



HEALTH STATUS AND QUALITY OF LIFE OF ELDERLY PEOPLE LIVING IN OLD AGE HOMES AND WITHIN FAMILY SETUP IN SELECTED AREAS OF HIMACHAL PRADESH.

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Abstract : Introduction: To live a healthy life free of anxieties and worries, older people require special attention and comfort. The assessment of an older person's functional capacity, physical health, mental health, and socioeconomic position in order to ascertain their health condition. Modernization has shattered family values, resulting in a decline in family support. The aim of study was to assess and compare health status & quality of life between elderly people living in old age homes and within family setup in selected areas of Himachal Pradesh.

Methods: A comparative study was conducted on elderly people aged 60 years or above. Comparative research design was used. After taking a written consent 50 elderly from old age homes and 50 elderly from Family setup were selected by Non- probability convenient sampling technique. Semi- structured Interview Schedule were used that is (4 point likert questions) for health status & (5 point likert questions) for QOL.

Result: In old age home the chi square value of health status and quality of life is 34.127 at the significance level of 0.000* and within family setup the chi square value of health status and quality of life is 37.7551 at the significance level of 0.000*. So there is significant association between health status and quality of life of elderly people living in old age home and within family setup.

Conclusion: There is significant difference between health status and quality of life of elderly people living in old age homes and within family. Comparatively elderly people living within family having health status and QOL was good as compared to elderly living in old age homes.

Index Terms - Health Status, Elderly People, Quality of Life, Old Age Home

I. INTRODUCTION

A healthy mind enables an individual to think clearly, overcome obstacles in life, work efficiently, develop meaningful connections with others, experience spiritual peace, and contribute to society. The World Health Organization (WHO) defines mental health as " a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community" Mental health encompasses much more than an individual, family, or community absence of mental disease.⁶

Thus, a person's age is determined by a range of factors, including physiological, social, psychological, economic, environmental, and cultural factors, all of which have an effect on the individual's quality of life (QOL). According to these findings, the quality of life of an individual is determined by their location.⁵

Modernization has shattered family values, resulting in a decline in family support. Generational divides and lifestyle changes contribute to elderly people feeling alienated and insecure. Additionally, when individuals live longer, their homes become more crowded, resulting in financial difficulty. The majority of OAHs in India lack adequate amenities and do not provide recreational activities, counselling, or caregivers. This has an effect on the residents' mental health and contributes to a sense of powerlessness, which is a significant factor in the development of depression in the elderly. Hence this study was conducted to compare the health status and quality of life of elderly people living in old age homes and within family setup.

II. STATEMENT OF THE PROBLEM

A comparative study on health status and quality of life of elderly people living in old age homes and within family setup in selected areas of Himachal Pradesh

III. AIM

The aim of study was to assess and compare health status & quality of life between elderly people.

IV. OBJECTIVES

1. To assess the health status of elderly people residing in old age homes and within family setup in selected areas of Himachal Pradesh.
2. To assess the quality of life of elderly people living in old age homes and within family setup in selected areas of Himachal Pradesh.
3. To compare the health status and quality of life of elderly people living in old age homes and within family setup in selected areas of Himachal Pradesh.

V. RESEARCH METHODOLOGY

5.1 RESEARCH APPROACH

Quantitative research approach was adopted for the conduction of the study.

5.2 RESEARCH DESIGN

Comparative research design was used for the present study. This design is selected because in the study, researcher was interested in finding out the comparison among elderly people living in old age homes & within family, in selected areas of Himachal Pradesh.

5.3 RESEARCH SETTINGS

The study was conducted among elderly people living in old age homes & within family setup, in selected areas of Himachal Pradesh. (Researcher has selected the 2 old age home of district Mandi (H.P.) according to easy accessibility. The selected old age home are: - Balh Valley Kalyan Sabha Old Age Home Bhangrotu, Suket Old Age Home Sundernagar (Mandi) and (researcher has conducted the data among elderly people living within family setup in selected areas of Gram panchayat Jhabola district Bilaspur, Himachal Pradesh. Selected areas of Gram panchayat Jhabola: - Ward No – 1, Ward No - 3, and Ward No – 7(V. Tambri).

