

# Quality of life for Elderly Resident in Nursing Home at Al- Najaf city

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**Abstract-** Elderly people may suffer from the multiple health disorders due to the vulnerability for many physical and mental disturbances, Quality of life in elderly population can be affected by many environmental factors **Objective(s):** Cross sectional study was aimed to determine the quality of life in elderly people resident in nursing home and present investigation attempt to study the quality of life elderly men and women living in institutions nursing home. **Methodology:** The study was conducted on a simple random sample of 50 elderly in the age ranging from 65-76 years of which men and women in living in nursing home settings. The questionnaire was administered, data was collected and tabulated. **Results** the results revealed that elderly living in nursing home showed high level of quality of life .The result also revealed that there is no significant relationship difference between the domain of quality of life and demographic characteristics expect age with p-value (0.05). **Conclusion:** The study concluded The study confirms that, old age group is predominantly males with (57 - 73) years old, Old age residents have no opportunity for better education, Old age resident's demographic characteristics do not show any relationship to their domain quality of life. **Recommendations:** The study recommended. Promotion quality of life can be implemented for old age residents, Routine annual quality of life assessment and evaluation can be presented to old age individuals, and A comparative study should be conducted between elderly nursing home resident and community elderly quality of life.

**Index Terms-** quality of life, elderly, nursing home

## I. INTRODUCTION

Currently, elderly patients comprise the fastest growing segment of the world's population. The number of people worldwide 65 years and older was estimated at 506 million as of 2008 , making up 12.8% of the total population. Of this population segment, 5.7 million are 85 years old and older, and this number is growing <sup>(1)</sup>

The ageing process is of course a biological reality, which has its own dynamic, largely beyond human control. However, it is also subject to the constructions by which each society makes sense of old age. In the developed world, chronological time plays a paramount role. The age of 60 or 65, roughly equivalent to retirement ages in most developed countries is said to be the beginning of old age. In many parts of the developing world, chronological time has little or no importance in the meaning of old age. <sup>(2)</sup>

Aging the importance of the older person's perspectives in defining quality of life has been highlighted in the literature and these perspectives may vary according to health status, gender, ethnicity and socio-demographic background. <sup>(3)</sup>

Many people for various reasons prefer to use nursing homes for taking care of their elderly family members. Some reasons include lack of sufficient time, lack of capability, and the professional care provided in nursing homes by qualified and expert personnel, which also increases the chance of elderlies to contact with many people in the same age range<sup>(4)</sup>

Although the some people believe that nursing homes could be the best choice for the elderlies, some studies have reported some disadvantages for nursing homes care. According to the available evidence, the question is that can the nursing home structure alone improve the quality of life for residents. <sup>(5)</sup>

## II. AIM OF THE STUDY

To assess the quality of life for elderly resident in nursing home.

**1. Design of the Study:** Across-sectional descriptive study carried out from October 2014 –May 2015.

**2. Setting of the Study:** The Study is conducted at Nursing Home in Al-Najaf City.

**3. The Sample of the Study:** Simple random sample collecting of ( 25 ) residents Elderly in Nursing Home in Al-najaf city.

**4. The Study Instrument:**

This part included demographic information, which consists of age, educational level and gender.

## B. The Second Part:

This part included assessment quality of life for elderlies resident in nursing home and this part consists from twelve's domains are(Physical comfort, Functional competence, Privacy, Autonomy, Dignity, Meaningful activity, Food enjoyment, Individuality, Relationships, Safety, security and Spiritual well-being ).

## 5. Data Collection:

The measures provided here should be based on data collected from interviews with nursing home residents where residents are asked the actual questions that comprise the scales.

**Data Analysis:** In order to determine whether the objectives of the study were met or not, two statistical approaches were used for analyzing the data of the study.

