beht ke khana nahi kha sakti. Lekin nahi hota sabke saamnay. Kesey banda sabke saamnay khayey. Mushkil hoti hai. Mai khana daal ke idhar le ati hun lekin unko aiteraaz hota hai iss baat se

Me: neend sahi ajati hai?

Her: kabhi ajati hai kabhi nahi ati. Chalti phirti

rheti hun Me: jab nahi ati tou kia karti hein?

Her: kisi ko tang nahi karti. Tv nahi. Mobile nahi. Bas leti rehti hun

sakoon se Me: ghar pe bhi esa hi tha?

Her: Ghar bhi esa hi tha. Jabki sugar hui hai aur heart ka masla hua hai tabka esa hi hai. tab bhi kisi ko tang nahi karti thi. Bachay soye huay hotay thay mai sonay deti thi

Me: Tou koi habrat hoti hai jiski waja se neend urh jati hai?

Her: n say hi ota hai ke kuch zehen mai agaya hai. heartbeat tez hojati. Tou kuch

khaleti hun Me: doctor ko dikhaya hai aapne?

Her: ji laaj kara rahi hun. Kuch ye loug bhi dekh baal kartay hein. Lekinya tou bohot purani hoti hein ya bohot

Me: Kabhi kabhi bethay bethay rona ata hai?

Her: har waqt. Jab bhi koi yaad aye

Me: kabhi awazein sunayi deti hein?

Her: nahi nahi

Me: jab anay walay ke baray mai sochti hein tou dil chahta hai kuch karnay ka agay?

Her: nahi

Me: jab dil ghabrata hai tou ksi ko call karti hein?

Her: han meri bari beti.

Wo sunti hai Me: tou aap

uske pas keun nahi jati?

Her: mai gayi thi lekin uske saas susar ko issue tha ke ye pata nahi kitna khati hai.

Uska miyan truck chalata hai. Wo mera bohot ehsaas karti hai. Bara pareshan hai merye liye. Bulati hai mujhey lekin mai kehti hun ke mujhey gawara nahi ke meri waja se terey saas susar tujhey kuch kahay

Me: koi aur cheez jo aap badalna chahti puranay waqtoun ke baray mai?

Her: bohot achay thay wo. Pata nahi kia hua. Shayed merey mai

kami agayi Me: idhar dosti hui hai kisi se?

Her: nahi kamray mai rehti hun. Dil ghuta hua rehta hai. Rona ata hai. Tou ksi ke saamnay thori raha jata hai

Me: agar ye loug koi kaam dein aapko jeseey silahi karahi ya khana pakana tou shouk se karein gi?

Her: ji ji zaroor

Me: is jaga ki sabse achi cheez kia hai

Her: sab kuch acha hai bas ye sabke saamnay beht ke khanay

ka issue hai Me: tv dekhti hein?

Her: dekhti thi lekin ab kahan?

Me: tou din kesey

guzarti hein? Her: late

gayi, uth gayi, chal lia

Me: dil nahi karta kisi se bata karnay ka?

Her: beta dil darta hai. Aaj kal ki aurtein na jin mai wesay mai bhi shamil hun ke sun ke baad mai buraiyan na krein.

Me: aap ke bachoun ne roka tha yahan anay se?

Her: nahi kisi ne phone tak nahi kia sawaye nawasi ne

Me : aunty aap jaya karein logoun ko milna. Sara din andar rehney se ghabrat barhay gi. Logoun se bata karnay ki koshish karein.

Her: theek hai

Me: ahista ahista zindagi sambhal rahi hai ya kharab?

Her: nahi beta kharab hi horahi. Dukh bhar rahay

Me: thank you so much aunty mujhey waqt deney keliye aur mujhse bata

karnay ke liye. Her: aapka shukriya

Interview 4:

Me: assalamulaikum aunty, mera naam shanzey khan hai. Mai kinnaird college se ayi hun aur mai psychology parhti hun. Kia mai apni research ke liye aapka intyerview le sakti hun?

Her: ji ji biklul le sakti hein.

Me: acha aunty aapka kia naam hai?

Her: mera naam amra

yasseen hai Me: aap

kitnay saal ki hein?

Her: mai 72 saal ki hun

Me: aap kitni deir se iss idaray mai hein?

Her: mera ye saatwa saal chal raha hai!

Me: aap keun ayi hein yahan pe?

Her: apni marzi se ayi hun mai ji

Me: acha tou aunty aap kay koi

bachay hein? Her: ji han merey 2

bachay hein. 1 beti aur 1 beta Me:

aur aapke miyan?

Her: us ka kia pata. Chor ke chala gaya tha.

Divorced hun mai Me: acha aunti aapka aaj ka din

kesa guzar raha hai?

Her: alhamdulillah acha guzar raha hai

Me: aap kia karti hein

Her: mai daily bachoun se baat karti hun. Fajar parhti hun phir sojati hun phir uthi

hun aur kalam parh leti hun phir neechay akay tv dekh leti hun. *cries*

Me: kia aap apni yahn ki zindagi se satisfied hein?

Her: nahi. Bilkul nahi. Ghar ghar hota hai. Involvement farak hoti hai.

Me: aap is se pehlay phir kahan rehti thi?.

Her: mai apnay bhayi ke sath rehti thi. Phir achanak se khyal aya ke bhayi par bouj banni hui hun tou yahan agayi. Jesey dana paani khatam hogaya ho. Phir bas samaan band ke yahan agayi.

Me: Aunty yahan ki administration kesi hai?