5.4. SAMPLING

The sample of the present study was elderly people above 60 yrs, who were living in Old Age Homes and Within Family Setup in selected areas of Himachal Pradesh

5.5. Sample size calculation

Sample size was calculated on the basis of previous study [Lidziisa Mao, Kasturi Mondal, Madhushree Manna (2019)] sample size: i.e 100 samples, 50 from old age home and 50 from family selected through non- probability convenience sampling technique.

5.6 Data Collection Tool

- Demographic questions was age, gender, religion, marital status, educational status, source of income, occupation, residing place, type of family, and satisfaction with family members.
- Semi - Structured Interview Schedule, i.e., Semi Structured Interview Schedule for health status of elderly includes: (1) physiological domain, (2) psychological domain, (3) and social domain. It comprises of total 30 items.
- Semi - Structured Interview Schedule It comprises of total 30 items, which includes:

i. self perception about life,	iv. social life,
ii. health status,	v. economical circumstances,
iii. psychological and emotional fitness,	vi. cultural and religious activities

5.7. Data Collection Process:

After obtaining the permission from the director of Balh Valley Kalyan Sabha OldAge Home Bhangrotu (Mandi), Data collected from 26 participants. Similarly from the director of Suket old age home Sundernagar, Distt. Mandi and Data collected from 24 participants. For family live in elderly took permission from the president of gram panchayat Jhabola (Bilaspur) and data collected from 50.

VI. ANALYSIS

Table – 1: Frequency and Percentage Distribution of Socio- demographic variables of the elderly people living in old age homes and within family setup. N = 100

Sr. No.	Socio demographic variables	Categories	OLD AGE HOME n = 50		WITHIN FAMILY n = 50	
			Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
1	Age in Years	60-65 Years	5	10	24	48
		66-70 Years	16	32	7	14
		71-75 Years	13	26	7	14
		75 or above	16	32	12	24
2	Gender	Male	28	56	22	44
		Female	22	44	28	56
3	Religion	Hindu	50	100	45	90
		Muslim	0	0	5	10
		Christian	0	0	0	0
		Others	0	0	0	0
4	Marital status	Married	39	78	43	86
		Unmarried	5	10	7	14
		Divorced	0	0	0	0
		Widowed Separated	6	12	0	0
5	Educational status	No formal education	23	46	14	28
		Primary education	27	54	14	28
		Secondary education	0	0	17	34
		Graduation	0	0	5	10
		Or above				
6	Source of income	Pension	26	52	23	46
		Support of Children	5	10	27	54
		Dependent on OAH	19	38	0	0
7	Occupation	Homemaker	0	0	24	48
		Unemployed	50	100	16	32
		Pvt. Job	0	0	8	16
		Govt. job	0	0	2	4
8	Residing Place	Home	0	100	50	100
		Old age Home	50		0	
9	Type of family	Nuclear	28	56	43	86
		Joint	22	44	7	14
		Extended family	0	0	0	0
10	Relationship with family members.	Satisfied	14	28	45	90
		Not satisfied	36	72	5	10

