



Quality of Life in Elderly with Chronic Diseases

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Abstract. The health status of the elderly is not only related to physical condition, but also psychological condition, social activity and quality of life. One of the components that determine the quality of life of the elderly is physical health problems experienced in the long term or chronic. This study aims to describe the quality of life of the elderly with chronic diseases. This study used a descriptive research design with a cross sectional design. The research sample consisted of 84 elderly using proportional random sampling technique. Data collection uses the WHOQOL-OLD quality of life instrument. The results of this study indicate that the majority of elderly suffer from chronic hypertension as many as 43 elderly (52.2%). The quality of life of the majority of the elderly is in the poor category of 65 elderly (77.4%). This study recommends that people with chronic diseases pay attention to their psychological conditions so that they are able to think positively with the aim of improving their quality of life. Families are also expected to be able to support and motivate the elderly to recover from their chronic illnesses.

Keywords: Quality of Life · Chronic Disease · Elderly

1 Introduction

Chronic disease is a type of degenerative disease that develops over a long period of time, which is more than six months. People with chronic illnesses tend to have high levels of anxiety and tend to experience feelings of hopelessness and helplessness because various medications don't help them recover from chronic illnesses. The pain will interfere with daily activities, goals in life, and sleep quality (Affleck et al., in Sarafino 2016).

Elderly starting at 60 years old. Decreased body function in the elderly can be at risk for chronic diseases such as diabetes mellitus, hypertension, cerebrovascular disease, osteoarthritis, musculoskeletal disease, and lung disease. Issues covering quality of life are very broad and complex including physical health problems, psychological status, level of freedom, social relationships (WHO, 2012).

This research was conducted in the Working Area of the Batunadua Health Center, Padangsidempuan City, Indonesia. Preliminary studies found that the number of elderly people with chronic diseases from 2018–2020 was 1,238 people (Puskesmas Batunadua, 2020). Research by Sarach, et al., (2015) stated that the health status of the elderly must be assessed thoroughly, not only with regard to their physical condition, but also their

emotional condition, social activity, and quality of life. Research conducted by Suryani, et al., (2016) states that there is a relationship between anxiety levels and quality of life for the elderly at the Wredha Darma Bhakti Pajang Nursing Home, Surakarta, Indonesia. The results of this study are in accordance with the research of Setyaningsih, et al., (2017) which states that the more severe the level of anxiety, the lower the quality of life for the elderly.

Chronic disease is a disease that causes sufferers to experience disability and takes a long time in the process of treatment and healing (Lukbin & Larsen, 2013). According to research by Rohmah, et al., (2012) that psychological factors are the highest factors that are closely related to quality of life in the elderly. Components in determining the quality of life of the elderly can be determined by the psychological problems experienced by the elderly.

Research by Khairani, et al., (2012) shows that the elderly who experience anxiety have less quality of life, because they feel anxious about their death. The condition of the elderly still requires improvement in their physical and psychological health. If this can be improved, a prosperous quality of life for the elderly will be achieved (Sari & Susanti, 2017). The results of research conducted by Parshad and Tufail (2014) show that the factors of the level of independence, physical and psychological conditions (depression and anxiety), social activity, social interaction, and family functioning are some of the factors that influence a person's quality of life.

2 Method

This type of research is a quantitative research with a descriptive research design and cross sectional design. The population in this study were 524 elderly with a sample of 84 respondents. The sampling technique uses proportional random sampling. This research was conducted in the Working Area of the Batunadua Health Center, Padang Sidempuan City, Indonesia. The research instrument used the WHOQOL-OLD (World Organization Quality of Life-OLD) questionnaire. The results of the study are presented in the form of a frequency distribution of the characteristics of the respondents and the quality of life of the elderly with chronic diseases.

3 Results

Based on the data analysis, the results of the respondents' characteristics are as follows (Table 1):

The results of the frequency distribution of the quality of life of the elderly with chronic diseases are (Table 2):

4 Discussion

Based on Characteristics respondent by gender the majority of female respondents are 83.3%. Could concluded that in region the age hope life elderly women are taller than

Table 1. Characteristics of elderly with chronic disease.