Her: Bohot achi hai. Bohot khyal rakhtay hein hamara. Esay apnay nahi rakhtay jesey ye rakhtay hein. Ikhtilaf tou hotay hein lekin achay lough hein. Unko mujh se shiakayat hai ke mai ghusay wali hun. Mujhey dekhein, aapko lagta hai mai ghussa karsakti hun?

Me: *laughs*

Her: mai pisces hun, merey aba ji aries thay. Apko pata hai pisces kitnay dheemay hotay hein. Lekin abaji merey bohot strict thay kaam ke baaray mai. Office mai lough unse dartay thay. Auditor general thay wo.

Me: oh acha. Masha Allah. Tou aunty apnay khandaan ka zikar tou bohot kia hai. Koi dostein hein aapki?

Her: han aik hai. Wo bhi abhi bani hai. Larayi bhi hoti hai us se lekin banti thi bohot hai hamari. Idhar hi rehti hai. 7 mahinay baad ayi hai dubai se. Wo kehti hai mai jis se bhi larun tum ne mera har kadam pe sath dena hai

Me: challo ye tou kafi achi baat hai. Tou aunty aap yahan ziada comfortable hein ya bhayi ke ghar pe?

Her: bhayi ke ghar pe.

Me: bhayi ke bachay thay?

Her: ji 2 betey aik beti. Aik beta revolver saaf kartay kartay fout hogaya. Bas wo baray bhayi se gun lekey gaya kamray mai ye keh ke kay mai saaf karkay lata hun. Phir usne kundi laga li. Shayed iss liye takay koi anajaye kamray mai aur gun ghalti se chal na jaye. Phir 10 min baad goli ki awaz ayi. Hamne darwaza tora aur usko behosh dekha. Haspatal leker gaye. Wo chand din ke baad bas chal basa. Kehta tha “abu mujhey maaf kardein”

Me: ye tou bohot hi afsosnaak baat hai. Im sorry aunty. Allah aap sab ko sabar ata farmaye.

Her: ameen

Me: aunty aap poora din kесеy guzarti hein?

Her: neechay ati hun tv dehnay. Kabhi kabhi jaenemaz sath le ati hun. Kalam parrh leti hun. Phir zuhr ki namaz hojati. Phir thori deir lait jati hun. Phir mera favourite drama lagta hai wo dekhti hun. Souda wagheira le leti hun.

Me: Oh aap kis kism ke dramay dekhti

hein aunty? Her: jo horay serious walay

houn. Mazahia nahi pasand Me: aunty

aapka kamra kesa hai?

Her: acha hai. Mai apni marzi se uper wali manzil pe gayi hun. Ab merey pas akela kamra hai. Pehlay aik khatoon ke stah share karti thi. Mera masla ye hai ke mai light mai nahi sosakti. Mujhey andhera chahiye hota tou is liye request ki ke loug mujhey shift kardein. .

Me: Challo ye tou acha hua. Mai bhi light mai nahi sosakti tou mai samajh skati hun

Her: han na. Uper itna sukoon nahu. Neechay tou cheekho pukar hoti har waqt.

Aur galiyan galoch ki awazein ati

Me: aunty aap ko kia karnay se khushi

milti? Her: **mujhey apnay bachoun se**

baat karke khushi milti Me: ohh aunty

batayein tou bachoun ki umar kia hai?

Her: beti 30 saal ki hai. Aur beta 26 ka. Meri beti architect ke sath kaam karti.

Masha Allah bohot successful hai wo canada mai.

Me: aunty kon sabse ziada yaad ata?

Her: bhayi tou ata rehta tha yahan. Mujhey pesey bhi bhejta hai lekin ab pata nahi keun nahi ata khud. Mujhey lagta hai wo bemar hai lekin mujhey koi kuch batata nahi *cries*

Me: bhayi ke baray mai kia yaad ata hai?

Her: merey bhayi na bohot strict thay. Har waqt rok tok kartay thay. Lekin mera khyal bhi bohot rakhtay thay. Wo mujh se 6 saal baray hein

Me: apka aur koi behn bhayi thay?

Her: ji meri 2 bari behein thi lekin dono fout hogayi thi pedash ke baad. Phir jab mai peda hui tou sba bohot daray huay thay ke sahyed mai bhi nahi bachun gi. Meri khala mujh se bohot close thi tou unhoun ne merey liye bohot duayein ki thi.

Me: bhayi ke ghar aap kia kartu thi?

Her: mai sabkuch khud karti thi. Apna khana bhi khud banati thi. Bhabi ko mujhse masla tha.

Bohot daadi thi. Lekin mai phir bhi hamesha pyar karti thi unse aur dua karti thi.

Me: ye mai jab bhi poochti hun tou har kisi ki bhabi keun sakht nikalti? *laugh*

Her: nahi beta sari bhabiyan buri nahi hoti. Mai bohot achi bhabi thi. Meri 8 nandein thi canada mai. Mai sabka khyal rakhti thi. Sabki pasand ka khana banti thi.

Me: apko khana banana pasand hai?

Her: ji bohot pasand hai. Mainay dekh dekh ke sab seekh lia. Ammi ne kabhi sikhaya nahi masroofiat ki waja se. Yahan pe cooking nahi karsakti keunke ye ijazat nahi detey. Kehtay hein auratein larti hein akay. Kmaray mai cyliner rakhnay ki ijazat tou hai lekein mehnga bohot hai.

Me: Han mehngayi tou waqayi mai bohot hai. Koi aur activities hoti hein yahan pe?