SECTION: - B ASSESSMENT OF HEALTH STATUS OF ELDERLY PEOPLE LIVING IN OLD AGE HOME AND WITHIN FAMILY SETUP

N=100

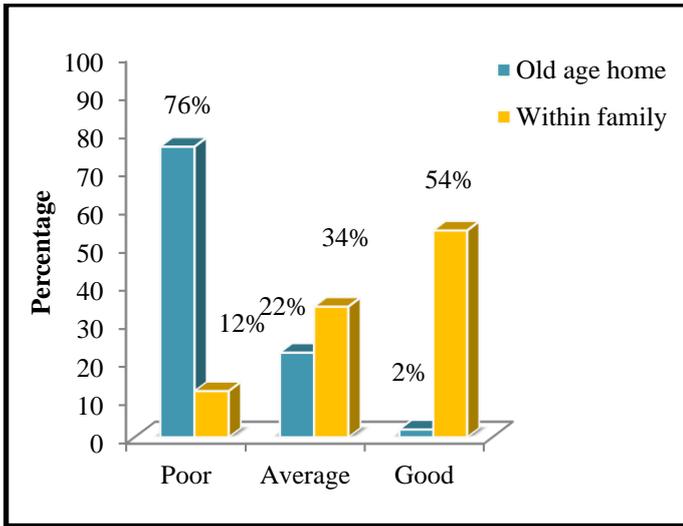


Figure 4.1: Assessment of health status (PHYSIOLOGICAL)

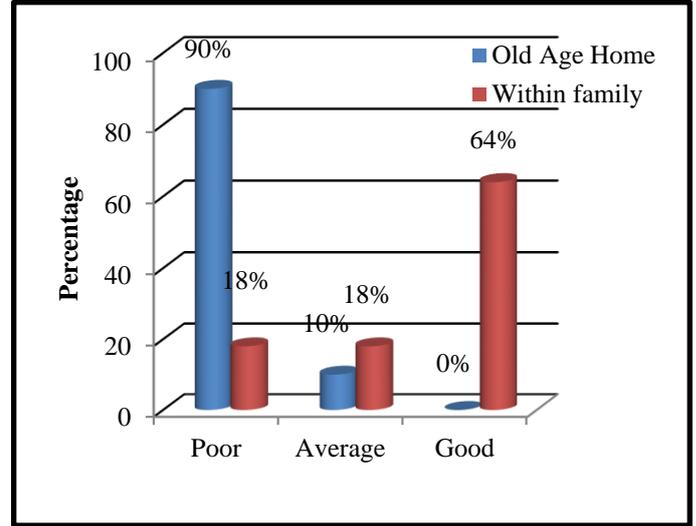


Figure 4.2: Assessment of health status (PSYCHOLOGICAL)

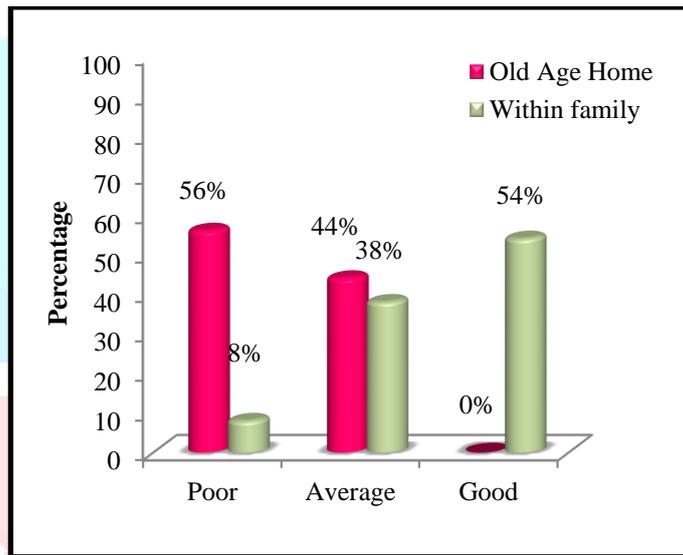


Figure 4.3: Assessment of health status (SOCIAL DOMAIN)

SECTION C: ASSESSMENT OF QUALITY OF LIFE OF ELDERLY PEOPLE LIVING IN OLD AGE HOMES AND WITHIN FAMILY SETUP.

