

Study Comparing the Quality of Life of Elderly Living with Family and Old Age Homes (with special reference to Chhatarpur District)

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Introduction - Aging is an important aspect in everyone's life. As old age deteriorates normal physical, psychological well-being, isolates them from society and also leads to financial problems etc. India, like many other developing countries in the world is perceiving the fast ageing of its population. Changing the cultural and family value system in the present situation is one of the major reasons for the increase in old age homes over the country as it causes economic pressure on children which becomes the reason behind the 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 broad ranging concept affected in a psychological state, personal belief, social relationship and relationship to the salient features of their environment. Lifestyle changes created difficulties and time has become very valued in the fast paced life to leave the elderly 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. Most 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.

Objectives: The objective of this study was to compare the quality of life of elderly living with family and at old age homes.

Methods: The study was conducted in two different settings, those elderly living with family and at an old age home. The duration of the study is three months and it was conducted in the Chhatarpur city. '50' elderly were included in study from an old age home (Darshana Vradhashram) in Chhatarpur and rest '50' elderly were included in study

through non-probability purposive sampling. For sampling, a random sampling technique was used in an old age home in Chhatarpur city and elderly living with family also selected from multiple areas/ colonies. Total sampling is '100'. Elderly people above the age of 60 years living in the old age homes and with family, who were willing to participate in the study. Gender and Marital Status variables taken into account.

The researcher has enquired the respondents with the help of well-structured schedule method. They were interviewed face to face using a questionnaire after obtaining their consent. Institutional ethical clearance was obtained and written informed consent was obtained from the study participants before obtaining any information from them. Quality of life of elderly was assessed using WHOQOL-Bref questionnaire after taking informed consent from the respondent.

Data was analysed using SPSS and Excel programmes. The data has been presented with the help of frequencies and percentage. Primary data to be collected by using 'Structured Interview' and '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.

Results

Physical capacity: This study shows that 56% of elderly living with family had high quality physical health whereas elderly living at old age homes. Elderly living with family scored high in the physical health domain.

Psychological well being: This study shows that 26% of elderly living with family showed high psychological well being, compared to elderly living at an old age home. Elderly living with family scored high in the psychological well-being domain.

Social relationship: This study shows that 50% elderly living with family showed high quality of life in social relations, compared to elderly living at an old age home. Elderly living with family scored high in the Social relationship domain.

Environment and living conditions: This study shows that 24% elderly people living with their family show a good environment and living conditions, compared to elderly living at an old age home. Elderly living with family scored high in the Environment and living conditions domain.

In all domains, low scores showed in elderly living at old age homes compared to elderly living with family.

The overall quality of life score shows that Elderly living with family scored higher in comparison with Elderly living at old age home score. Quality of life was good in 63.5% of families and at old age homes it was 27.5%. So we may state that elderly living with family are happy and comfortable with their family members and they live their life in good quality.

Table 1: Quality of Life of elderly living with family and at old age homes

Domain	QOL scores	Family (N=50)		Old age home (N=50)	
		N	%	N	%
Physical Capacity	Low	0	0	15	30
	Moderate	22	44	29	58
	High	28	56	6	12
Psycho logical well-being	Low	6	12	26	52
	Moderate	31	62	21	42
	High	13	26	3	6
Social relation ship	Low	0	0	24	48
	Moderate	25	50	28	56
	High	25	50	0	0
Environ ment & living condition	Low	5	10	29	58
	Moderate	33	66	21	42
	High	12	24	0	0

Discussion & 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 are depressed as they live separately from their family and relatives, friends and the community they live in. 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 need 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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