Her: Lekey jatay hein trips pe hamay lekin mai nahi jati. Khamka ki kawari. Ye hamay mahinay ke 1000 rupay bhi detey hein lekin mai nahi leti.

Me: aunty aap yahan itni deir se hein koi dost nahi banaye musarat aunty ke ilawa?

Her: meri bachpan se hi kabhi seheliyan nahi hoti thi. Slaam dua thi sabse bas.

Meri tou miyan ki baki teen biwiyoun se bhi salam dua thi *laughs* Me: miyan zinda hein?

Her: nahi tou ab tou fout hogaya wa.

Me: bachoun se milti hein aap?

Her: bataya tou hai wo canada mai rehtay. Ab yahan ana asaan thori. Akhri baar 2015 mai aye thay apnay taya ke betey ki shadi pe.

Me: acha tou aunty apna khyal rakhti hein aap? Koi medical issues hein?

Her: **ji allegries bohot hein.** Jab chir yein tou khaansi aur cheenkein bohot ati. Uski medicines bohot expensive hein tou mai le nahi sakti.

Me: aunty agar mai apko option dun ke aap kisi waqt mai wapis jakay kuch badal sakti hein tou kia badalti?

Her: agar chali bhi gayi beta tou kia. Kuch badal bhi liya tou kia hi hojaye ga.

Logoun ki mentality to sam ehi rahay gi na. Wo tou nahi badal sakti na.

Me: acha aap apnay bachoun se kitna baat karti hein?

Her: roz ghantay ki bata hoti hai mer

Me: acha tou aap kay pas smart phone hai. Videos wagheira dekhhti hein

Her: nahi tou. Chota wala phone hai. Number mujhey unka yaad hai. Milati hun aur baat karti hun. Seedhi sadhi bandi hun. Seedha saadha phone hai.

Me: aunty aapki jab divorce hui tou bachay aap kay pas keu nahi rahay?

Her: **merey miyan ne nahi rehnay dia.** Court mai jakay custody ke liye lara wo. Phir merey bhayi ne samjhaya ke agar wo bachoun ke liye itna lar raha hai tou kuch socha hua hoga. Leney dou bachay usko. Tum wesay bhi kesey sambhalo gi.

Me: aunty aap apni dost ke sath kia karti hein?

Her: beta kia karna hai. Gapay haankti rehti hein. Dukh baant letey hein. Hamari laraiyan bhi bohot hoti hein. Warna tou mai bardasht kar lun lekein jab ye mere **bachoun ke baray mai kuch kehti thi tou mujhse bardasht nahi hota. Mai kehti thi mujhey jo kehna keh lo chup rahun gi ya uth ke chali jaoun gi lekin jab wo merey bachoun ko bura bhala kehta hai tou mujh se bardasht nahi hota. Phir merey se bura nahi hoga. Mai apnay bachoun ke baray mai kuch sunna na manzoor samajhti hun. Tanay bhi wohi deti thi mai tou chup rehti thi.** Imran sahab chakar mar rahay hotay thay tou mai kia bolti. Unke bachoun ko wo buddayien deti thi.

Me: aunty aap khush hein?

Her: bilkul nahi. Ye musarat ke sath thori bohot hogayi hai. **Warna yahan ki auratein insaan nahi shaitan hein. Kabhi aap inki mentality ke baray mai sunein tou**

aap bhi yahi kahein gi. Ye sari akhati aur mai akeli. Lekin mai akeli bhari hun inpe.

Keunke sari jahil hein.

Me: aunty apa ne kahan tak parha hua hai?

Her: BA psychology

Me: mashaAllah mai bhi bsc psychology karahi.

Her: han na baki logoun ko taleem ka pata nahi. Mujhey bas kisi ki support chahiye. Musarat balkay mujhey keht.....

Me: kia?

Her: ke mai jo marzi kahun kisi ko tumne merey sath rehna hai aur han mai han milani hai. Lekin mujhey bhi sath chahiye tha mai bhi maan gayi. Bohot zinda dil hai wo.

Me: agar apa khush bilkul bhi nahi hein tou kabhi kabhi dukh hota hai?

Her: har waqt hi dukhi hoti hun. Abhi aik drama laga hua tha geo kahani pe "bechari qudsia" bara us par zulm hota hai. Bas dekhun tou ansu nikal atay hein.

Na bhi drama dekhun ansu nikal atay hein. Behtay behtay ansu ajatay keunke bachay zehn mai ajatay Me: sirf bachoun ko yaad kartay huay ansu ata?

Her: jab bhi mai dua karti hun tab rona ajata hai. Pata nahi Allah paak mujhey maaf bhi karein ge ke nahi?

Me apnay aap ko behlati kesey hein?

Her: chup karke behti rehti hun. Kisi se baat cheet nahi karti. Khamosh

rehti hun Me: bhook lagti hai ?

Her: normal lagti hai. Thori bohot.

Me: neend ajati hai time pe?

Her: nahi time pe nahi ati. Poori life merey zehen mai film ki tarhan

chalti rehti Me: kabhi dil chahta hai koi esi cheez karnay ka jis se dil

ko khushi milti ho?

Her: khanay ka?

Me: karnay ka

Her: oh... pehla tou ye ke bachoun se baat karke ghamgeen bhi hojati hun aur

khushi bhi hojati hun. Doosri baat musarat ke sath behtna aur batein karna. Wo

bohot mazaydar batein karti hai Me: future ka soch ke kia ata hai dil mai?

