World Academy of Science, Engineering and Technology
International Journal of Medical and Health Sciences
Vol:11, No:08, 2017

An Investigation of Pain and Life Satisfaction in Elderly Individuals in Turkey

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Abstract : Objective: This study aims to investigate pain and life satisfaction in elderly individuals. Methods: This study, which is descriptive in nature, utilized relational screening model. It was conducted between September 2016 and March 2017, with 387 people aged 65 and over who were registered in Family Health Centers in Ağrı, a city located in eastern Turkey. Results: The Geriatric Pain Measure mean score of the participants was 53.23 ± 29.40, indicating moderate pain. The Life Satisfaction Scale mean score was found 8.50 ± 5.34, indicating moderate life satisfaction level. The study also found a statistically significant, negative relationship between life satisfaction and geriatric pain. Conclusion: Increase in elderly population brings along various health problems. Results of this study show that the rate of chronic diseases is very high in elderly individuals. Therefore, pain is one of the most frequently encountered health problems, and it has negative effects on life satisfaction. In conclusion, it is considered that elderly people's life satisfaction could increase if their pain is identified and reduced effectively.

Keywords : geriatric pain measure, life satisfaction, pain, Turkey
Conference Title : ICGG 2017 : International Conference on Geriatrics and Gerontology
Conference Location : Barcelona, Spain
Conference Dates : August 17-18, 2017

Open Science Index, Medical and Health Sciences Vol:11, No:08, 2017 publications.waset.org/abstracts/74602/pdf