N=100

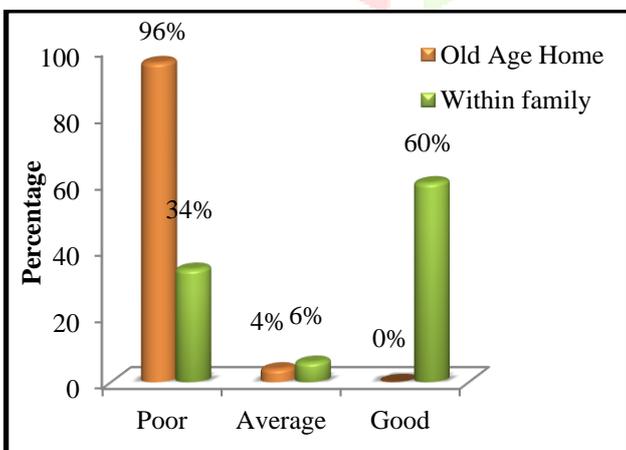


Figure 4.4: Assessment of Quality of life

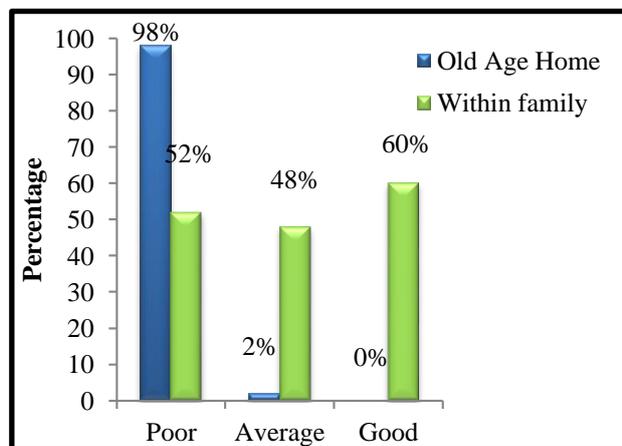


Figure 4.5: Assessment of Quality of life (HEALTH STATUS)

(SELF PERCEPTION ABOUT LIFE)

N=100

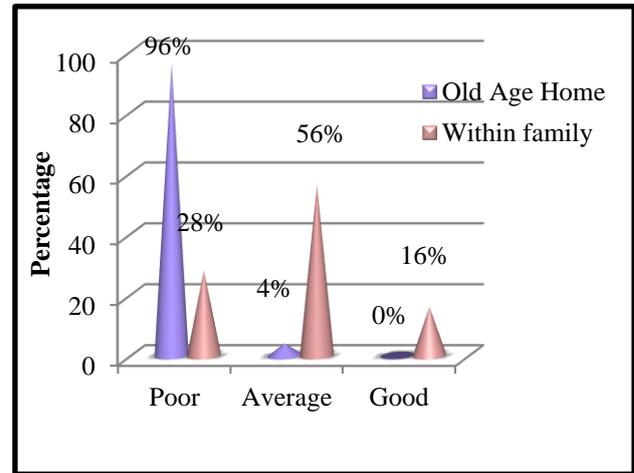
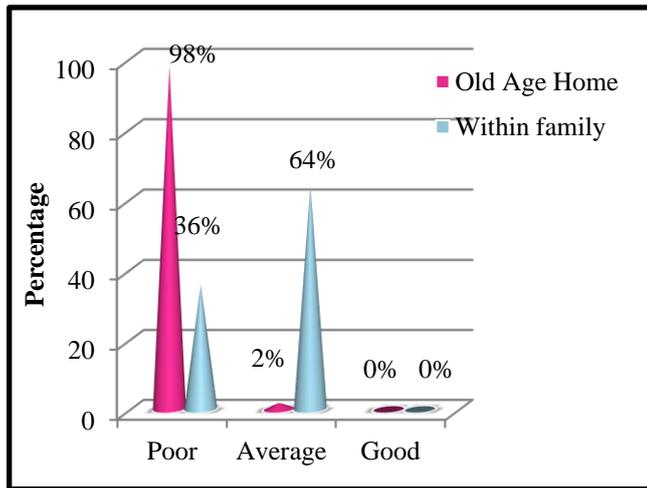


Figure 4.6: Assessment of Quality of life (PSYCHOLOGICAL AND EMOTIONAL FITNESS)