Her: ke mai apnay bachoun ke pas chali jaoun. Bohot koshish ki hai lekin finally

betay ne hi mana kar dia. Mujhey wo neechay wali maa kehta. Jab mahjebeen

shadi karke ayi na tou usko uper ki manzil dedi. Mai neechay wali manzil mai

rehti thi. Isi liye wo mujhey neechay wali maa kehta

Me: betey se roz baat hoti hai?

Her: ji bila naagha. Dono se baat hoti hai. Dono akhatay rehtay hein. Apartment

hai na. Wo bachoun ke naam kardia

Me: Kisi cheez ko look forward karti hein future mai?

Her: kia matlab. Please repeat *laughs*

Me: mai keh rahi hun ke kisi cheez ka intezaar kar rahi hein?

Her: wohi kahungi kebachoun ke pass janachati hun. Aur Allah se dua karti hun ke wo koi sabab banaye.

Me: inshaAllah zaroor jayeingi aap

Me: chalein aunty aapka bohot bohot shukriya mujhse baat karnay ka

Her: thank you. Agli baar ao tou milti hui jana. Dekhna mai kia karahi hun gi us waqt. Ganay mujhey bohot pasand hein tou shayed wo sun rahi hun. Radio mainay lia hua hai. Ya cricket dekh rahi hun gi.

Me: wah aunty aap tou bohot busy rakhti hein khud ko. Achi baat hai.

Her: han ab itna kuch hota karnay ko. Rozon mai fursat hi nahi milti.

Me: chalein aunty apna khyal rakhiye ga. Khuda hafiz

Her: Allah hafiz

Interview 5:

Me: Aunty aapka kia naam hai?

Her: mera naam musarat hai.

Me: assalamualikum musrrat aunty. Mera naam shanzey khan hai aur mai kinnaird college ki aik student hun aur yahan ayi hun aapse kuch sawal poochne. Kia mai pooch sakti hun?

Her: aap kahan rehti hein?

Me: mai thokar se thora agay rehti hun. Yahan se door hai

Her: acha acha

Me: aunty aapki kia umar hai?

Her: meri umar 62 saal. San 1960 se kitni banti hai

Me: ji ji itni hi banti hai

Her: han bas dekh lo

Me: aunty aap kabse yahan pe hein?

Her: mujhey ab chohta saal shuru honay laga hai. Masha Allah

Me: kesa guzar raha hai aapka aaj ka din. Ramazan kesa guzar raha hai aapka

Her: alhamdullilah bohot acha. Allah ki zaat ka

shukar hai Me: rozay rakh rahi hein aap?

Her: ji ji

Me: hein aap rozay bhi rakh rahi hein mashaAllah.

Her: ji ji yahan pe sab rakhtay hein kuch maiyoun ke ilawa.

Me: tou sehat ki koi problems tou nahi aapko?

Her: mujhey bohot high sugar hai

Me: aunty tou phir tou roza nahi rakhnay chahiye aapko

Her: nahi Allah takat de raha hai

Me: nahi aunty problem nahi hoti? Keunke merey abu ko sugar hai aur unko doctor ne mana kia hua hai

Her: keun?

Me: keunke unki sugar ya tou bohot high hojati hai ya gir jati hai. Tou doctor ne mana kar dia Her: mujhey pata kia jesey jesey shaam hoti hai yahan sir ki taraf dard hona shuru hojata hai.

Roza kholtay sath hi theek hojati hai

Me: ye is liye hota hai keunke sugar girti hai?

Her: han shayed keunke nazar ana bhi kharab hoajata hai

Me: aunty phir tou aapko bilkul bhi roza nahi rakhna chahiye

Her: nahi beta kia. Farz hai. Aur uper se faida kia roza chornay ka. Yahan kuch khanay ko tou hota nahi.

Me: theek hai

Her: roza chor ke bathun gi tou pareshan hi hun gi. Khana dhoondney ke liye idhar udhar bhaagti phiru gi. Bas Allah paak chala raha.

Me: mhm acha sayi hai

Her: shanzey apa kitnay behn bhayi ho?

Me: ham chaar hein. 3 behney aur 1 bhayi. Mai sabse

choti hun Her: aap kisi society mai rehti ho?

Me: ji

Her: kis college mai parh rahi ho aap?

Me: kinnaird

college mai

Her: BA kar

rahi?

Me: ji

Her: abu kia kartay hein?

Me: abu ka dairy farm hai

Her: han lag bhi rahi ho doodh peenay wali

Me: *laughs* hahah aunty mai tou bilkul bhi khali doodh ki shokeen nahi hun hahah

Her: *laughs*

Me: aunty aaj ke din aap ne kya kya kia?

Her: mai uthi hun, mai nahayi hun aur uske baad mainay tasbeeh ki 1000 danay ki.

Phir namaz parhi aur uske baad kalam e paak parhnay beht gayi

Me; mashaAllah aap bohot ibadat karti hein

Her: alhamdullilah. Shukar hai

Me: kisi se baat cheet hui subha se?

Her: ji wohi meri saheli hai mara. Wo ayi hui thi abhi kamray mai.

Me: unke ilawa ksi se bata cheet

hoti hai? Her: hoti hai lekin

rozoun mai kis se karay banda Me:

chehel kadmi karti hein?

Her: yahan se khanay ke kamray tak. Wahan se wapis yahan. Ye chehel

kadmi hogayi Me: ye tou din mai aik baar hogayi. Iske ilawa?

Her: ab rozay mai itni hi hosakti hai

Me: roza jab nahi hota tab?

Her: bazaar bazoor jati hun mai.

