



COMPARISON OF QUALITY OF LIFE OF PENSIONERS WITH NON PENSIONERS

Nursing

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ABSTRACT

Quality of life is more important in maintaining self esteem and a sense of well being as well as experiencing the pleasure of life¹. Retirement is a phase of an individual's life which must be planned for and anticipated with a great sense of fulfillment. The objective of the study was to assess quality of life of pensioner, to assess the quality of life of non pensioners, to compare with the quality of life of pensioners with non pensioners, find out the association between the quality of life with selected demographic variables and to prepare a self instructional module on strategies to improve quality of life. Present study reveals that 70% of the non pensioners have good overall quality of life a and 36.7% pensioners have good overall quality of life.

KEYWORDS

quality of life, pensioners, non pensioners

INTRODUCTION

Retirement implies a transition from active working life at young age with adequate financial capabilities to less active working schedule. Many people suffer from retirement shock such as a sense of deprivation during the early period of their retirement. Although the retired persons enjoy pension benefits, a large number of the elderly in India, who do not belong to the 'employed' category, do not enjoy any social security benefits and faces a hard time after retirement if they are the victims of any serious illness. The reviewed literature shows that retirement has been identified a significantly stressful event². Many people look forward to retirement, but once retired they find that they miss both the status that the role gave them and the interaction with other people. They often feel that they no longer viewed as productive.

MATERIALS AND METHODS

Descriptive approach was used in this study and comparative research design was adopted. The variables mainly included in this study are independent and dependent variables. In the present study the dependent variable is retirement and dependant variable is quality of life. In this study, population comprises of senior citizens in age group of 55-65 years. The sample size was 120 selected according to convenient sampling technique. The tool consist of Socio demographic perfoma and WHO(QOL) BREF Scale. The BREF scale consists of questions on quality of life rated along a 5 point rating scale ranging from "very poor" to "very good". Four domains of the life were assessed using the scale such as physical domain, psychological domain, social relationships and environmental domain. Formal permission was obtained from institutinal research committees. After obtaining permission from Varkala municipality chairman data was collected from the selected wards (14 -19) of Varkala municipality, Kerala, investigators collected the details of the people in the age group 55 years to 65 years residing in the selected wards from the survey report of Sivagiri Sree Narayana Medical Mission Health Centre, Varkala. Researchers explained the purpose of the study and informed consent was obtained from each sample. Investigators administered tool, explained and collected the demographic data from the samples. Questions regarding the quality of life were collected through interview method. The data collected ware analyzed using descriptive and inferential statistics.

Demographic data was analyzed by frequencies and percentages. The statistical significance of difference between mean quality of life score pensioners and non pensioners was tested by independent 'T' test. Association between selected socio demographic data and quality of life was analyzed using chi square.

RESULTS AND DISCUSSIONS

Table 1: Distribution of samples according to demographic data n =120

Sl.No.	Characteristics	Pensioners		Non pensioners	
		Frequency	Percentage	Frequency	Percentage
1	Age (in years)				
	55-57	18	30.0	24	40.0
	58-60	19	31.7	18	30.0
	61-63	8	13.3	12	20.0

	64-65	15	25.0	6	10.0
2	Gender				
	Male	38	63.3	36	60.0
	Female	22	36.7	24	40.0
3	Religion				
	Hindu	31	51.7	40	66.7
	Christian	17	28.3	11	18.3
	Muslim	12	20.0	9	15.0

Table 2: Distribution of samples according to demographic data n =120

Sl.No.	Characteristics	Pensioners		Non pensioners	
		Frequency	Percentage	Frequency	Percentage
4	Occupation				
	Retired government employee	60	100.0	0	0
	Non government employee	0	0	10	16.7
	Nil	0	0	50	83.3
5	Marital status				
	Married	54	90.0	57	95.0
	Unmarried	2	3.3	1	1.7
	Widow/Widower	4	6.7	2	3.3
6	No of children				
	1	12	20.0	8	13.3
	2	36	60.0	39	65.0
	3 and more	8	13.3	7	11.7
	Nil	4	6.7	6	10.0
7	Monthly Income (Rupees)				
	less than 4000	11	18.3	13	21.7
	4000 - 8000	20	33.3	22	36.6
	above 8000	29	48.4	25	41.7