Figure 4.7: Assessment of Quality of life (SOCIAL LIFE)

N=100

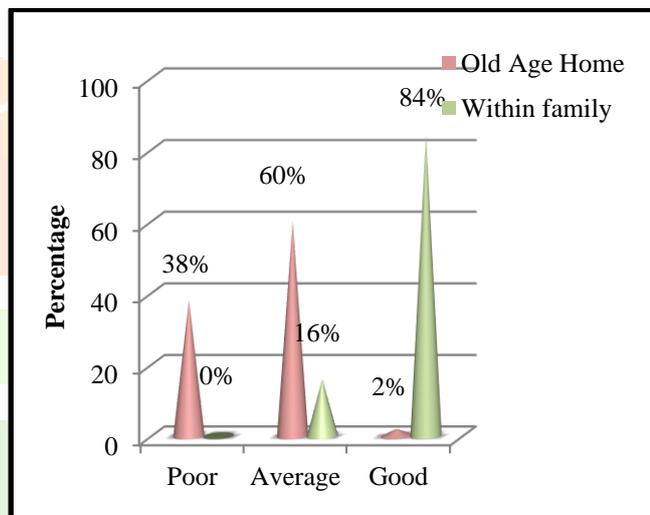
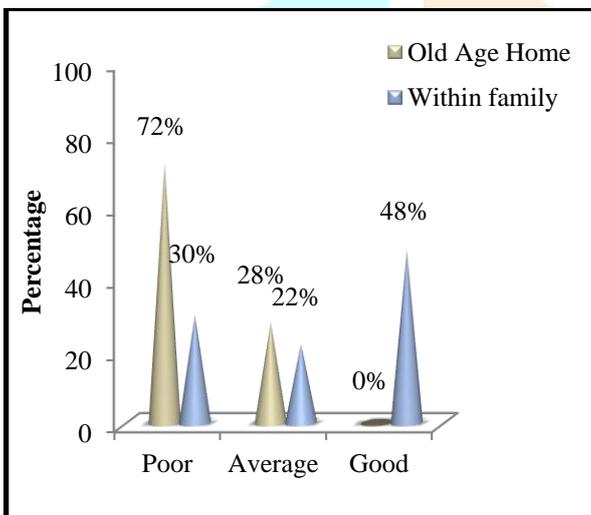
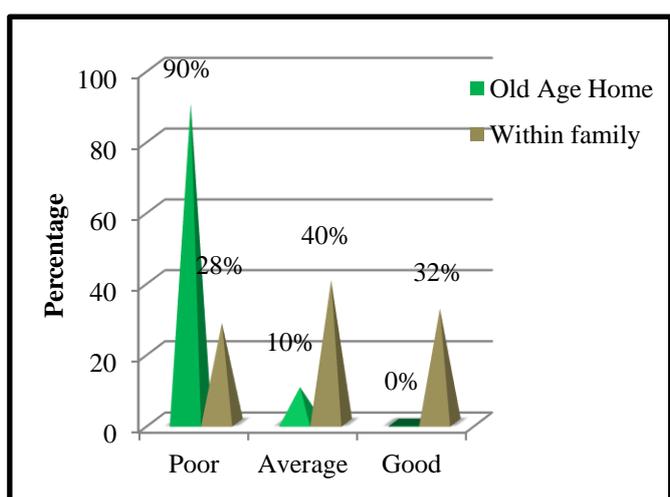
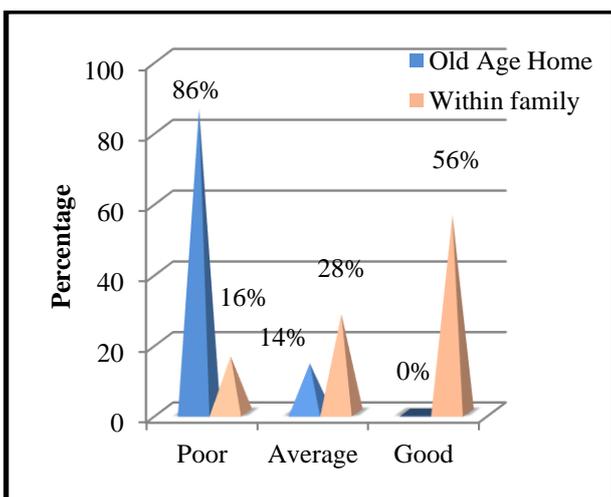