Masroofiat kehlo Me: yahan rehna kesa

lagta hai?

Her: theek hi lagta hai

Me: idhar kesey ayin?

Her: chadoun ini dukhi galan. Kiska dil karta appna ghar bhaar chor ke ana is umar mai. Agar mai yahan na ati tou mai aapse kesey milti.

Me: jab aap yahan ayi houngi aap tou 58 ki houn gi.

Her: han tab mera daakhla is waja se hogaya ke jab meri shaid hui thi tou mai 14 saal ki thi tou nikaan khwa mera nika nahi kar raha tha. Phior merey abu ne meri umar 18 likhwayi kaghazoun pe.

Me: tou aapkey khandaan mai jaldi shadiyan hojati hein?

Her: nahi bas kuch pareshani thi

Me: aur aapke shohar ki kia umar thi tab?

Her: wo merey se 16 saal baray thay. 31 ke thay.

Me: wo intikal kargaye?

Her: han ab tou intikaal gaye hein. Merey baad phir unhoun ek shadi ki thi. Tab mai 29 ki thi.

Unhoun ne divorce de dia. Phior unhoun ne doosri ko bhi dovirce kardia phir teesri shadi ki.

Me: aapka bachay hein?

Her: alhamdullilah mere 3 bachay hein. 2 betey aur aik beti. Aik beti mai nahi ginti keunke wo merey liye margayi hai. Keunke usne mujhey ghar se nikal dia

Me: aur aap kay betey?

Her: jab meri beti ne merey se mera ghar cheen lia aur hamay nikal dia na tou chota beta kafi had tak dimaghi tawazun kho behta. Keunke sab chin gaya. Bara beta biwi ke sath rehta. Kia dukhi batein kar rahi hien. Chorein koi aur baat kartay hein

Me: chalein koi aur baat kartay hein. Aapki kia karna pasand hai aunty?

Her: Mujhey parhna pasand hai.

Me: Quran?

Her: Kalame paak ya tasbiyan. Ya jab mai tiktok jab dekhti thi tou moulviyoun ki video. Mai jab ghar mai rehti thi tou meri choti beti ne mujhey tiktok wala mobile dia hua tha tou mai tiktok dekhti rehti thidaras sunti rehti thi. Q tv dekhti hun.

Allah paak ke naam walay Me: koi dramay nahi dekhti?

Her: *shake shead*

Me: kuch bhi nahi

Her: mujhey nahi shouk. Khud ki zindagi drama bani hui hai kia dramay dekhna.

Hamari taraf dekh lo ham hi drama hein

Me: ji aunty kismatse kon lar sakta hai

Her: ji

Me: aapko yaad atay hein apnay bachay?

Her: ji yaad atay hein merey bachay keun

nahi atay Me: aunty aap kitnay behn

bhayi thay?

Her: ham 4 behney aur 5 bhayi thay. 5 hi behnay thi. Phior aik bhayi fout hogaya.

Phir aik behn fout hogayi. Ab hum 3 behein 4 bhayi hein. Phelay 4 behnein 5 bhayi thay.

Me: theek hai okay. Wo kesey fout huya?

Her: bas Allah ki taraf se. Bhayi ke acahank se dard hua pait mai aur wo fout

hogaya. Behn bari wali bemar hogayi thi. Uske mun ke andar koi cheez nikal ayi

thi. Daant ke beech mai gaal agay tha. Bewakoof mayo haspatal chali gayi thi.

Unhoun ne andar ka gosht kaat lia uska. Wahan ka gosht tou banta hi nahi hai phir

se. Gosht kat gaya phir wo barhta barhta bas wo fout hogayi Me: aap sabse choti

hein ya darmiyani hein?

Her: mai darmiyani hun. 4 mujh se baray thay aur chaar hi chotay.

Me: kitnay aapse baray hein aur kitnay chotay?

Her: merey se 1 behn bari hai aur aik choti. 2 bhayi baray hein aur 2

chotay hein Me: aunty aap ka bachpan kesa tha?

Her: bachpan kia tha yar 14 saal ki umar thi jab shadi hogayi kia hi bachpan

hoga. Na bachpan dekha na jawani dekhi jab burhapa ya tou siyapa dekha Me:

aunty aapko shadi se pehlay kia karna pasand tha?

Her: bas jahan Allah ka naam hota tha. Milad shilad hogayi. Khel mai rasa tapna pasand tha

Me; hein mujhey bhi wop bohot pasand tha. Staapu khelti thi?

Her: han han abhi bhi bachay

kheltay hein Mer: aap poora din

kia karti hein?

Her: jaanu bas yahi hota hai. Khanay wlaay kamray mai chali gayi wapis agayi.

Mai ksisi ke kamray mai nahi jati . Ba syahan rehti hun aur parhti rehti hun.

Me: ramzan ke ilawa bhi?

Her: han Allah ka shukar hai

Me: Kisi se baat cheet hoti hai?

HeR: han har ksii se salam dua hai

Me: jab ye lough koi trip plan kartay hein aap jati hein sath?

Her: pata nahi abhi tak tou nahi gaye

kahin bhi ye Me: kuch karnay ka dil

karta?

Her: ksi cheez ko dil nahi chahta ab. Ksis se bata karnay ko bhi dil nahi karta. Bas

Allah ka naam leti rehti aur kalam parhti rehti. Ab kisi se bata karnay ka bhi dil

nahi chahta Me: bachoun se bhi nahi?

Her: nahi yar wo baat tou aur hai na. Jesey pehlay batein hoti thi wo ab dil nahi karta.

