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Quality of life between senior citizens of selected old age homes and own residence in selected districts of Koshi Zone, Nepal

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Background: Quality of life (QOL) of elderly people is becoming even more relevant with demographic shift happening towards an ageing society. With fast changing family condition and social contexts, lives of elderly people in Nepal have been changing dramatically. The old age homes have sprung up to cater to the needs of the elderly from different socio-economic backgrounds.

Aim: The present study aimed to compare the quality of life between senior citizens residing in selected old age homes and their own residence.

Materials and Methods: A comparative cross-sectional study was conducted among 60 senior citizens residing in selected old age homes and 60 senior citizens residing in their own residence of selected districts of Koshi Zone. Data was collected using interview schedule through pretested semi-structured and standard WHOQOL-OLD questionnaires. Data were analyzed using mean, standard deviation, chi-square and independent t-test.

Results: Majority (23.33%) of respondents were from the age group (65-69) and (75-79) and more than half (55%) of them were female. Majority (60%) of the respondents residing in the old age homes had low QOL level whereas more than half (58.33%) residing in their own residence had high QOL level. Quality of life level was found to be significantly associated with sex, educational status of the respondents, being bread winner of the family and Activities of Daily Living (ADL) scores of the respondents.

Conclusion: A significant difference was found between quality of life scores and type of residence.

Biography

Sharmila Shrestha is the Assistant Professor, College of Nursing, B.P. Koirala Institute of Health Sciences, Nepal. She is also the Co-ordinator of the Certificate Nursing Programme.

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