Figure 4.8: Assessment of Quality of life (ECONOMICAL CIRCUMSTANCES)

Figure 4.9: Assessment of Quality of life (CULTURAL AND RELIGIOUS ACTIVITIES)

SECTION D: OVERALL ASSESSMENT OF HEALTH STATUS OF ELDERLY PEOPLE LIVING IN OLD AGE HOMES AND WITHIN FAMILY SETUP

N=100



SECTION F: COMPARISON BETWEEN HEALTH STATUS AND QUALITY OF LIFE OF ELDERLY PEOPLE LIVING IN OLD AGE HOME & WITHIN FAMILY SETUP.

Table 2:- Pearson correlation coefficient (r) was used to compare the health status and quality of life of elderly people living in old age home & within family setup. N=100

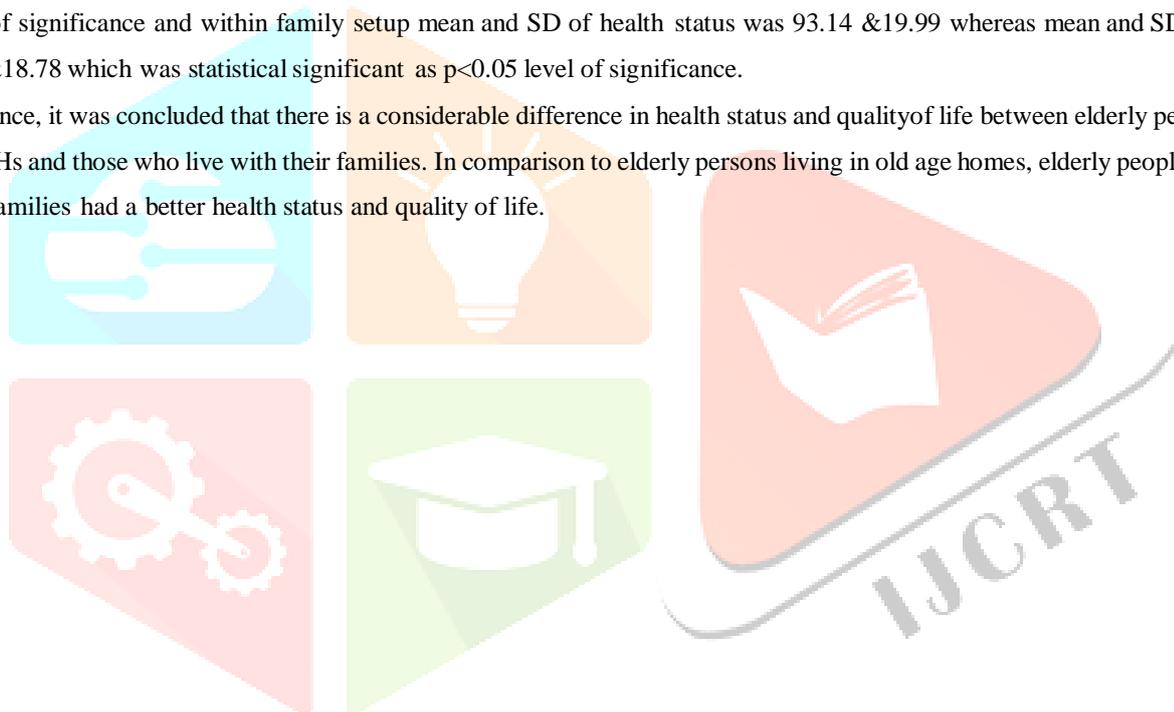
***Highly Significant at the level of $p < 0.001$**

