



ORIGINAL RESEARCH PAPER

Nursing

COMPARATIVE STUDY ON QUALITY OF LIFE AMONG SENIOR CITIZEN LIVING IN OLD AGE HOME AND LIVING WITH FAMILY.

KEY WORDS: WHO QOL-BREF
Senior citizen, QOL

Mrs Malathi K V*

Assistant professor, Department Of Community Health Nursing, Sri Devaraj Urs College Of Nursing, Tamaka Kolar- 563103 *Corresponding Author

Prof Mrs Mary Minerva

HOD of Dept Of Community Health Nursing, Sri Devaraj Urs College Of Nursing, Tamaka Kolar- 563103 *Corresponding Author

INTRODUCTION

"Grow Old With Me, The Best Yet To Come (Robert Browning)

The World Health Organization Quality of Life group defined quality of life as "an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns." One has to do with the growing number of elderly people in society. Higher age often brings about health problems and a decrease in functional capacity.¹⁴

As of 2011, India is a population of 1.21 billion people. It is the second most populous country in the world, As of March 1 2012, the projected number stands at 98.5 million. The number of elder people in India (60+years) has increased by 34.77% in the last 15 years. As of March 1 2012, the old age dependency ratio measured by the number of elderly people as a portion of those of working age stands at 0.13. By 2050, India's old age dependency ratio is projected to cross over 0.20, this increasing number and proportion of elderly have a direct impact on the demand for health services, pension and social security payments

The life of senior citizens becomes more difficult when problems related to fulfillment of basic requirements such as social relations; personal care, nutrition and accommodation are added to old age health problems. In this context, "quality of life", which is related to individuals enjoying a happy life of high quality at old age, draws attention as a comprehensive and universal approach.¹³

A major of the older populations are now being treated in day care centres or homes. The care of the elderly is being provided by the institutions run by the Central Government, State Government, Public sector units, etc. We can't state that the older adult will be cared better either in institutionalized or non institutionalized settings.¹⁶

From the above information the researcher finds the need to assess and compare the quality of life among elderly in institutionalized and non- institutionalized settings as keeping the elderly healthy has to be high on the list of priorities in this age, where ageing research is clearly gaining momentum

STATEMENT OF PROBLEM

A comparative study to assess the quality of life among senior citizens residing at old age home and senior citizens residing in family in selected community area of Kolar Taluk.

OBJECTIVES OF THE STUDY

- To assess the quality of life among senior citizens staying in old age home and staying in family.
- To compare the quality of life among senior citizens staying in old age home and staying in family.
- To find the association between the quality of life among senior citizens staying in old age home and staying in family with selected socio-demographic variables.

ASSUMPTIONS

- Elderly may have some problems which hinder quality of life.
- There may be differences in the quality of life among senior

citizens staying in old age home and family.

METHODOLOGY:

A descriptive comparative survey design was use for the study. The study was conducted at selected rural area Kolar Taluk and old age home at KGF Kolar. The population was senior citizen residing with family and residing Gasper old age home. A total of 40 senior citizens, 20 from selected families from rural Kolar and 20 from gaspers old age home KGF were included as participants. Purposive sampling technique was adopted to select the senior citizen who were meeting the inclusion criteria. The data collection tool included two sections, Section -A socio demographic profile and section-B WHO QOL-BREF questionnaire was used to assess the quality of life. It is a standardized tool it consisted of 26 questions with four sub-sections, physical domain(7), psychological domain(6), social domain(3) and environmental domain(8) questions. Each of the item has 05 columns for response. The total score were categorized as good quality (more than 60 score) of life and poor quality (less than 60) of life. Prior to the data collection ethical clearance was obtained from institute's ethical committee. The collected data analysed by using Descriptive & inferential statistics

Results:

The analysis of the data is organized and presented under the following section:-

SECTION-1: Demographic profile

SECTION-2:

- Domain wise distribution of scores
- Comparison of quality of life using independent t test
- Association between the selected demographic variables and quality of life.

Section 1: DEMOGRAPHIC CHARACTERISTICS

Table -1: Distribution of samples based on their socio demographic variables

N=20+20=40

Sno	Variable	Old age home		With family	
		f	%	F	%
1	Age:				
	60-65yrs	8	40%	11	55%
	66-70yrs	6	30%	3	15%
	71-75yrs	6	30%	6	30%
2	Education :				
	No formal education	4	20%	6	30%
	Primary education	4	20%	2	10%
	Higher primary	4	20%	2	10%
	SSLC	3	15%	6	30%
	PUC and above	5	25%	4	20%
3	Gender				
	Male	7	35%	10	50%
	Female	13	65%	10	50%
4	Marital status ;				
	Married	12	60%	10	50%
	Windowed	8	40%	10	50%

5	Income per month				
	No income	3	15%	4	20%
	2500-3400	4	20%	3	15%
	3500-4400	4	20%	6	30%
	4500-5000	5	25%	4	20%
	5001& above	4	20%	3	15%

majority (40%) of senior citizens living in old age home were in the age group of 60-65 years, most of them (25%) completed PUC, sixty-five percent of them were married, most (65%) of them

Section 2: Assessment of quality of life of senior citizens in old age home and family.