Me: aapnay kaha hai ke beti ne ghar le liya tha, tou filhal aapke betey kahan pe hein?

Her: aik beta tou idhar parli gali mai rehta hai. Uski biwi aur teen bachay hein.

Biwi achi bhali ustani thi. Achay halaat thay. Hamary apna ghar tha. Usne hostel

banaya hua tha apna. Jab sab cheen gaya tou wo zehni tor pe pareshan hogaya.

Abhi tak sahi btarhan settle nahiu hua tab se.

Cigarette bohot peeta hai. Har waqt peeta hai. Har waqt sozhta rehta hai. Bohot

pareshan hai ke sab kuych chin gaya. Phir mai idhar agayi. Idhar sakoon hai parh

sharh leti hun. Bahu meri kapray shapray si leti hai. Pehlay sarkari ustani thi. Phir

shaid ke baad hamnay uski nokri churwa di ke hamney nahi karwani. Ab wo nahi

kar sakti keunke bachay hein aur waqt bohot hogaya.

Me: ye chota beta hai?

Her: ji.

Me: aur bara?

Her: wo apni biwi ke sath hai. Wo apnay maa ke ghar legayi thi usko.

Me: unke kitnay bachay hein

Her: unki 2 betiyan hein

Me: jis beti ne ghar harap lia tha wo keunk kia tha?

Her: usne 13 saal pehlay kia tha. Phir mai 13 saal betey ke pas rahi. Phir chotay betey ke pas agayi phir yahan.

Me: aur beti ne shadi ke baad kia tha?

Her: tab uske jawan bachay thay. Ab wo khud 49 ki hai. Ab usne jis larkay se shadi ki hai wo FIA mai hai. Ab jakay mera khawand fout hua hai 4 mahinay pehlay september mai. Ab tou saray waris hein lekin wo kehti hai ye sab mera hai. Jabke registry hamary pas hai. Ghusnay nahi deti. Jis larkay se shadi ki hai wo bohot badtameez hai.

Me: achaaa

Her: koi nahi sabse bari adalat uper walay ki hai. Choro.

Me: haye aunty.

Her: aapke bhayi behn kia kartay?

Me: aik engineer hai aur 2 doctor hein

Her: acha acha

Me: aunty aap idhar keun shift hui chotay betey ke ghar se?

Her: beta wahan chotay bachay hein na tou parhnay aur sukoon se behtnay ka time nahi milta tha. Biwi apnay kamoun mai lagi rehti hai. Tou meri zimadari kon sambhalay. Yahan sab kaam hojatay hein. Kapray dhul jatay, khana mil jata, kamray saaf mil jatay hein. Aur kia chahiye Me: pota, potee se baat hoti?

Her: han milney atay hein wo

Me: acha, tou aunty koiu aur bemari hai aapko?

Her: **nahi sugar aur bp tou har kisi ko hota hai (medical concern)**

Me: ji ye tou hai. Mahinay mai ktni baar milti hein khaandan waloun se?

Her: pehlay teen saal tou kisi se nahi mili mai. Ab milna shuru hui hun

chotay betay se Ne: 3 saal keun nahi mili?

Her: yar mai thak gayi thi, sukoon chahiye tha. Tang agayi thi jidojehed karke.

Bachay paal paal ke tang agayi. Baap ne jab chor dia tou bachay menai paalay. Ab jab wo baray hogaye tou larnay lag gaye mujhey. Behn ke sath bara wala bhayi bhi mil gaya bas na poocho bari muyshkil zindagi hai

Me: mai samajh skati hun. Aunty behn bhaiyoun se batein karti hein?

Her: ji ji karti hun. Kabhi kabhi roz aur kabhi kabhi

haftay baad Me: milnay atay hein?

Her: nahi mainay nahi bataya unko mai old

home mai hun Me: aap milnay jati hein?

Her: nahi

Me: agar zindagi may mai option dun ke peechay jakay kuch badal sakti hein tou kia badlein gi?

Her: agar merey paas ye option hona tou mai apnay aap ko badalti. Mai har ksi se bohot ji ji karti thi. Jokay nahi karna chahiye. Is liye yahan pohonch gayi hun

Me: bas hamari society mai auratoun ko yahi sikhatay

Her: mainay kabhi apnay ghar waloun ko apni taqleef ke baray mai nahi bataya. Ke mera miyan mujhey maarta ha ya kabhi kabhi kharcha bhi nahi deta. Khud kamanay nikal jati thi. Kharhayian kati thi, chadrein banati thi, property dealery bhi aur rishtay bhi karati thi. Aik mera bhayi tha jo ab fout hogaya hai wo bohot acha tha. Usne mujhey zameen bhi lekey di thi aur mera kharcha bhi uthata tha

Me: aunty divorce apnay maangi thi ya unhoun ne di thi?

Her: nahi bas khudi di usne achanak se likh ke

bhejwa di Me: agar wo na detey talaq tou apa

rehti sath?

Her: mainay tou rehna hi tha sath meri 2 betiyan bhi thi. Usko pata tha ye bohot dheet hai. Itna marta hun ye phir bhi yahan hai tou thak ke usne talaq dedi

Me: talaq ke baad koi contact tha?

Her: mera nahi tha. Meri bari beti ka tha. Shuru se jab bhi wo mujhse arta tha uska rujhaan uni taraf tha. Meri sari khabrein deti thi unko aur phir wo akay pesy le jata hai. Baap beghairat insaan tha na uska tou uska khoon hi esa tha. Uska zarf hi ganda tha. Mai kia keh sakti hun.

