



A STUDY TO ASSESS THE QUALITY OF LIFE AMONG ELDERLY RESIDING AT SELECTED OLD AGE HOMES OF PUNJAB

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ABSTRACT

A descriptive study was conducted to assess the quality of life among elderly residing at selected old age homes of Punjab. The research design used in this study was descriptive design. Total Ninety inmates with the age group above 60 years were selected by convenient sampling. The tool used for study was WHOQOL – BREF SCALE. Major findings of the study revealed that under physical domain 25(27.8%) have low QOL scores, 35(38.9%) have average QOL scores and 30(33.3%) have high QOL scores. under psychological domain 26(28.9%) have low QOL scores, 32(35.6%) have average QOL scores and 31(34.4%) have high QOL scores. under social domain 27(30%) have low QOL scores, 32(35.6%) have average QOL scores and 30(33.3%) have high QOL scores. under environmental domain, 32(35.6%) have low QOL scores 30(31.1%) have average QOL scores and 30(33.3%) have high QOL scores. Association of QOL with demographic variables under physical domain reveals that there is significant association found for variables such as Age, gender, education and leisure activities, under Psychological domain significant association found for variables such as gender, family member visiting and leisure activities, under social domain significant association found for variables such as health problem, education, family member visiting and health care practice, under environment domain significant association found for variables such as Gender, education, monthly income, family member visiting and leisure activities. Whereas non-significant association found for all other variables.

KEYWORDS : Assess, Quality of Life, Elderly, Old Age Homes.

INTRODUCTION

Aging as a natural process of life is due to gradual changes in metabolic activity of organs and disability in regeneration capacity of cells. Aging is the inevitable developmental phenomenon bringing along a number of changes in physical, psychological, hormonal, and social condition. These changes are expected to affect quality of life of elderly as life expectancy continues to rise; one of the greatest challenges of public health is to improve the quality of later years of life¹.

According to data from World Population Prospects: the 2015 Revision, the number of older persons those aged 60 years or over has increased substantially in recent years in most countries and regions, and that growth is projected to accelerate in the coming decades. Between 2015 and 2030, the number of people in the world aged 60 years or over is projected to grow by 56 per cent, from 901 million to 1.4 billion, and by 2050, the global population of older persons is projected to more than double its size in 2015, reaching nearly 2.1 billion².

'Quality of life' is defined as a person's sense of wellbeing that stems from satisfaction and Dissatisfaction with the areas of life that is important to him/her. Society is confronted with the major task of improving the quality of life of institutionalized elderly. As a consequence, the institutional environment needs to be designed to permit successful ageing in order to maintain the highest possible quality of life even in this living context. Life satisfaction is related directly with the level of fulfillment of the requirements. The quality of life and care influence the adjustment period for the new resident in the old age homes³.

NEED OF STUDY

Old age refers to ages nearing or surpassing the life expectancy of human beings and is thus the end of human life cycle. Poor economic, cultural, educational and health care conditions and also inadequate social interaction can result in poor quality of life in elderly people⁴.

There are 728 old age homes in India today. detailed information of 547 homes is available. out of these, 325 homes are free of cost while 95 old age homes are on pay and stay basis, 116 homes have both free as well as pay and stay facilities and 11 homes have no information. A total of 278 old age home all over the country are available for the sick and 101 homes are exclusively for women.⁵

Now-a-days the old are abandoned by their children either due to

their busy life style and work or due to their illness. So old aged people prefer to live in old aged homes because they get proper care in old aged homes and they are free to live their life independently. So present study is undertaken to look that whether quality of life is affected due to their stay in old aged homes and whether it is affected positively or not and study findings can be utilized for making policies by the government or other authorities for old aged persons.

STATEMENT OF THE PROBLEM

"A Study To Assess The Quality Of Life Among Elderly Residing At Selected Old Age Homes Of Punjab".

OBJECTIVES OF THE STUDY

The objectives of study are:-

- To assess the quality of life among elderly residing at selected old age homes.
- To determine the association of quality of life of elderly with their selected demographic Variables.

HYPOTHESIS

H1: There will be significant association between Quality of life among elderly residing at selected old age homes with their selected demographic variables.

DELIMITATIONS

Study was delimited to only elderly men and women residing at selected old age homes of Punjab.