S.No.	Health status And quality of life	Health Status		QOL		(r)	p value Health Status	p value QOL
		Mean	SD	Mean	SD			
1	OLD AGE HOME	63.48	7.35	49.24	7.43	0.3518**	0.0000* S	0.000* S
2	WITHIN FAMILY	93.14	19.99	74.7	18.78	0.7075**		

****Positive Correlation**

Table No: - 4.2 depicts that the comparison between health status and quality of life of elderly people living in old age home as the value of r is 0.3518, and elderly people living within family setup as the value of r is 0.7075 respectively. In old age home the mean and SD of health status was 63.48 & 7.35 whereas mean and SD of QOL was 49.24 & 7.43 which was statistically significant as $p < 0.05$ level of significance and within family setup mean and SD of health status was 93.14 & 19.99 whereas mean and SD of QOL was 74.7 & 18.78 which was statistically significant as $p < 0.05$ level of significance.

Hence, it was concluded that there is a considerable difference in health status and quality of life between elderly people who live in OAHs and those who live with their families. In comparison to elderly persons living in old age homes, elderly people living within their families had a better health status and quality of life.



SECTION G: ASSOCIATION BETWEEN HEALTH STATUS AND QUALITY OF LIFE WITH DEMOGRAPHIC VARIABLE OF ELDERLY PEOPLE LIVING IN OLD AGE HOME.

Table 3: Association between Health status with demographic variable of elderly people living in old age home.

N=100

S. No.	Socio Demographic Variables		HEALTH STATUS			Inferential Statistics		
			Poor	Average	Good	Chi square	df	p value
			30-74	75- 97	98-120			
1	Age	60-65 Years	5	0		1.84	3	0.606 NS
		66-70 Years	13	3				
		71-75 Years	12	1				
		75 or above	13	3				
2	Gender	Male	24	4		0.004	1	0.948 NS
		Female	19	3				
3	Religion	Hindu	0	50		-		-
4	Marital status	Married	34	520		3.829	2	0.147 NS
		Unmarried	3					
		Divorced	6					
5	Educationalstatus	No formal education	18	5		2.119	1	0.145 NS
		Primary education	25	2				
6	Source of income	Pension	22	4		4.053	2	0.132 NS
		Support of Children	3	2				
		Dependent on old age home	18	1				
7	Occupation	Homemaker	0	0				
		Unemployed	43	7				
8	Residing Place	Home	0	0				
		Old age Home	43	7				
9	Type of family	Nuclear	22	6		2.917	1	0.088 NS
		Joint	21	1				
10	Relationship with family members.	Satisfied	10	4		3.429	1	0.064 NS
		Not satisfied	33	3				

NS- Non Significant

*Significant at the level of $p < 0.05$

SECTION H: ASSOCIATION BETWEEN HEALTH STATUS AND QUALITY OF LIFE WITH DEMOGRAPHIC VARIABLE OF ELDERLY PEOPLE LIVING WITHIN FAMILY SETUP
Table 4: Association between health status with demographic variable of elderly people living within family setup

N=100

S. No.	Socio Demographic Variables		Health Status			Inferential Statistics		
			Poor	Average	Good	Chi square	df	p value.
			30 --74	75 -- 97	98 – 120			
1	Age	60-65 Years	5	1	18	19.701	6	0.0003*
		66-70 Years	0	2	5			
		71-75 Years	0	5	2			
		75 or above	3	6	3			
2	Gender	Male	5	7	10	2.096	2	0.351 NS
		Female	3	7	18			
3	Religion	Hindu	8	13	24	1.587	2	0.452 NS
		Muslim	0	1	4			
4	Marital status	Married	7	12	24	0.18	2	0.991 NS
		Widowed	1	2	4			
5	Educational status	No formal education	1	6	7	9.187	6	0.163 NS
		Primary education	4	1	9			
		Secondary education	2	4	11			
		Graduation	1	3	1			
6	Source of Income	Pension	3	11	9	25.514	2	0.000*
		Support of Children	5	3	19			
		Dependent on OAH	0	0	0			
7	Occupation	Homemaker	1	7	16	15.272	6	0.018*
		Unemployed	7	4	5			
		Pvt job	0	3	5			
		Govt job	0	0	2			
8	Residing Place	Home	8	14	28	35.795	2	0.000*
		Old age Home	0	0	0			
9	Type of family	Nuclear	3	13	27	18.708	2	0.000*
		Joint	5	1	1			
		Extended						
10	Relationship With family members.	Satisfied	3	14	28	29.167	2	0.0000*
		Not satisfied	5	0	0			