Variables	Frequency	Percentage
Gender		
Male	70	83.3%
Female	14	16.7%
Age (years)		
60–70	34	40.5
71–80	32	38.1
81–90	14	16.7
>91	4	4.8
Education Level		
Higher education	77	91.7
Low education	7	8.3
Employment		
Not working	56	66.7
Private	22	26.2
Retired	6	7.1
Marital Status		
Married	63	75.0
Widow/Widower	21	25
Chronic diseases		
Hypertension	43	52.2
Diabetes Mellitus	27	32.1
Rheumatoid Arthritis	5	6.0
Stroke	5	6.0
Asthma	3	3.6
Heart Disease	1	1.2
Total	84	100%

Table 2. Quality of Life in elderly with chronic diseases

Quality Life	Frequency	Percentage
Good	19	22.6
Poor	65	77.4
Total	84	100%

age hope life man. Statement the in accordance with statement by *Bain et al.* (2004), show that age hope women's lives are higher than age hope men's life.

Based on the distribution of respondents' characteristics, the majority of respondents aged 60-70 years were 34 people (40.5%). The natural process of increasing age is usually accompanied by changes in various conditions such as, a decrease in physical, social and psychological conditions, from these conditions will cause general health problems or mental health problems in the elderly (Suryani, 2016). According to Suadirman (2011), that the age of more than 60 years is the final stage of aging which is usually faced with economic, social, and health problems including psychological. The cause of psychological disorders in the elderly is the onset of various kinds of chronic diseases. Chronic diseases appear at the age of over 60 years and experience a decrease in quality of life (Yeni & Arwana, 2011).

The majority respondent educated low education level as much as 61 people (72.6%). Study Ardiani *et al.* (2014) state that if somebody has a higher education, it will be easier to understand health problem and utilization health facility. Equal with study by Sharly *et al.* (2015), showed that level education will be impacted on quality of life.

Based on characteristics respondent based on employment majority respondent not working as much 56 person (66.7%). People who do not work tend to experience loneliness and emptiness, due to loss of social contact which causes various kinds of chronic diseases that affect the quality of life in the elderly (Azizah, 2011). Novitri's research (2019) states that there are differences in the quality of life between the elderly who do not work and the elderly who work. The results of this study are in line with research by Wahl *et al.*, (2004) that employment status is related to the quality of life of both female and male.

The majority of marital status were married as many as 63 people (75.0%). According to Novitri's research (2019) said that there are differences in the quality of life of the elderly among married, divorced and not married. Chronic Diseases experienced by the majority of respondents were Hypertension as many as 43 people (51.2%). According to Sarach *et al.*, (2015), said that chronic diseases greatly affect the quality of life of the elderly. Most of the elderly who have chronic diseases will have a negative impact on their quality of life and even be accompanied by anxiety which causes a decrease in the quality of life for the elderly.

The results showed that the quality of life of the elderly was poor, as many as 65 people (77.4%). According to Mons *et al.*, (2004), factors that can affect the quality of life of the elderly including gender, age, education, occupation, marital status and health. Researchers found that one third of the elderly population in the Working Area of the Batunadua Health Center suffer from chronic diseases. Chronic diseases experienced by the elderly, including: hypertension, diabetes mellitus, asthma, rheumatoid arthritis, and heart disease.

Chronic diseases experienced by the elderly can cause disruption to activities and daily life which affect the quality of life and have an impact on the welfare of the elderly (Mega, 2013). This is in line with Dewi's research (2012) which stated that elderly people with chronic diseases, such as normotension and hypertension, experience disturbances in their quality of life, so that the average quality of life for elderly people with chronic diseases is moderate, even poor.

5 Conclusion and Suggestion

Based on the results of the study it was found that most of the respondents were female, aged 60-70 years, had a low level of education, almost all of the respondents did not work, and had hypertension. The quality of life of the majority of the elderly was in the poor category. The results of this study are expected to become basic data for further research to be able to explore the factors that affect the quality of life for the elderly with chronic diseases.

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