

# THE QUALITY OF LIFE AMONG ELDERLY IN BANG KRABUE COMMUNITY OF BANGKOK METROPOLITAN, THAILAND

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## ABSTRACT

The purposes of the study were to examine and compare the quality of life in the elderly categorized by gender, age, marital status, education level, occupation and income in Bang Krabue community of Bangkok Thailand. The sample group consisted of 120 volunteer elderly people who living in Bang Krabue community of Bangkok Thailand. The data were collected by the questionnaire from WHOQOL-BREF-THAI with 0.65 content validity and alpha cronbach reliability was 0.84 which consisted of four aspect were as follows: physical, psychological, social relationships and environment. The statistics used for data analysis included frequency, percentage, mean, standard deviation, t-test, and One-way ANOVA then used LSD for comparing the difference in pair was found.

The results showed that the majority of the sample were quality of life was at the middle level. When considered in each aspect was found that the score of social relationships was highest, followed by psychological, environment and physical respectively. From the comparison, it was found that the elderly who had different gender had no difference in the quality of life. However, the elderly with different age, marital status, education level, occupation, and income had difference in the quality of life a statistically significant at  $p < 0.05$ . These findings can be applied to the development quality of life of elderly in Bang Krabue community and other communities.

Keywords - Quality of Life, Elderly

## INTRODUCTION

Definition of an older or elderly person means most developed world countries have accepted the chronological age of 65 years as a definition of elderly or older person. At the moment, there is no United Nations standard numerical criterion, but the UN agreed cutoff is 60 years to refer to the older population. [6]

United Nations New York [5] found that Globally, population aged 60 or over is the fastest growing, in the more developed regions, the population aged 60 or over is increasing at 1.0 percent annually before 2050 and 0.11 percent annually from 2050 to 2100; it is expected to increase by 45 percent by the middle of the century, rising from 287 million in 2013 to 417 million in 2050 and to 440 million in 2100. In the less developed regions, the population aged 60 or over is currently increasing at the fastest pace ever, 3.7 percent annually in the period 2010 to 2015 and is projected to increase by 2.9 percent annually before 2050 and 0.9 percent annually from 2050 to 2100; its numbers are expected to rise from 554 million in 2013 to 1.6 billion in 2050 and to 2.5 billion in 2100. Meanwhile, the 2014 survey of the older persons in Thailand found that Thailand has the number and proportion of older people is increasing rapidly from 1994 to 2011. The number of older

people of the country's population were 6.8percent, 9.4percent, 10.7percent and 12.2 percent in the year 1994, 2002, 2007 and 2011 respectively. Number of the elderly accounted for 14.9 percent of the total population (13.8 percent as male and 16.1percent as female)

Quality of life in the elderly means that older people with physical, mental, emotional, social and happy. The economic well-being, disease-free and living a stable life better conditions. Elements of the quality of life in the elderly were as follows: 1) physical, 2) psychological, 3) social relations, 4) Environment 5) security in life. [1]

However, National Statistical Office Ministry of Information and Communication Technology [2] found that the elderly of Thailand in a given annual checkup constantly 35.2 percent in 2002. The increase as a percentage of 52.2 in 2014 from the data thus seen that the elderly were very conscious of health own more than before. But in the meantime to live longer can not imply that there must be good health as well. Because most seniors tend to live longer with the disease and take care of themselves. At the same time the elderly who live alone in the household increased from 3.6 percent in 1994 to 8.7 percent in 2014. 88.9 percent of seniors do not care /self-care. The elderly who have served in the routine daily care, with 11.1 percent and 76.1 percent, mostly female. Consistent with a study on the Depression in the elderly: The unique features related to diagnosis and treatment of Shear K et.al [4] found that old age is a phase in life where there is a greater probability of social disruptions such as bereavement, social isolation, physical disability and cognitive decline, all of which contribute to depression.

Bang Krabue community located in Bangkok Thailand. The Community congestion has been announced as a community established by Bangkok in 1992. People in this community have every age group. Allows people to live as one big family. Those who live in this community, mostly the elderly and preschoolers. Some families of the elderly living alone as some families of the elderly had caregiver. But caregiver must be worked out in the daytime. The researchers is interested to find out the characteristic and level of the quality of life among elderly in community of Bangkok Thailand. As a result, this study was intentionally examine and compare the quality of life among elderly in Bang Krabue community of Bangkok Thailand.