*Significant at the level of $p < 0.05$

Table - 5: Association between Quality of Life with demographic variable of elderly people living within family setup.

N=100

S. No.	Socio Demographic Variables		Quality of Life			Chi square	df	p value
			Poor	Average	Good			
			0-59	60-89	90-120			
1	Age	60-65 Years	5	13	6	5.093	6	0.532 NS
		66-70 Years	1	4	2			
		71-75 Years	2	4	1			
		75 or above	6	3	3			
2	Gender	Male	9	9	4	3.304	2	192 NS
		Female	5	15	8			
3	Religion	Hindu	13	21	11	0.331	2	0.884 NS
		Muslim	1	3	1			
4	Marital status	Married	12	21	10	0.117	6	0.243 NS
		Unmarried	0	0	0			
		Divorced	0	0	0			
		Widowed	2	3	2			
5	Educational status	No formal education	5	4	5	7.963	6	0.243 NS
		Primary education	4	7	3			
		Secondary education	2	11	4			
		Graduation	3	2	0			
6	Source of income	Pension	8	9	6	11.631	2	0.000*
7	Occupation	Homemaker	4	12	8	13.938	6	0.030*
		Unemployed	8	8	0			
		Pvt. job	2	2	4			
		Govt. job	0	2	0			
8	ResidingPlace	Home	14	24	12	10.487	2	0.005*
		Old age Home	0	0	0			
9	Type offamily	Nuclear	10	22	11	3.429	2	0.181 NS
		Joint	4	2	1			
10	Relationship with family members	Satisfied	10	23	12	7.606	2	0.022*
		Not satisfied	4	1	0			

NS- Non Significant

*Significant at the level of $p < 0.05$ **VII. CONCLUSION:**

● **Findings related to assessment of health status of elderly people living in old age homes and within family setup**

In this study in old age home 86% (43) participants had poor level of health status, 14%(7) had average, and 0% (0) participants had good level of health status whereas within family 16% (8) participants had poor level of health status, 28% (14) had average, and 56% (28) participants had good level of health status.

● **Findings related to assessment of the quality of life of elderly people living in oldage homes and within family setup**

In this study in old age home the 90% (45) participants had poor level of QOL, 10% (5) had average, and 0% (0) participants had good level of QOL whereas within family setup the 28% (14) participants had poor level of QOL, 40% (24) had average, and 32% (12) participants had good level of QOL

● **Findings related to comparison of the health status and quality of life of elderly people living in old age homes and within family setup**

In this study the comparison between health status and quality of life of elderly people living in old age home as the value of r is 0.3518, and elderly people living within family setup as the value of r is 0.7075 respectively. In old age home the mean and SD of health status was 63.48 & 7.35 whereas mean and SD of QOL was 49.24 & 7.43 which was statistical significant as $p < 0.05$ level of significance and within family setup mean and SD of health status was 93.14 & 19.99 whereas mean and SD of QOL was 74.7 & 18.78 which was statistical significant as $p < 0.05$ level of significance.

The current study compared the health status and QOL of life of elderly people living in old age homes and within family setup in selected areas of Himachal Pradesh. There is a considerable difference in health status and quality of life between elderly people who live in OAHs and those who live with their families. In comparison to elderly living in old age homes, elderly people living within their families had a better health status and quality of life.

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