Shuru se mili hui thi wo baap ke

sath Me: bhook lagti hai time pe?

Her: mujhey bohot bhook lagti hai. Sugar hai na mujhey. Dil chahta sab kha jaoun. Lekin jab bhi khati hun aik samosay se pait bhar jata hai.

Me: neend time pe ati hai?

Her: ji alhamdullilah

Me: kabhi esay hota hai ke behtay behtay rona ajaye?

Her: leh ye poochnay ki baat hai? Behtay behtay kia kharay huay bhi

rona ajata hai Me: kabhi kahayi ka kaam doobara karnay ka socha?

Her: nahi mujhey raasha hi itna na. Hath sambhaltay hi nahi. Chay ebhi nahi pi skati aram se. Jab ghar se mujhey nikala inhoun touy sugar bhi hogayi aur raasha bhi.

Me: dawaiyan leti hein aap?

Her: tou leh aur kia sara kharcha hai hi

dawaiyoun ka Me: aapka kharcha kon

uthata hai?

Her: mera kharcha aik hazar tou ye loug detey aur beti mujhey bhejti hai. Usne bulaya tha mujhey apnay pas. Usne bari jidojehed ki hai merey liye

Me: aap uske pass keun nahi reh leti?

Her: nahi sonay esay nahi na. Uske bachay hein susral hai esay kesey. Bas

khush hai wo Me: jab anay walay kal ke baray maio sochti hein tou kia khyal

ata hai?

Her: medi(burden)

Me: bas dhayi gphantay hein ab tou

Me: jab dil ghabrata hai tou dil chalta hai ke kisi se baat karlein?

Her: bas Allah se batein karleti hun aur kis se karni? Han amra hai wo behti hui thi aaj. Mai uska sun ke roti hun wo mera sunke roti hai

Me: aunty kabhi kabhi bas sunnay wala chahiye hota. Ye old home theek lagta hai?

Her: bas theek hi hai dekhlein aap. Yahan ke brig sahab bohot achay hein. Lekin admin nahi achi. Dil karta kahin aur chali jaoun

Me: aunty bas aap dua karein meri ye thesis achi hojaye keunke maqsad yahi hai ke in haalat mai behtri aye inshAllah.

Her: aap apna old home kholiye ga

Me: aunty inshaAllah yahi plan hai

Her: chalo jab kholo tou mujhey bulana zarorr.

Me: zaroor aunty. Lekin sbhi kaafi deir hai abhi

both laugh Me: aunty merey se baat karnay ka

bohot shukriya. Bohot acha laga

Her: phir ana zaroor, mera number lejao.

APPENDIX C: THEMES TABLES

MAIN THEME	SUB THEME
Strained interpersonal relationships	Husband was abusive Husband left Bitterness towards sister in law Husband had extra marital affairs Regret towards marriage She asked for separation Resentment towards sister in law
Coping mechanism	Laughter, stays busy Likes to avoid thoughts by listening to others Helps others who are in need
Medical issues	asthma
depression	Never married again due to having no hope, cant sleep at night, cries herself to sleep Low appetite No passion Not happy
Financial issues	Property issues, Drastic change in financial situation, No job Rent from shops Peer gives money

religion	Relies on God, very practicing, has a spiritual guide she calls peer Constantly grateful to God
Family	Dependent on brother as male figure, Divorced Brother passed away Extremely close to brother Daughter passed away due to cancer Sister in law took brothers kids and left Close to brothers daughters Thinks sister in law hates her Close to nephews and nieces Got married young
Mental State	Bitterness, past pain, denial, trust issues, hero complex, anger issues and explosive behavior at times, anger at administration, laughs while expressing pain and talking about problems, superiority complex Anxiety Grateful Steadfast in her ways

Life before marriage	The star and golden child, brothers favorite and parents spoiled her, education till matric
	Has done a beautician course Owned a parlor
Current state	issues with the administration No contact with brother's kids Has to put on a façade to look older Friendly with the workers Bitter towards other female residents Doesn't go to meet family due to disturbance in lifestyle
Activities	Cooks her own food, talks to family, listens to songs

Interview 2

MAIN THEME	SUB THEME
Current state	Obsessed with cleanliness Hygiene Frustrated by roommates Easily disturbed Lacks privacy Mentally : Grateful, Happy, Feels like a burden on people, Bitterness towards other residents Accepted harsh fate, Happiest when talking to kids, At peace, Superiority complex
depression	Calls her life story a tragedy Accepted her life as it is Doesn't feel like doing anything Waiting for life to end Likes being alone
difficulties	Used to be rich and now has to live a poor persons life Frustrated with roommate Medical issues (paralysis, heart surgery and broken arm)
family	2 sons and 1 daughter Estranged from parents Parents didn't support separation Neice told her about old home

	<p>Talks to sisters and children every other day</p> <p>Elder son is on dads' side</p> <p>Daughter in law doesn't like her Marriage: (Got married young , Husband remarried, during their marriage, She left him, Husband sent divorce)</p>
hobbies	<p>Watching tv, singing, travelling</p>
religion	<p>Very practicing Grateful to God</p>