Table 2 – Domain wise mean score of quality of life

(N =20+20=40)

ASPECTS	Questions	MAX SCORE	RANGE SCORE	OLD AGE HOME(N=20)				FAMILY(N=20)			
				MEAN	MEDIAN	MEAN(%)	S.D	MEAN	MEDIAN	MEAN (%)	S.D
PHYSICAL DOMAIN	7	35	7-35	80.4	80	57.38	10.7	84.4	94	60.23	17.4
PSYCHOL-OGICAL DOMAIN	6	30	6-30	66	64	54.95	10	70.2	74	58.45	13.2
SOCIAL DOMAIN	3	15	3-15	26.2	24	43.64	8.62	32	28	51.64	10.1
ENVIRON-MENTAL DOMAIN	8	40	8-40	74.4	64	46.5	24.1	88	88	55.37	19.02
OVERALL QUALITY OF LIFE	26	130	26-130	63.15	59	51.34	12.5	68.6	71.5	57.13	11.65

The above table-2 depicts that the domain wise mean percentage of quality of life senior citizens residing in old age home was 51.34% and mean percentage of residing with family was 57.13%;

Physical domain of senior citizens in old age home is 57.38%, psychological domain is 54.95%, social domain is 43.64% and environmental domain is 46.5%. In family physical domain of senior citizens is 60.23%, psychological domain is 58.45%, social domain is 51.64% and environmental domain is 55.37%.

Section 2(b): comparing the quality of life of senior citizens residing in old age home and family using independent "t" test

Table 4:-comparison of quality of life and domains using independent t test

Aspects	Old age home		family		t value	df	p value	Inference
	Mean	S.D	mean	S.D				
1 Overall Quality of life	63.15	12.53	68.6	11.65	5.02	39	2.02	S
2 Physical domain	80.4	10.7	84.4	17.4	0.87	39	2.02	NS
3 Psychological domain	66	10	70.2	13.2	1.13	39	2.02	NS
4 Social domain	26.2	8.62	32	10.1	1.95	39	2.02	NS
5 Environmental domain	74.4	24.1	88.6	19.02	2.06	39	2.02	S

S = Significant NS = Not significant df -39= 2.02

(The above table shows the comparison of quality of life with different domains, the mean value of physical domain in old age home is 80.4 and in family the mean value 84.4 with "t" value 1.23. regard to the psychological domain in old age home is 66 and family group 70.2 with "t" value 1.56. The mean value of social domain in old age home is 26.2 and in family it is 32 with "t" value 0.13. The mean value of environmental domain in old age home is 74.4 and family it is 88.6 with "t" value 0.45.)

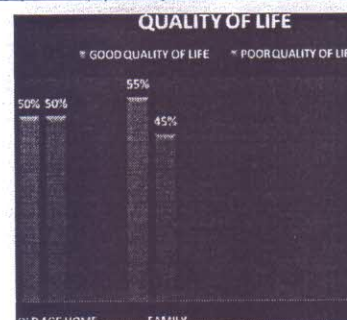
Table-3 OVERALL QOL OF SENIOR CITIZENS IN OLD AGE HOME AND FAMILY

N=20+20=40

	OLD AGE HOME		FAMILY	
	FREQUENCY	PERCENTAGE	FREQUENCY	PERCENTAGE
Good QOL	10	50%	11	55%
Poor QOL	10	50%	09	45%

were female and maximum (25%) of them were having monthly income of Rs 4500-5000 per month.

majority (55%) of senior citizens living with families were in the age group of 60-65 years, most of them (30%) completed SSLC, most 50% of each were Males & females, fifty percent were married and most (30%) of them were having monthly income Rs 3500-4400 per month.



The above table-3 and figure shows that in senior citizens residing in old age home 50% of them were having good quality of life and 50% were having poor quality of life. Whereas senior citizens residing with family 55% of them were having good quality of life and 45% of them were having poor quality of life.

Section -C

SECTION 4 : Association between selected demographic variables with quality of life of senior citizens in old age home

The chi-square test was carried out to determine the association between selected socio demographic with quality of life of senior citizens living in old age home at 0.05 level of significance. The calculated chi-square value for age is (x=0.06), Gender is (x=0.34), educational status is (x=0.64), income is (x=1), marital status is (x=0.06). whereas in senior citizens living family the calculated chi-square value for that calculated chi-square value for age is (x=0.40), Gender (x=0.68), educational status is (x=0.64), income is (x=0.21), marital status is (x=0.06)

Hence analysis revealed that there is no statistical significant association with demographic variables and quality of life of senior citizens residing in family and old age home.

LIMITATIONS OF THE STUDY

The study is delimited to elderly:

1. In the age group between 60-75 years
2. Who are willing to participate in the study..
3. staying in selected old age homes and families in Kolar Taluk who knows Kannada or English

RECOMMENDATIONS

Based on the findings of the study the recommendations are made;

- 1) The study can be introduced to a large group of sample to generalize the findings.

REFERENCES ;

- 1) Das NP, Shah U. Dissertation on a study of old age homes in the care of the elderly, Gujarat. 2004. (Unpublished thesis).

- 2) Hyde M, Wiggins RD, Higgs P, Blane DB. A measure of quality of life in early old age: The theory, development and properties of a needs satisfaction model (CASP-19). *Aging Men Health*. 2010 Jun 9; 7 (3): 186–94.
- 3) Barua DA, Mangesh R, Kumar HN, Mathew S. A cross – sectional study on quality of life among geriatric population. *Indian journal of community nursing*. 2007 Apr; 32(2): 146-7
- 4) Pai M. *The elderly*. 1st ed. India: Omashram trust printers; 2002. p. 3–4.
- 5) Chakrabarti D. Well – being of the elderly residing in old age homes Vs. those in family setting in Tripura. *Nurs J India*. 2009 Oct; C (10): 786-9.
- 6) Nethaji V, Kamrani AA, Shirinbayan P, Foroughan M, Taheri P, Sheikvatan M. Models and system of elderly care: Quality of life in elderly people living in Kashan, Iran. *Middle east J Ageing*. 2008; 5(2): 419–34.
- 7) Bowling A. Enhancing later life: How older people perceive active ageing? *Aging Ment Health*. 2010 Nov 28; 12 (3): 293 — 301.