

The Quality of Life and Factors Influencing it among Elderly

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Abstract:-

➤ Background

In 2001 the population of people above sixty years of age in India was about 7 percent. In 2026 the expected above sixty years of population is 11.6%. It might the effect of improved life style or better medical services that the elderly population is improving. In 25 years the expected increase in population is by 4.6%. The quality of life of elders is always questionable. The present lifestyle in young age and increasing morbidity conditions are effecting the quality of life of elders in many forms. In view of the above, it was felt to assess the QOL and its associated factors among this vulnerable population so that effective measures to improve the QOL can be implemented at community level¹. **Objective:** The objective of the study was to assess the quality of life and factors influencing it among elderly in rural areas. **Design:** Descriptive cross sectional study. 50 elderly were selected from Bevoor village by convenient sampling technique. The data regarding quality of life was collected by using WHOQOL BREF 26 scale. **Results:** 38% of subjects had poor quality of life, 48% of has fair quality of life and remaining 14% of has excellent quality of life. It reveals that majority of elders has fair quality of life. A significant association was found between the quality of life and Age and Educational status of the elders. **Conclusion:** age and educational status of the elders have an influence on Quality of life of elders residing in rural areas.

Keywords:- Quality of Life, Elders, BREF, Rural, Influencing Factors.

I. INTRODUCTION

“You do not heal old age, you protect it, you promote it and you extend it.

There are many impacts on quality of life among elderly people. The number of elderly people age 60 years and older are increasing rapidly around the world. It is expected to increase from an estimated 900 million in 2015 to nearly 2 billion in 2050. Most of aging population is found in developing countries¹. The baseline factors like age of elderly, educational status, marriage and family size have a great effect on Quality of life among elderly population. In addition, various researches have shown that many disease conditions are associated with poor quality of life of elders. But, in India very few studies have focused on this topic. World health organization’s Quality of life - BREF instrument includes four domains: physical health, psychological, social relationships and environment. A study was conducted on similar topic to explore and compare the Quality of life of elders and its associated factors among elderly in urban Puducherry, India².

The population of elders is increasing in India with a great pace. The elders are improving quantity bit the quality of their lifestyle is not so appreciated. The quality of life can be improved once we understand the factors that are responsible for improving or deteriorating the quality of life of elders. Elders in rural area depict a poor quality of life as compared to elders in urban area. There could be many factors that lead to this condition. Hence this study focuses on understanding the factors that are influencing the quality of life of elders especially in rural areas of Bagalkot.³

II. METHODS AND MATERIALS

The aim of the study was to assess the quality of life and factors influencing it among elderly in selected village of Bagalkot. Quality of life was defined as the standard of health, comfort, and happiness experienced by an individual or group and assessed using WHOQOL BREF 26 scale. The influencing factors were Age, Gender, educational status, occupational status, family support, Number of children etc among elderly. The population included all the adults above 60 years of age residing in rural areas of Bagalkot district. The theoretical framework was adapted from Von Lund wing Bertalamffy’s modified General systems theory.

The research approach was observational descriptive approach with Cross sectional descriptive research design. The study was conducted in Bevoor village of Bagalkot. The data was collected from 50 elders residing in Bevoor village. The tool for present study consisted of two sections: The structured interview schedule to collect data regarding socio-demographic factors/Influencing factors and WHOQOL BREF 26, a standard tool by WHO. It consists of 26 items to assess the data regarding Quality of life of elders. The reliability of the tool was established by using test- retest method. The obtained value of 'r' was 1, indicating the tool to be highly reliable and feasible for main study. Pilot study was conducted in Hallur village. The data was analyzed by using descriptive and inferential statistics. Numerical data obtained from the sample, organized and summarized with the help of descriptive statistics like percentage, mean, median and standard deviation. Chi square test and fishers exact probability tests were used to associate the quality of life with influencing factors among elders.

III. RESULTS

50% of the subjects were between 60-65 years, 56% were males 70% were farmers, 68% are illiterate, 96% are Hindus, and 78% of subjects had monthly family income below Rs 5000, 40% had above 7 family members, 92% of subjects had family support, 32% had 2 children, , 52% of subjects had no female children.

The mean value of physical domain is 21.1 and SD is 3.46 with minimum value 13 and maximum value 27. Same like that the mean value of psychological domain is 16.02 with SD 2.354 and min value is 10 and max is 22, the mean value of social domain is 8.94 with SD 2.275 and min value is 4 and max is 12 and the mean value of environmental domain is 22.28 with SD 3.589 and min value 12 and max value 29.

Quality of life	Frequency	Percentage
Poor	19	38%
Good	24	48%
Excellent	7	14%

Table 1:- Percentage Wise Distribution of Elders According to Quality of Life

Out of 50 subjects (Table 1), 38% of subjects has poor quality of life, 48% of has fair quality of life and remaining 14% of has excellent quality of life.

A significant association was found between the quality of life and Age and Educational status of the elders. Hence age and educational status of the elders were considered as the influencing factors that can influence the Quality of life of elders residing in rural areas. There was no significant association found between the quality of life and other factors; occupational status, spouse, Family support, Number of children, Family monthly income, family members.

IV. CONCLUSION

Majority of elders has fair quality of life. The quality of life of elders residing in rural areas is not good. Age and educational status of the elders have an influence on Quality of life of elders residing in rural areas. Promotive measures must be adopted to improve the quality of life of rural elders.

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