MATERIAL AND METHOD

The research design used in this study was descriptive design. Total 90 inmates with the age groups above 60 years were selected by convenient sampling. The tool used for study was WHOQOL – BREF SCALE. Part A consist 11 questions related to socio demographic variables such as age, religion, literacy status, monthly income, marital status, staying with spouse, family members visiting, Level of activity, number of years residing, leisure activities and health care practices. Part B consist of WHOQOL Brief questionnaire in which there were four domains (Physical domain, Psychological domain, social Domain and Environmental Domain). Physical Domain consisted of 7 questions, psychological domain consisted of 6 questions, social domain consisted of 3 questions and environmental domain consisted of 8 questions. It comprises of total 26 questions and rating were based on observation, interview. Content validity was done by 8 experts which includes experts in the field of community health nursing, child health nursing, psychiatric

nursing, and Medical surgical Nursing. The reliability coefficient of scale was found to be 0.81; hence, the tool was reliable.

RESULT AND FINDINGS.

Findings related to demographic variables

Major findings of the study revealed that (34.4%) of participants are in the age group of 60-65 years of age. Male is more than female i.e. (53.3%). Majority (68.9%) of them were Sikh Most (92.2%) of them were married but not living together. (57.8%) were normal physical health condition only (42.2%) elderly suffering from different types of physical health problem, (6.7%) were suffering from psychiatric problem but (93.3%) were normal. Around (64.4%) of them were literate. Most (92.2%) had their income less than 5000 rupees. Most (42.2%) of them had never had a visitor and around (38.9%) of the family members visit elderly once in a month. Around (55.6%) of them were residing in the old age home for below one years and (40.0%) of them had gardening as their leisure activity and around (24.4%) had watching TV as their leisure activity. Considering the health care practices of the elderly (65.6%) of them practice exercise and (14.4%) of them practice other activities.

Findings related to Frequency and percentage distribution of quality of life among elderly residing at selected old age home.

It reveals that under physical domain 25(27.8%) have low QOL scores, 35(38.9%) have average QOL scores and 30(33.3%) have high QOL scores. Under psychological domain 26(28.9%) have low QOL scores, 32(35.6%) have average QOL scores and 32(35.6%) have high QOL scores. Under Social Domain 27(30%) have low QOL scores, 32(35.6%) have average QOL scores and 31 (34.4%) have high QOL scores. And under environmental domain, 32(35.6%) have low QOL scores 30(31.1%) have average QOL scores and 30(33.3%) have high QOL scores.

Finding related to association between Quality Of Life Among Elderly Residing At Selected Old Age Homes with their Socio-demographic variables.

The result reveals that there is significant association found between demographic and QOL for variables such as Age, gender, education, leisure activities where as Non significant association found for other variables such as Religion, marital status, health problem, monthly income, duration of stay, family member visiting, health care practices under physical domain.

Under Psychological domain, there was significant association found between demographic and QOL for variables such as gender, family member visiting, leisure activities where as Non significant association found for other variables such as Age group, religion, marital status, health problem, education, monthly income, duration of stay, health care practice.

Under social domain, there was significant association found between demographic and QOL for variables such as health problem, education, family member visiting, health care practice. Whereas Non significant association found for other variables such as Age, gender, Religion, marital status, monthly income, duration of stay, leisure activities.

Under environment domain, there was significant association found between demographic and QOL for variables such as Gender, education, monthly income, family member visiting leisure activities. Whereas Non significant association found for other variables such as Age, Religion, marital status, monthly income, health problem, duration of stay, health care practices. So the research hypothesis H₁, stating that "There will be significant association between quality of life among elderly residing at selected old age homes and their selected demographic variables" is accepted at 0.05 level. Regarding the other demographic variables such as gender, education, monthly income, leisure activity the above stated hypothesis is rejected.

DISCUSSION

This study was supported by a cross-sectional study, done to describe the physical, mental, and social factors associated with self-rated health in nursing homes and other geriatric facilities. A representative sample of 800 subjects 65 years of age and older living in 19 public and 30 private institutions of Madrid was randomly selected through stratified cluster sampling. Results showed that out of the 669 interviewed residents (response rate 84%), 55% rated their health as good or very good. There was no association with sex or age. Residents in private facilities and those who completed primary education had significantly better health perception.⁵

It is supported by a study conducted on social contacts and their relationship to loneliness and depression among 100 aged people, results declare that more than one third of the respondents, 39.4% suffered from loneliness. Feeling of loneliness and depression was not associated with the frequency of contacts with children and friends but rather with expectations and satisfaction of these contacts.⁷

CONCLUSION

The overall finding of the study showed that the QOL of elderly were average. Hence we should make periodic assessment and should take proper intervention to improve QOL of elderly population. The results therefore suggest that the considering the demographic change, the changing family context and the growth of old age homes; the state and non state agencies should make several attempts to assist the elderly wherever possible. Government should focus on the proper implementation of the policies formulated for elders. Government should also establish more old age homes; at least one old age home for each district should be there for the elderly with a good institutional living arrangement, as the demand for such care is likely to rise in the future.

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