

Quality of Life of Elderly and Factors Associated in Bharatpur Metropolitan City, Chitwan: A Mixed Method Study

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Abstract : Introduction: Aging is a natural, global and inevitable phenomenon every single person has to go through, and nobody can escape the process. One of the emerging challenges to public health is to improve the quality of later years of life as life expectancy continues to increase. Quality of life (QoL) has grown to be a key goal for many public health initiatives. Population aging has become a global phenomenon as they are growing more quickly in emerging nations than they are in industrialized nations, leaving minimal opportunities to regulate the consequences of the demographic shift. Methods: A community-based descriptive analytical approach was used to examine the quality of life and associated factors among elderly people. A mixed method was chosen for the study. For the quantitative data collection, a household survey was conducted using the WHOQOL-OLD tool. In-depth interviews were conducted among twenty participants for qualitative data collection. Data generated through in-depth interviews were transcribed verbatim. In-depth interviews lasted about an hour and were audio recorded. The in-depth interview guide had been developed by the research team and pilot-tested before actual interviews. Results: This study result showed the association between quality of life and socio-demographic variables. Among all the variables under socio-demographic variable of this study, age ($\chi^2=14.445$, $p=0.001$), gender ($\chi^2=14.323$, $p=<0.001$), marital status ($\chi^2=10.816$, $p=0.001$), education status ($\chi^2=23.948$, $p=<0.001$), household income ($\chi^2=13.493$, $p=0.001$), personal income ($\chi^2=14.129$, $p=0.001$), source of personal income ($\chi^2=28.332$, $p=<0.001$), social security allowance ($\chi^2=18.005$, $p=<0.001$), alcohol consumption ($\chi^2=9.397$, $p=0.002$) are significantly associated with quality of life of elderly. In addition, affordability ($\chi^2=12.088$, $p=0.001$), physical activity ($\chi^2=9.314$, $p=0.002$), emotional support ($\chi^2=9.122$, $p=0.003$), and economic support ($\chi^2=8.104$, $p=0.004$) are associated with quality of life of elderly people. Conclusion: In conclusion, this mixed method study provides insight into the attributes of the quality of life of elderly people in Nepal and similar settings. As the geriatric population is growing in full swing, maintaining a high quality of life has become a major challenge. This study showed that determinants such as age, gender, marital status, education status, household income, personal income, source of personal income, social security allowance and alcohol consumption, economic support, emotional support, affordability and physical activity have an association with quality of life of the elderly.

Keywords : ageing, chitwan, elderly, health status, quality of life

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