



A comparative study of Quality of life of elderly people living in old age home & with family of Vadodara city

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Abstract:

Background: *QOL in elderly is more relevant towards an ageing society. In India, the awareness is very little about the special needs of the elderly and their care (physical & mental health, psychological and social support). Furthermore, among elderly there is a variation between those living in OAHs & those with family. Hence the present study was undertaken to assess and compare the QOL of elderly living with family and at OAHs.*

Methods: *A comparative study was conducted on Quality of life of elderly with family and at OAHs of Vadodara city, Gujarat. QOL of elderly was assessed using WHO QOL - brief questionnaire after taking informed consent from the respondent. Data was analysed using SPSS and Excel programme.*

Results: *A total of 40 + 40 = 80 elderly people from living with family and living at OAHs were the study respondents. QOL was good of 67.5% in family and at OAHs it was 57.5%. The main reason for living in OAHs was no family, lack of care takers. All the questions were found to be highly statistically significant.*

Conclusions: *From this study we are able to find out that QOL of elderly living with family is better than elderly living at OAHs, psychologically many people were depressed as they live separately from their family and relatives, friends and the community they lived.*

Keywords: *Family, Old age home, Quality of life, Elderly.*

1. Introduction

Aging is an important part in each one's life. As the old age deteriorate normal physical, psychological factor, isolate them from the society and also leads to economic problems etc. India like many other developing countries in the world is witnessing the rapid ageing of its population. Changing cultural and family value system in present situation is one of the major reasons for increase in old age homes (OAHs) over the country as it causes economic compulsion to children which become the reason behind the abuse and negligence of elderly. Quality of life is determined by conditions of events and age had no problem, later after the disintegration of the joint family system the impact of economic change became a particular problem that old age people are facing currently in this country. WHO defines "Quality of life context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns". It is a board ranging concept affected in a psychological state, personal belief, social relationship and relationship to the silent features of their environment. Life style changes created hassles and time has become very precious in the fast packed life to leave the older ones unattended. Shifts in intergenerational relations and changes in family structure have brought many issues into focus. The traditional family system is breaking up which is one of the major impacts of globalization.

More of the elders feel that the time spent by their children and grandchildren with them has reduced due to usage of mobiles and computers and more common reason for increasing Old age homes are disrespect in the house by the son or daughter-in-law. The reason stated by 60% of the elders is disrespect and negligence.

2. Objectives

The study was to compare the quality of life of elderly people living with family and at old age home by using World Health Organization (WHO) Quality of Life Assessment (WHOQOL-BREF) questionnaire.

3. Methods

A comparative study was conducted on Quality of life of elderly with family and at old age home of Vadodara city, Gujarat. The study conducted in two different settings, those elderly living with family and at old age home. The duration of the study is approx. two months and it was conducted in the Vadodara city.

The present study was conducted at selected old age homes and Family of Vadodara city in Gujarat. The rational for selecting Vadodara city was because the number of old age homes in Vadodara has increased almost threefold catering to the needs of the elderly people. The population of elderly people has been increasing in the Vadodara city. There is rising demand among elderly people living at old age homes or with Family a facility where their needs are taken care of to maintain quality of life.

The sample to be taken 80 elderly people male and female living at selected old age home and with family situated in Vadodara city, Gujarat State, India. Vadodara city bifurcate in four zone. In every zone I select one old age home and eight elderly people like four male and four Female. In West zone very wide and so many ward comes in so I select two old age homes and sixteen people like eight male and eight Female for sampling. The sampling technique used in this study was non probability purposive sampling. Quality of life (80) Old Age Home (40) Family (40) Sample size is 80 in both the categories i.e. $40+40=80$ Data of 40 Old age persons will be collected who are staying with the family. Data of 40 Old age persons will be collected who are staying with the Old Age Homes. Data of 8 in each category will consist of 40 males and 40 females. Male (20) Female (20) Male (20) Female (20) M (10) UM (10) M (10) UM (10) M (10) UM (10) M (10) UM (10)

For sample random sampling technique was used and selected old age home in every zone of Vadodara city and elderly living with family also selected at every zone areas. Total sampling are $40 + 40=80$. Elderly people above the age of 60 years living in the OAHs and with family, who were willing to participate in the study. Gender and Marital Status variables taken into account.

In this research Hypothesis are as 1. There is no significant difference between the Quality of life of the elderly people living at old age home & with family. 2. There is no significant difference between the Quality of life of Men living at old age home & with family. 3. There is no significant difference between the Quality of life of Women living at old age home & with family.

Researcher face some limitations like 1. The area of research is limited. 2. Hearing & conversation problems. 3. Try to hide truth. 4. Memory problems. 5. Social environment effect the answer.

