



ORIGINAL RESEARCH PAPER

Physical Education

QUALITY OF LIFE IN COMMUNITY DWELLING ELDERLY POPULATION IN AHMEDNAGAR DISTRICT.

KEY WORDS: 1. OPQOL.(older people's quality of life) 2. Community dwelling elderly. 3.Active ageing

Dr. kiran Devdas Vaishnav.

Dr.vithal rao vikhe patil college of physiotherapy vilad ghat , Ahmednagar, (M.S)India.

Dr.Shyam Devidas Ganvir.

Professor ,PDVVPF'S College of physiotherapy Ahmednagar(M.S)India.

ABSTRACT

Background- Active ageing is a process of optimizing opportunity for health, participation and security in order to enhance quality of life as people age. It applies to both individual and population group. Quality of life is the general well being of individuals in societies.

Methods- .It is a observational study with convenient sampling and the sample size taken was 50.

Result-The factor which is majorly affected is financial factor and independence, control over life, freedom component.

Conclusion- study concludes that , Independence, control over life, freedom it is bad and financial circumstances it is very bad. This are the two components which are much affected in this age group.

Introduction:

Active ageing is a process of optimizing opportunity for health, participation and security in order to enhance quality of life as people age. It applies to both individual and population group. Active ageing allows people to realize their potential for physical, social and mental well being. The model of active ageing constitutes of institutional care, which visualizes the elderly adult a social and economic burden and social participation of the elderly.

Conditions that leads to deterioration in active ageing are degenerative changes, depression and anxiety. It is estimated that 30% of people age greater / equal to 65 fall atleast once a year. Falls are one of the most common health related problems in the older population representing more than 50% of the hospital admission and are also considered one of the main cause for institutionalization and loss of independence.

Quality of life is the general well being of individuals in societies. The standard of health comfort and happiness experienced by an individual or group. To know the quality of life of an elderly person the components are physical, psychological social relationship and health, independence, financial condition. Physical health is an essential part of overall health of an individual which includes everything from physical fitness to overall wellbeing. Psychological health is a state of wellbeing in that every individual realizes his/her own potentials and cope up with the normal stresses of life can work productively and fruitfully and is able to make a contribution to his or her community. Social relationship is interaction or any relationship between two or more individuals. There is an ever greater demand for health care for older adults out pacing in some cases the resources elocated for this purpose.

Method-

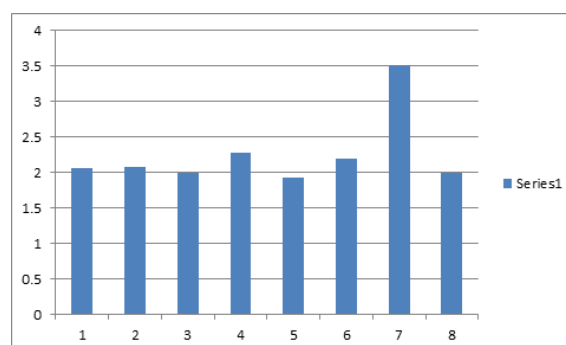
Study was conducted at ahmednagar district during march 2016 to July 2016.elderly population was taken more than or equal to 60years.It is a observational study with convenient sampling and the sample size taken was 50. Inclusion criteria: Elderly population (≥60 years of age). Exclusion criteria: 1. Subject opting out of study 2. Subjects totally dependent for his/her ADL's 3. Requiring institutional support and care. 4. Mini Mental score <23.

After the clearance from ethical committee meeting by the institutional ethical committee elderly patients i.e. above age group of 55 years willing to participate and who fulfills inclusion criteria was included. A written consent was taken by every patient. OPQOL questionnaire was explained to the patients in their language so that it was easier to score. Then scoring was done and the sum of total score was calculated. And then further calculation and data analysis was done.

Materials included are 1. OPQOL questionnaire 2. Consent

form 3. Data collection sheet.

Result-



The graphical representation shows the quality of life in the age group 60-85.

Life overall component shows **alright** quality of life.
Health component shows **alright** quality of life.
Social relationship component shows **good** quality of life.
Independence, control over life, freedom component shows **bad** quality of life.

Home and neighbourhood component shows **good** quality of life.
Psychological and social well being component shows **good** quality of life.

Financial circumstances component shows **very bad quality** of life.

Leisure and activities component shows **good** quality of life.

Discussion and conclusion-

Quality of life is the general well being of individuals in societies. The standard of health comfort and happiness experienced by an individual or group. To know the quality of life of an elderly person the components are physical, psychological social relationship and health, independence, financial condition.

Physical health is an essential part of overall health of an individual which includes everything from physical fitness to overall wellbeing.

Psychological health is a state of wellbeing in that every individual realizes his/her own potentials and cope up with the normal stresses of life can work productively and fruitfully and is able to make a contribution to his or her community.

Social relationship is interaction or any relationship between two

or more individuals.

In older peoples quality of life questioner it includes following components that is life overall, health, social relationship, independence control over life, freedom, home and neighbourhood ,psychological and social wellbeing, financial circumstances, leisure and activities and this is graded by very good, good, average, bad ,very bad. So it indicates that quality of life in elderly individuals is good.

Conclusion-

According to the older peoples quality of life the study concludes that the quality of life overall in age group 65-80years is good where as in life overall, health component it is alright and in social relationship, psychological and social wellbeing, home and neighbourhood it is good and in independence, control over life, freedom it is bad and financial circumstances it is very bad. This will help the society to deal with the factors which affect the elderly population.

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