Factors Associated with Quality of Life Among Older People in Muang District, Phayao, Thailand

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Abstract-**Background-This descriptive research aimed at identifying factors associated to the QoL among older people residing in Muang district, Phayao province, Thailand. 388 older people were recruited by the multistage random sampling. Interviewing questionnaires were used to collect the data. Data were analyzed using descriptive statistic and Chi-Square. The research revealed that over a half (61.60%) were female, their average age were 69.54 (SD.=7.17). Most of them (98.97%) had high level of ADL. 50.26% of them had a good mental health status. Their overall QoL was in high level. When considered in its components, it was found that the QoL in physical and social relationship domains was within moderate level, while one in the psychological and environmental domain was within high level. Predisposing factors; ADL, mental health, adequacy of income were significant positively correlated with QoL (r= .12, r= .66, r= .10, p-value= 0.05), and congenital disease was significant negatively correlated with QoL (r= -.10, p-value= 0.05). Reinforcing factors; home environmental management and family relationship showed a significant positive correlation to QoL (r= .10, r= .10, p-value= 0.05). Researcher suggests that health care providers should emphasize more on enabling factors for the elderly group in order to promote them to be healthy elderly.**

Keywords: quality of life, older people, Phayao province, Thailand

I. INTRODUCTION

The current situation of the elderly is rising steadily around the world. The data from the World Health Organization reported that the elderly population is likely to increase 2 times from 12 percent in 2015 to 22 percent in 2050. In 2020, it is predicted that the elderly population will increase to a greater number than the population of children under 5 years [1].

Good health is a goal for the elderly to live happily, and they can survive independently. Moreover, old people are frequently faced with the problem of chronic illness [2]. Factors related to the quality of life of older people should be clarified in order to help them in preventing serious illness and as they may affect their quality of life. Therefore, the research team are interested to study factors related to quality of life of older people in Muang Phayao by using the concept of PRECEDE- PROCEED Model [3]

II. METHOD

This descriptive research aimed at identifying factors associated to the QoL among older people residing in Muang district, Phayao province, Thailand. Three hundred and eighty eight older people were recruited by the multistage random sampling. Data were collected from August to September 2019. The research instruments composed of eight parts; demographic data, WHOQOL_BREF_ THAI, Activity of Daily Living (ADL) and Thai Mental Health Indicator-15 (TMHI-15) [4] accessibility to health care services as well as family relationship, environment of home and social support. Its IOC was between .89 and 1.00 and its reliability was between .80 and .90. Data were analyzed using descriptive statistics and Chi-Square.

III. RESULT AND DISCUSSION

The research revealed that over a half of the respondents (61.60%) were female, their average age were 69.54 (SD.=7.17), 65.47% were married and 66.49% finished primary school as shown in Table 1.

TABLE 1. THE NUMBER AND PERCENTAGE OF
PARTICIPANTS DEMOGRAPHIC DATA (N = 388)

No	Characteristics	Category	No.	%
1	Sex	Male	194	38.40
		Female	239	61.60
2	Age	60-69 years old	231	59.54
		70-79 years old	106	27.32
		> 79 years old	51	13.14
		Total	388	100.0
3	Status	Single	24	6.18
		Married	254	65.47
		Widow	104	26.80
		Divorce	6	1.55
		Total	388	100.0
4	Education	No study	114	29.38
		Primary	258	66.49
		High	15	3.87
		Bachelor	1	0.26
		Total	388	100.0

Most of them (98.97%) had high level of Activities of Daily Living (ADL) (Table 2) and a half (50.26%) of them had good mental health status (Table 3). It was consistent with the research by [5] which reported that the elderly had a good level of mental health status and the quality of life of the elderly was in the normal level.

TABLE 2. THE NUMBER AND PERCENTAGE OF ELDERLY
ACCORDING TO THEIR ACTIVITIES OF DAILY LIVING (ADL)
(N = 388).

ADL level	Rang	F	%
Cannot help themselves	0-4	3	0.77
Can help themself only a little	5-11	1	0.26
Can help themselves well	12-21	384	98.97

TABLE 3. THE NUMBER AND PERCENTAGE OF THE OF
ELDERLY ACCORDING TO MENTAL HEALTH STATUS (N =
388).

Mental health level	rang	F	%
Low	<43	60	15.46
Moderate	44-50	133	34.28
Good	51-60	195	50.26

Their overall QoL was in high level. When considered in its components it was found that the QoL in physical and social relationships domain was within moderate level, while one in psychological and environmental domain was within high level. It was consistent with the research by [6] which reported that the quality of life of the elderly was in high level. In addition, [7] reported that the quality of life of older people in Surat Thani Province, southern Thailand was in good level. It was also consistent with study in other countries which showed that the quality of life of elderly in United States was in high-level [5]. However,

it was slightly difference with the previous studies by Muthitha (2015) and [6] who reported that the quality of life of the elderly were at moderate level.

TABLE 4. NUMBER AND PERCENT OF OVERALL QOL
LEVEL, AND ITS COMPONENTS: PHYSICAL,
PSYCHOLOGICAL, SOCIAL, AND ENVIRONMENTAL
RELATIONSHIPS (N= 388).

Domains of QOL	QOL level					
	low		middle		High	
	No.	%	No.	%	No.	%
Physical	1	0,26	229	59,02	158	40,72
psychological	1	0,26	146	37,63	241	62,11
social relationships	14	3,61	245	63,14	129	33,25
environmental	1	0,26	112	28,87	275	70,89
overall QoL	1	0,26	117	30,15	270	69,59

Predisposing factors; ADL, mental health, adequacy of income showed a significant positive correlation with QoL (r= .12, r= .66, r= .10, p-value< 0.05), and congenital disease (Diabetes Mellitus) had a significant negative correlation with QoL (r= -.10, p-value= 0.05). Reinforcing factors; home environmental management and family relationship had a significant positive correlation to QoL (r= .10, r= .10, p-value< 0.05). However, there was no correlation between Enabling factors and QoL as shown in Table 5. Research suggests that health care providers should emphasize more on enabling factors for the elderly group in order to promote them to be healthy elderly.

TABLE 5. FACTORS RELATED TO THE QUALITY OF LIFE OF
OLDER PEOPLE IN MUANG PHAYAO (N = 388)

Factors related	QoL	
	r	p
Predisposing factors		
ADL	0.12	0.01*
Mental health	0.66	0.00*
Adequacy of income	0.10	0.04*
Congenital disease (Diabetes Mellitus)	-0.10	0.03*
Reinforcing factors		
Home environmental management	0. 10	0.04*
family relationship	0.10	0.03*
Enabling factors		
Service	0.01	0.74
Distances to access health services	-0.06	0.22
The cost of access health services	-0.06	0.19

* statistic significant p value < 0,05

V. CONCLUSION

Elderly people in Phayao province had high level of quality of life especially for the ability to do basic activities of daily living, mental health, adequacy of income, home environment, and family relationships.

Therefore, nurses should focus on these issues in order to promote the quality of life of older people for the better health in the future.

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