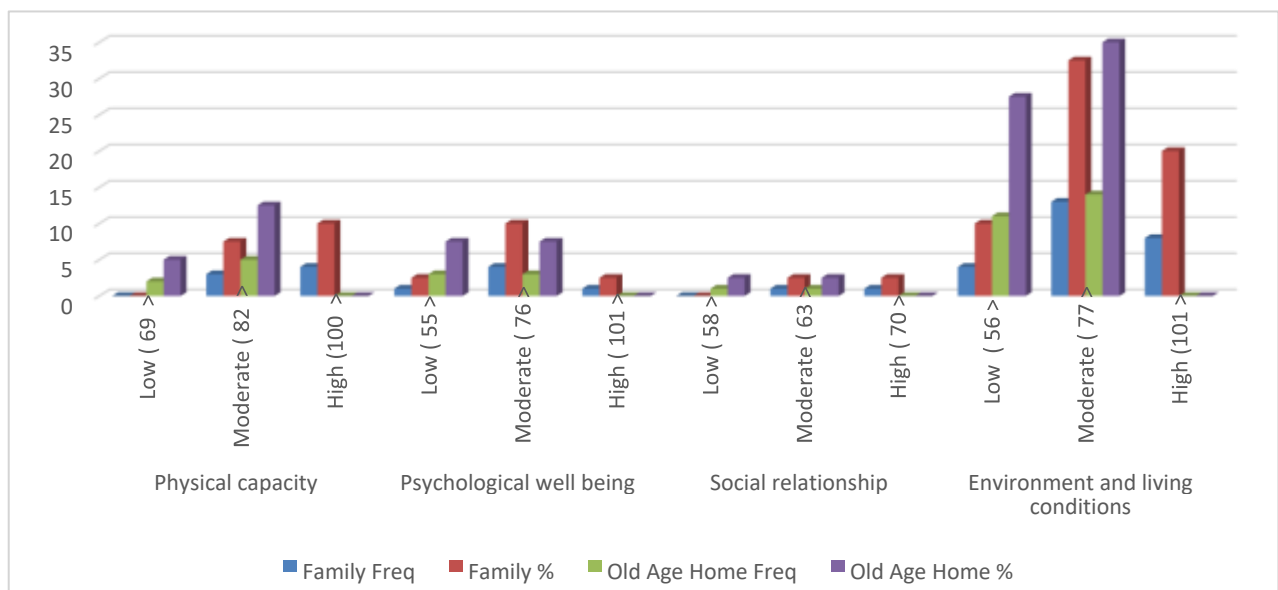
The researcher has enquired the respondents with the help of well- structured schedule method. In the schedule, 25 questions have been enquired from the 40 respondents from elderly living with family and 40 elderly living at old age home. They were interviewed face to face using a questionnaire after obtaining their consent. Institutional ethic clearance was obtained and written informed consent was

obtained from the study participants before obtaining any information from them. QOL of elderly was assessed using WHO QOL - brief questionnaire after taking informed consent from the respondent. Moreover, the researcher also used observation method during the empirical research. WHOQOL-BREF Module standard questionnaire was used to assess QOL in elderly. At various points the study planned to determine the association of one variable with the other efforts have also been made to minimize bias and maximize the reliability of the data collected. Here the elderly people living with family and in old age homes are compared.

Data was analysed using SPSS and Excel programme. The data has been presented with the help of Frequencies and percentage. Primary data to be collected by using Structured Interview and secondary data collected by using Questionnaire. The data were analysed on the basis of objectives of the study by using SPSS method and the results were recorded as frequencies, mean, SD, SED and t- value. In addition to the tables and bar charts, researcher also applied the T- test for comparing the responses of the respondents. Data entry and statistical analysis was done using SPSS. Frequency distribution is calculated for all the variables. Descriptive statistics and t-test was applied, and appropriate value was considered as significance. Taking 5% level 1% level of significance.

Table 1: Quality Of Life of elderly living with family and at old age homes (N=40,40)

Domain	Quality of life scores	Family		Old Age Home	
		Freq	%	Freq	%
Physical capacity	Low (69 >)	00	00	02	5
	Moderate (82 >)	03	7.5	05	12.5
	High (100 >)	04	10	00	00
Psychological well being	Low (55 >)	01	2.5	03	7.5
	Moderate (76 >)	04	10	03	7.5
	High (101 >)	01	2.5	00	00
Social relationship	Low (58 >)	00	00	01	2.5
	Moderate (63 >)	01	2.5	01	2.5
	High (70 >)	01	2.5	00	00
Environment & living conditions	Low (56 >)	04	10	11	27.5
	Moderate (77 >)	13	32.5	14	35
	High (101 >)	08	20	00	00
	Total	40	100	40	100



Physical capacity

In this study shows that 04% of elderly living with family had high quality physical health whereas elderly living at old age home. Elderly living with family scored high in physical health domain.

Psychological well being

In this study shows that 2.5% of elderly living with family showed high psychological wellbeing, compared to elderly living at old age home. Elderly living with family scored high in psychological well being domain.

