

# Quality of Life among Senior Adults across Gender Residing in Lucknow City

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## ABSTRACT

**Background:** The quality of life among senior adults is an important area of concern which reflects the health status and well-being this vulnerable group. **Objectives:** The aim of the present investigation was to study the quality of life among senior adults. **Methods:** The study was conducted on a purposive random sampling of 120 respondents who were selected from Lucknow city in the age ranging from 65 to more than 75 years of which 67 men and 53 women. (OPQOL-35) "Older People's Quality of Life" questionnaire which is prepared by A Bowling was used to measure the quality of life, the questionnaire was administered. The data were coded, tabulated, and analyzed. The data obtained were subjected to statistical analyzed using mean, frequency percentage, F test, and  $\chi^2$  test using SPSS (version 20.0). **Results:** The finding of the study revealed that majority of respondents has good and alright quality of life. The result also revealed that there was no significant difference between quality of life of respondents across gender.

**Keywords:** Gender, Quality of life, Senior adults

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## INTRODUCTION

The WHO defined quality of life as an "individual's perception of his or her living situation, understood in a cultural context, value system and in relation to the objectives, expectations, and standard of a given society." From this, perspective health-related quality of life includes areas such as physical health, psychological state, level of independence of the person, personal relationships, beliefs in particular in a particular context or the natural environment, social support, and perceived social support (Gracia and Navarro, 2018).<sup>[1]</sup>

Aging is a natural process of life that is due to gradual changes in metabolic activity of organs and disability in regeneration capacity of cells. Worldwide, the average lifespan nine of people has been increasing. Several factors including heredity, life styles and healthy diet, avoiding smoking, and physical activity can effect on longevity of life.

According to the WHO report, there are more than 600 million elderly individuals worldwide, it is estimated that this rate will be double by 2025 and 2 billion by 2050 (Khaje-Bishak, Yaser *et al.*, 2014).<sup>[2]</sup>

There are three approaches to measuring quality of life: Normative – the norms being dictated by beliefs, principles and philosophies about a good life; preference satisfaction – quality of life depending on availability of goods to choose from and ability to acquire them; and subjective evaluation – a good life being one that is experienced as such (Netuveli and Blane, 2008).<sup>[3]</sup>

In developed countries, the rapid aging of the population has brought to the forefront the well-being of older subjects and emphasized the need to identify individuals to greater risk of adverse health outcomes, such as institutionalization and death, to whom preventive social and sanitary measures should be targeted (Bilotta, Claudio *et al.*, 2011).<sup>[4]</sup>

## REVIEW OF LITERATURE

Kar (2017) has conducted study on factors affecting quality of life of older person – a qualitative study from Bhubaneswar, India.<sup>[5]</sup> He aims to study the themes that are associated with the quality of life of home dwelling elderly. The observations indicated various themes which were influencing the quality of life of older

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person. Some of them were: Physical mobility, financial issues, concerns regarding availability of appropriate care, expectations from family, changing family systems and traditional values, safety in the community, environmental, and legal issues. It was observed that the discomfort and inability to adjust the changes in societal attitude and behavior; and being stuck in past roles and expectations were other elements which were affecting older.

## METHODOLOGY

The study was conducted on respondents who were selected from Lucknow city in the age ranging from 65 years to more than 75 yrs using purposive random sampling technique of which there were 67 men and 53 women. (OPQOL-35) "Older People's Quality of Life" questionnaire was used to measure the quality of life along with self-constructed interview schedule. The data obtained were subjected to statistical analyzed using mean, frequency percentage, F test, and  $\chi^2$  test using SPSS (version 20.0).

## RESULT AND DISCUSSION

Result in Table 1 describes the distribution of respondents on the basis of their age.

**Table 1:** Distribution of respondents on the basis of their age n=120

S. No.	Age of respondents	Male	Female
		F (%)	F (%)
1.	65–70 years	26 (21.6)	21 (17.5)
2.	70–75 years	29 (24.1)	14 (11.6)
3.	75-above years	12 (10)	18 (15)

**Table 2:** Distribution of respondents according to the level of quality of life across gender

Level of quality of life	Gender	
	Male (n=67)	Female (n=53)
Very Bad	5 (7.46)	5 (9.43)
Bad	7 (10.44)	6 (11.32)
Alright	21 (31.34)	14 (26.41)
Good	31 (46.26)	22 (41.50)
Very Good	3 (4.47)	6 (11.32)

**Table 3:** ANOVA value of quality of life across gender

Category	Mean	Std.Deviation	Df	F	Sig.	Conclusion
Quality of life				0.031	0.861	NS
Male	112.970	14.60392	119			
Female	112.1132	15.45049				

About 24.1% male are between the age group of 70–75 years which is maximum population in both the genders and the least population also belongs to males which is 10% who falls between the age group of 75-above years.

The result depicted that male constitutes 21.6% and female constitutes 17.5% of age between 65 and 70 years where as only 10% male and 15% female respondents were in age group 70–75 years.

The maximum population of females belongs to age group 65–70 years which is 17.5% of total population.

Result in Table 2 showed the level of quality of life of senior adults which was categorized as very bad, bad, alright, and

good, very good. The result depicted that 7.46% males and 9.43% females come under the very bad category. About 10.44% males and 11.32% females have bad quality of life. The majority of population lies under Alright and Good quality of life. 31.34% males and 26.41% females have alright category quality of life. The majority of population has good quality of life, in which, 46.26% males and 41.50% females are included. About 4.47% males have very good quality of life while 11.32% females have very good quality of life [Table 3].

Result depicted that  $P > 0.05$  thus the null hypothesis is accepted which means there was no significant difference between quality of life across gender.

## CONCLUSION

The aim of the study was to assess the quality of life of senior adults across gender in Lucknow city, India. This study reveals that the most of the respondents come under good and alright quality of life. The implication of this study is the finding which will help senior adults to better understand their quality of life.

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