

Effects of Smartphone Social Applications on Elderly People's Quality of Life

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Abstract : As people go through aging, maintenance and improvement of the quality of life become more important for them. To know the role of smartphone technology and communications applications on quality of life, a sample group of old people living in Dar-Iran was selected for a quasi-experimental study. The participants were registered senior inhabitants from public health centers in Dar, Iran in 2022. The number of participants was 39. Participants were randomly categorized into intervention and control groups. A validated Persian version of the Control, Autonomy, Self-realisation, Pleasure scale (CASP-19) scale questionnaire was provided for them which answers were used for the quality of life assessment. The paired t-test between pre-and post-test ($t = -8.45, p < .00$), post-and follow-up-test ($t = -2.12, p = .01$), and pre-test and the follow-up test ($t = -8.27, p < .00$) in the intervention group revealed a considerable mean difference. Based on the results of paired t-test for the control group, this was not significant between pre-test and post-test ($t = 1.26, p = .15$), post-test and follow-up test ($t = .33, p = .67$) and pre-test and follow-up test ($t = 1.85, p = .08$) for quality of life. Considering the educational training associated with it, this study aimed at helping families and aging field practitioners to understand the essentiality of modern communication technology teaching in promoting a greater life quality of the elderly's community.

Keywords : Iranian elderly, quality of life, smartphone, social applications, CASP-19

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