Social relationship

In this study shows that 2.5 % elderly living with family showed high quality of life in social relations, compared to elderly living at old age home. Elderly living with family scored high in Social relationship domain.

Environment and living conditions

In this study shows that 8% elderly living with family showed in high good Environment and living conditions, compared to elderly living at old age home. Elderly living with family scored high in Environment and living conditions domain.

In all domain **low** score show that high of elderly living at old age home compared to elderly living with family. In all domain **moderate** score show that comparatively near of elderly living at old age home and with family. In all domain **high** score show that very high of elderly living with family compared to elderly living at old age home.

In overall quality of life score shows that Elderly living with family scored high whereas Elderly living at old age home score. Quality of life was good of 67.5% in family and at old age home it was 57.5%.so we may state that elderly living with family are very happy and comfortable with his/her family members and he/she lives their life is in good in quality.

4. Findings

In my study findings are given Question wise. Therefore, I present deeply about Quality-of-life elderly living with family and at old age home in Vadodara city.

- Elderly living with family is more able to perform his/her daily activities with satisfaction as compare to elderly living at old age home.
- Elderly living with family live life with full of Energy level in his/her everyday life as compare to elderly living at old age home.
- Elderly living with family need more of medical treatment function in daily life. Elderly living at old age home is healthy and need not more to get any medical treatment function in daily life.
- Elderly living with family is more able to get around in his/her life as compare to elderly living at old age home.
- Elderly living with family need more physical pain prevents in his/her daily life. Elderly living at old age home is healthy and need no more physical pain prevents in daily life.
- Elderly living with family and at old age home both are satisfied with his / her sleep. * Elderly living with family is more satisfied about his / her capacity to work as compare to elderly living at old age home.
- Most of the elderly accept his/her bodily appearance.
- Elderly living at old age home is much feel much more negativity such as despair, anxiety, depression in his/her life as compare to elderly living at old age home.
- Elderly living at old age home get good enjoyment of life in old age home compare to elderly living with Family.

- Elderly living with family is more satisfied with his/her self- compare to elderly living at old age home.
- Elderly living with family feels more his / her life is meaningfulness compare to elderly living at old age home.
- Elderly living with family has good memory and given more rate of memory compare to elderly living at old age home.
- Elderly living with other family member is more satisfied with his/her personal relationship compare to elderly living at old age home.
- Elderly living at old age home is very satisfied with his/her inmates living with them.
- Elderly living with family has good family support and give more rate to family support compare to elderly living at old age home. less family support is one of the reasons for elderly living at old age home in some phases.
- Elderly living at old age home needs more money to meet his/her needs compare to elderly living with family.
- Elderly living with family feels safer with his/her family compare to elderly living at old age home.
- Elderly living with family is more satisfied with access to his/her health services as compare to elderly living at old age home.
- Elderly living with family is more satisfied with his/her living place condition as compare to elderly living at old age home.
- Elderly living with family more satisfied with his/her transport facility as compare to elderly living at old age home.
- Elderly living with family extent more opportunity for his/her leisure activities as compare to elderly living at old age home.
- Elderly living with family gets healthier physical environment with his/her home with family as compare to elderly living at old age home.
- Elderly living with family gets more availability of information that he/she need in your day-to-day life as compare to elderly living at old age home.
- Elderly living with family gets enough opportunities for acquiring his/her new skill compare elderly living at old age home.
- Overall quality of life of elderly living with family and at old age home not more differ but elderly living with family has good quality of life compare to elderly living at old age home.

5. Conclusion

Quality of life in both old age homes and family setup elders was really very different. From this study we are able to find out that quality of life in family setup is better than old age homes. Psychologically many people were depressed as they live separately from their family and relatives, friends and the community they lived. The main reason for residing in old age homes was no family, lack of care takers. QOL-BREF under the four domains like physical, psychological, social and environmental domains were assessed in both old age homes and family setup and it was found to be statistically highly significant. They feel left alone when physically ill and psychologically needs the family support during those periods. Most of them in old age homes were not satisfied with the life in old age homes, even though they feel safe in old age homes. Old age should be given proper care and needs special attention and to be kept engaged with family members in all memorable moments to avoid loneliness and depression. Increasing old age homes can be reduced by providing more care to our elder ones in our family who are more valuable and supported us through out to lead a peaceful and economic life.

The elderly need to remain active, to know that they still have a part to play in the family or community to which they can make a useful contribution. They still need to feel love and affection. To admit them in old age home is to let them know that they are being discarded. The support and care must come

from the heart, with feelings of sympathy affection and compassion. Continue effort must therefore be made to preserve and strengthen the Joint family system.

Quality of life is subjective and dependent upon individual perceptions. This study compared the Quality of life of the elderly living with family and at old age homes of Vadodara city. There is significant difference in quality of life of elderly living with family and at old age homes.

Comparatively elderly living with family Experience High quality of life than elderly living at old age homes. Age, health, transportation facility, gender, education, marital status and money were found to be significantly associated with quality-of-life domains.

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