INTERVIEW 3:

relationships	hardships	emotions	Life events
Children grew to be unkind and rude and eventually abandoned	Medical issues (blood pressure, heart condition and diabetes)	Feels like a failure	Married at the age of 14
Very supportive and loving husband	widowed	Feels alone	Own decision to come here
Husbands second wife	Not educated	Feel sad	Had to take care of the house since her childhood
Husband had a son from the first wife	No family hence no support	Misses her own home	Grew to love her husband
All siblings, husband and parents deceased	Husband died at an early age	Feels like a burden	Had to sell house
Very attached to recently deceased brother	Non cooperative administration	Depressed (cries randomly) (awaits death) (hopeless) (low appetite) (having trouble sleeping) (likes isolation)	Step son stole her other house
No dad, step dad. Mom worked	Step son took everything	Resentment towards kids	Lived with her kids
Very close to God	No way to earn	Feels wronged	Decided to shift here
Regrets having kids	accident and lost her teeth	Feels homeless	
		Feels demeaned by kids	

		Anger towards kids	
		Anxiety (cant sleep, palpitations)	

INTERVIEW 4:

Main theme				
Personality traits	emotions	Relationships With people	depression	Medical issues
Sub theme				
Superiority complexes	Grateful to God	1 son 1 daughter	Cries a lot “Na bhi drama dekhun ansu nikal atay hein. Behtay behtay ansu ajatay keunke bachay zehn mai ajatay”	allergies
Remains in denial	Misses home. Does not like it here	Close to brother	hopeless	dengue
Compliments herself	Cries a lot	Husband left divorced	Always sad “har waqt hi dukhi hoti hun”	
Anger issues	Felt like a burden	Satisfied with the admin here	Has trouble sleeping “nahi time pe nahi ati. Poori life merey zehen mai film ki tarhan chalti rehti”\	

Likes solitude	Misses her kids	Happiness when she talks to her kids	Low appetite "normal lagti hai. Thori bohot.	
			"	
Blames others	Thinks she is unforgivable "Pata nahi Allah paak mujhey maaf bhi karein ge ke nahi?" "	Claims bhabhi hated her		
guarded	Loves her kids "oh... pehla tou ye ke bachoun se baat karke ghamgeen bhi hojati hun aur khushi bhi"	Hates the other female residents		

Delusional	Ashamed about being in an old home “nahi mainay nahi bataya unko mai old home mai hun “			
Protective of kids	Resentment ““merey miyan ne nahi rehnay dia” towards			
	husband for taking kids “			
Not friendly				
quiet				
Laughs to hide pain				
Religious(prays five times a day and reads the quran everyday)				

Interview 5:

Personality traits	Medical issues	Negative emotions:	relationships	Social pressure
Inquisitive" aap kahan rehti hein? “	Blood pressure	Bitterness towards institute “Aur uper se faida kia roza chornay ka. Yahan kuch khanay ko tou hota nahi.”	Has one friend in the old home	Couldn't leave husband
Avoids emotions “chadoun ini dukhi galan”	Diabetes “mujhey bohot high sugar hai “	Resentment and anger towards daughter	Got married at 14 to an abusive husband	Couldn't live with daughters due to in laws

<p>Religious</p> <p>“Bas Allah paak chala raha.</p> <p>“</p> <p>“bas Allah se batein karleti hun aur kis se karni?”</p>		<p>Feels sorry for herself, self pity</p> <p>“Khud ki zindagi drama bani hui hai kia dramay dekhna. Hamari taraf dekh lo ham hi drama hein</p> <p>“</p>	<p>2 sons and 2 daughter</p>	
<p>thankful</p>		<p>Misses children a lot</p>	<p>Is not on talking terms with daughter</p> <p>“Aik beti mai nahi ginti keunke wo merey liye margayi hai. Keunke usne</p>	
			<p>mujhey ghar se nikal dia”</p>	

<p>Portrays herself to be very religious</p>		<p>Depression (cries all the time, cant sleep properly, doesn't feel like doing anything, hopeless)</p> <p>“kisi cheez ko dil nahi chahta ab. Ksis se bata karnay ko bhi dil nahi karta. Bas Allah ka naam leti rehti aur kalam parhti rehti. Ab kisi se bata karnay ka bhi dil nahi chahta”</p> <p>“ab kia kal hona. Yahi kal hai. Bas agay aur burhapa hai. Kia sochna. Kisi bhi waqt zindagi ki shaam hosakti hai. Ab kia sochna hai.”</p>	<p>Youngest son has psychological issues</p>	
<p>Doesn't like to socialise</p>		<p>Regret of not having a full life</p> <p>“bachpan kia tha yar 14 saal ki umar thi jab shadi hogayi kia hi bachpan hoga. Na bachpan dekha na jawani dekhi jab</p>	<p>4 sisters and 5 brothers</p>	

		burhapa ya tou siyapa dekha”		
Doesn't admit her mistakes		Mentally exhausted “yar mai thak gayi thi, sukoon chahiye tha. Tang agayi thi jidojehed karke. Bachay paal paal ke tang agayi. Baap ne jab chor dia tou bachay menai paalay.”	Close to her sons and their children	
People pleaser “Mai har ksi se bohot ji ji karti thi. Jokay nahi karna chahiye. Is liye yahan pohonch gayi hun”		Feels betrayed by daughter	Abusive husband who beat her “Usko pata tha ye bohot dheet hai. Itna marta hun ye phir bhi yahan hai tou thak ke usne talaaq dedi “	

APPENDIX D: ROUGH NOTES

neg self image not in coping

Not denial

Staying busy? Self-

distraction Obsessive?

Increased age gap in marriage

Lack of communication instead

left without word lack of financial

support Accidents not good

Hygiene should be self-care

Sabse pehlay psych

Then adverse

Then coping

Research on denial

Laughs

Obsessive in psy

APPENDIX E: PLAGIARISM REPORT



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