III. RESULTS

**Table (1): distribution of the study sample by their demographic data**

Demographic Data	Rating	Frequency	Percent	Cumulative Percent
Age / Years	<= 56.00	1	4	4
	57.00 - 73.00	13	52	56
	74.00 - 90.00	9	36	92
	91.00 - 107.00	1	4	96
	108.00+	1	4	100
Levels Of Education	Not Able To Read And Write	12	48	48
	Able To Read And Write	3	12	60
	Primary School Graduated	4	16	76
	Intermediate School Graduated	2	8	84
	Secondary School Graduated	2	8	92
	Institute Graduated	2	8	100
Gender	Male	16	64	64
	Female	9	36	100

The above table indicates distribution of sample of study the majority of study result (57-73) years (52%), level of education the table show the more of study sample not able To Read And Write(48%), and gender (64%) of study sample male.

**Table (2): distribution of the study sample by their responses to the different quality of life domains**

Studied Domains	Levels	Frequency	Percent	Cumulative Percent
Overall Comfort Domain	Good	13	52	52
	Fair	11	44	96
	Poor	1	4	100
Overall Functional Competency Domain	Poor	2	8	8
	Fair	5	20	28
	Good	18	72	100
Overall Privacy Domain	Fair	4	16	16
	Good	21	84	100
Overall Dignity Domain	Fair	1	4	4
	Good	24	96	100
Overall Meaningful Activity Domain	Poor	2	8	8
	Fair	15	60	68
	Good	8	32	100
Overall Relationship Domain	Fair	6	24	24
	Good	19	76	100
Overall Autonomy Scale	Fair	1	4	4
	Good	24	96	100
Overall Food Enjoyment Domain	Poor	1	4	4
	Fair	16	64	68
	Good	8	32	100
Overall Spiritual Well-Being Domain	Good	25	100	100
Overall Security Domain	Fair	2	8	8
	Good	23	92	100

<b>Overall Individuality Domain</b>	<b>Good</b>	<b>25</b>	<b>100</b>	<b>100</b>
<b>Overall Quality Of Life</b>	<b>Fair</b>	<b>1</b>	<b>4</b>	<b>4</b>
	<b>Good</b>	<b>24</b>	<b>96</b>	<b>100</b>

This table shows that the study sample responses to the different quality of life domain are goods in all items except the (Overall Meaningful Activity Domain, and Overall Food Enjoyment Domain).

**Table (3) :relationship between overall quality of life and demographic data**

<b>Demographic Data</b>	<b>Sig Value</b>	<b>Df</b>	<b>P-Value</b>
<b>Age</b>	<b>25.00</b>	<b>4</b>	<b>0.00 Hs</b>
<b>Levels Of Education</b>	<b>1.128</b>	<b>5</b>	<b>0.952 Ns</b>
<b>Gender</b>	<b>1.852</b>	<b>1</b>	<b>0.174 Ns</b>

This table show no significant relationship between overall quality of life domain and demographic characteristic expect age high significant relationship with p-value (0.00).

#### IV. DISCUSSION

Elderly people ideal age in nursing home is (57-100) years, (52%) of them is between (57-73) years these results indicate that there is no specific age group in elderly people in the nursing home residents.

The study shows that more than two third of elderly people are male which make an indicator for long life of male than female, The study conducted by <sup>(6)</sup> found that women percentage was (44.2%) and men (55.8%) compared with the original sample, which strongly agree with the results.

Concerning educational level the great percentage of elderly people are illiterate, which leads us to conclude that educational level and nursing home residency has a reversible relationship<sup>(7)</sup>, stated that the Median age is 68 years and it is equal between men and women almost (60%) of the study sample was illiterate, which agrees with results of the study.

In response of study sample to different quality of life the study indicate are good response in all domain expect Meaningful Activity Domain, and Overall Food Enjoyment Domain.

The study indicate the non-relationship between quality of life domain and demographic characteristic expect age good relationship between age and overall domain quality of life with p-value (0.05).by <sup>(8)</sup> the show no significant relationship between quality of life domain and demographic characteristics.

#### V. CONCLUSION

The study confirms that, old age group is predominantly males with (57 - 73) years, old age residents have no opportunity for better education, and Old age resident's demographic characteristics do not show any relationship to their domain quality of life.

#### VI. RECOMMENDATIONS

Promotion quality of life can be implemented for old age residents, Routine annual quality of life assessment and evaluation can be presented to old age individuals, and A comparative study should be conducted between elderly nursing home residents and community elderly quality of life.

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