## **OBJECTIVES**

The purposes of the study were to examine and compare the quality of life in the elderly categorized by gender, age, marital status, education level, occupation and income in Bang Krabue community of Bangkok Thailand.

## **METHODOLOGY**

### **Study design**

This study was a quantitative research, which cross-sectional descriptive study for a period of 1 week (June 5-11, 2016).

### **Study population**

The sample group consisted of 120 volunteer elderly people with age  $\geq$  60 years who living in Bang Krabue community of Bangkok Thailand. An accidental sampling procedure was used and they were willing to participate in this study.

### **Data collection procedures**

The data were collected by the questionnaire from WHOQOL-BREF-THAI with 0.65 content validity and alpha cronbach reliability was 0.84 [1]. There were two kinds of questionnaire were perceived objective

and self-report subjective. Which consisted of four aspect were as follows: physical domain, psychological domain, social relationships and environment. The quality of life scores from WHOQOL-BREF-THAI between 26-130 points, which can be interpreted as follows: 1) 26- 60 points indicates low level quality of life, 2) 61 - 95 points represents the middle level quality of life and 3) 96-130 points represents the high level quality of life.

#### Analysis of data Collection

The statistics used for data analysis included frequency, percentage, mean, standard deviation, t-test, and One-way ANOVA then used LSD for comparing the difference in pair was found.

## RESULT

The results showed that general characteristics of majority of the sample, 54.20 percent were female, 56.70 percent as aged from 60 to 69 years old, 36.70 percent as widowed status, 37.50 percent as elementary school graduation, 33.30 percent as the workers, 58.30percent as income 1,000 to 5,000 baht per month and 66.70 percent as lived with the family (Spouse and children) .The majority of the sample were quality of life was at the middle level (Table 1). Consistent with Nuengruethai P. [3] found that in Quality of Life among Elderly in Bangkok Metropolitan Thailand was the most of sample with in moderate quality of life. Overall mean Standard Deviation (SD) score of the quality of life was 0.47. When considered in each aspect was found that the score of social relationships was highest, followed by psychological, environment and physical respectively. From the comparison, it was found that the elderly who had different gender had no difference in the quality of life (Table 3). Consistent with Yaser Khaje-Bishak et al. [7] in Assessing the Quality of Life in Elderly People and Related Factors in Tabriz, Iran. However, the elderly with different age, marital status, education level, occupation, and income had difference in the quality of life a statistically significant at  $p < 0.05$  (Table 2).

**Table 1.** Quality of life of elderly classified by domain (n = 120)

Quality of life Domain	High		Middle		Low	
	N	%	N	%	N	%
<b>Psychological</b>	22	18.30	92	76.70	6	5.00
<b>Environment</b>	11	9.20	102	85.00	7	5.80
<b>Physical</b>	11	9.20	87	72.50	22	18.30
<b>Social relationship</b>	26	21.70	84	70.00	10	8.30
<b>Quality of Life Total</b>	26	21.70	90	75.00	4	3.30

**Table 2.** Compare quality of life of elderly with age, marital status, education level, occupation and income

Quality of life (n = 120)	df	SS	MS	F	p-value
<b>Age</b>					
Between Groups	2	1332.74	666.37	3.26	.042*
Within Groups	117	23867.25	203.99		
Total	119	25199.99			
<b>Marital status</b>					
Between Groups	3	4669.48	1556.44	8.79	.000*
Within Groups	116	20530.51	176.99		
Total	119	25199.99			
<b>Education level</b>					
Between Groups	4	3307.47	826.87	4.34	.003*
Within Groups	115	21892.52	190.37		
Total	119	25199.99			
<b>Occupation</b>					
Between Groups	4	2712.24	678.06	3.47	.010*
Within Groups	115	22487.76	195.55		
Total	119	25199.99			
<b>Income (Baht/Month)</b>					
Between Groups	3	7556.50	2518.83	16.56	.000*
Within Groups	116	17643.49	152.099		
Total	119	25199.99			

\*p&lt; 0.05

**Table 3.** Compare quality of life of elderly with gender

Quality of life (n = 120)	n	$\bar{x}$	SD	t	Sig.
<b>Male</b>	55	85.05	14.07	0.561	0.902
<b>Female</b>	65	83.55	15.02		

\*p&lt;0.05

### CONCLUSIONS

These findings can be applied to the development quality of life of elderly in Bang Krabue community and other communities and may help other researchers to use qualitative research with focus groups or in other programs with the aim of helping people enjoy a better quality of life.

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