Factors Related to Quality of Life in elderly in Urban Area Surakarta Indonesia

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Background

Health problem and poor quality of life are biggest problems which become main focus in elderly, but still be a neglected issues especially in developing countries. The association between quality of life and its related factors among elderly were investigated in this study.

Materials and Methods

This cross sectional study was conducted on 70 elderly in primary health care in Surakarta from June to August 2019. Hearing impairment according to World Health Organization (WHO) was defined as a pure-tone average of the thresholds at 0.5, 1, 2, and 4 kHz > 25 dB Hearing Level for the better ear. Information concerning potential confounders including hypertension ,diabetes mellitus, visual impairment and sleep disorder was obtained by interview. World Health Organization Quality of Life Instruments (WHOQOL-BREF) used to measure QOL, consists of 4 domains , physical health, psychological, social relationships, and environment. Statistical analysis using Eta test and multiple linear regression analysis.

Results

Majority of the participants were male, mostly in 60-64 y.o age group, 47.1% had moderate hearing impairment (mean 46.6 dB).Overall meant score of QOL was found to be average, with the lowest mean score was physical domain and the highest was environment domain. Hypertension and visual impairment were found to be significant factors in physical and social relationship domain of WHOQOL, while only sleep disorder was found to be significant in psychological domain of WHOQOL. Hearing impairment was significantly associated with environment domain of WHOQOL.

Conclusion

Increasing health awareness in elderly by using hearing aid, wearing glasses, control of hypertension and diabetes mellitus also giving intervention to improve sleep disorder will increase quality of life among them.

References