

ORIGINAL RESEARCH ARTICLE

A Study on Quality of Life of Elderly Population in Mettupalayam, A Rural Area of Tamilnadu

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Abstract:

Introduction: There are few studies in India dedicated to the wellbeing of elderly and their health problems, in particular to their mental health and their quality of life.

Aim: The aim of this study is to assess the quality of life among the elderly population residing in the rural area of Tamilnadu and also to find out the factors influencing their quality of life.

Material and Methods: All elderly people aged 60years and above residing in Mettupalayam, a rural area in Tamilnadu was involved in the study. With a non response rate of 6.2%, total of 476 elderly person's quality of life was studied using WHOQOL BREF questionnaire. The results were expressed in terms of mean and SE of mean. Student T tests and one way ANOVA were applied to compare the mean scores of different variables under the four domains.

Results: The mean QOL score for all the elderly persons put together was 47.59 ± 14.56 , indicating that on an average, the population as a whole had moderate quality of life. The highest score was for the social relationship domain with mean 56.6 and standard deviation of 19.56 and the lowest was for physical domain with mean score of 45 and standard deviation 11.84.

Key Words: quality of life, elderly, well being, ageing

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