SECTION II: Quality of life

Table 3 n =120

		Pensioners		Non pensioners	
		Frequency	Percentage	Frequency	Percentage
1.	According to physical domain				
	Poor	2	3.4	0	0
	Neither poor nor good	29	48.3	30	50
	Good	29	48.3	29	48.3
	Very good	0	0	1	1.7
2.	According to psychological domain				
	Poor	4	6.6	0	0
	Neither poor nor good	43	71.7	38	63.4
	Good	13	21.7	20	33.3
	Very good	0	0	2	3.3
3.	According to social domain				
	Poor	3	5.0	0	0
	Neither poor nor good	28	46.7	16	26.7
	Good	24	40	39	65.0
	Very good	5	8.3	5	8.3
4.	According to environmental domain				
	Poor	5	8.3	0	0
	Neither poor nor good	34	56.7	17	28.3
	Good	21	35	40	66.7
	Very good	0	0	3	5.0
5.	Overall quality of life				
	Poor	2	3.3	0	0
	Neither poor nor good	36	60.0	17	28.3
	Good	22	36.7	42	70.0
	Very good	0	0	1	1.7

SECTION III: Comparison of quality of life

Table 4.: Comparison of Mean and standard deviation of quality of life of pensioners and non pensioners according to **physical domain**

n= (120)				
Group	mean	standard deviation	t	p
Pensioners	58.07	8.09	1.650	0.102
Non pensioners	62.79	4.84		

Table 5.: Comparison of Mean and standard deviation of quality of life of pensioners and non pensioners according to **psychological domain**

n= (120)				
Group	mean score	standard deviation	t	p
Pensioners	53.88	9.31	2.987	.003**
Non pensioners	58.68	8.27		

**significant at .01

Table 6.: comparison of Mean and standard deviation of quality of life of pensioners and non pensioners according to **social relationship domain**

n= (120)				
Group	mean score	standard deviation	t	p
Pensioners	62.38	14.99	2.740	.007**
Non pensioners	68.65	9.45		

**significant at .01

Table 7.: comparison of Mean and standard deviation of quality of life of pensioners and non pensioners according to **environmental domain**

n= (120)				
Group	mean score	standard deviation	t	p
Pensioners	54.52	10.55	5.356	0.001***
Non pensioners	63.52	7.63		

***significant at .001

Table 8.: comparison of Mean and standard deviation of quality of life of pensioners and non pensioners according to **Overall Quality of life**

n= (120)				
Group	mean score	standard deviation	t	p
Pensioners	57.21	8.41	4.452	0.001***
Non pensioners	62.79	4.84		

***significant at 0.001

SECTION IV: Association between the quality of life with selected demographic variables

Table 9: Association between **age** and quality of life

n = (120)						
Age	Pensioner		Non Pensioner		χ ²	p
	frequency	%	frequency	%		
55-57	18	30.0	24	40.0	5.541	0.136
58-60	19	31.7	18	30.0		
61-63	8	13.3	12	20.0		
64-65	15	25.0	6	10.0		

Table 10: Association between **marital status** and quality of life

n = (120)						
Marital status	Pensioner		Non Pensioner		χ ²	p
	frequency	%	frequency	%		
Married	54	90.0	57	95.0	0.480*	0.488
Unmarried/						
Widow/Widower	6	10	3	5		

*Yates correction

Table 11: Association between **number of children** and quality of life

n = (120)				
Number of children	Pensioner	Non Pensioner	χ ²	p

	frequency	%	frequency	%		
1	12	20.0	8	13.3	1.387	0.709
2	36	60.0	39	65.0		
3 and more	8	13.3	7	11.7		
Nil	4	6.7	6	10.0		

Table 12: Association between **income** and quality of life

n= (120)						
Income	Pensioner		Non Pensioner		χ ²	p
	frequency	%	frequency	%		
less than 4000	11	18.2	13	21.6	0.558	0.75
4000 - 8000	20	33.3	22	36.7		
above 8000	29	48.3	25	41.7		

CONCLUSION

In the present study, domains like physical, psychological, social relationships and environmental domains of the pensioners and non pensioners were assessed and also, compared the quality of life of pensioners and non pensioners and the findings showed that the psychological, social, environmental and overall quality of life had a significant difference among the pensioners and non pensioners.

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