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Quality of life of retired elderly across living with children, spouse, and alone

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Abstract

The aim of the present investigation was to study the quality of life of elderly who living with their children, spouse, as well as alone.

Method: The study was conducted on a purposive random sampling of 120 third age people were selected from Lucknow city. The investigator implied who lived with children, spouse, and alone. Descriptive study was used. (OPQOL-35) "Older People's Quality of Life" Questionnaire (scale) which are prepared by A Bowling, was also used as a tool to measure the quality of life, This scale is consist of 35 questions. The data obtained was subjected to statistical analyzed using χ^2 Test by using SPSS (version 20).

Result: The finding of the study revealed that exist no significant difference belonging to place of living with their children, spouse and alone towards quality of life of retired third age people.

Keywords: Third age people, quality of life, ageing, effect of retirement

Introduction

Third age is the period of old age and it's begins at the age of sixty. During this stage most individual lose their jobs because they retire from active service.

Third age comprises a diverse group of individuals-

The young old (60-69)

The middle age (70-79)

The old Old (80-89)

The very old (90+years)

With advancing age certain inevitable and universal changes such as chemical changes in cells or gradual loss of adoptive reserve capacity takes place. There are also cognitive, physical, mental health decline.

The act of ending work or professional career is known as retirement. A useful way to view retirement is as a complex process by which people withdraw from full-time participation in an occupation.

Retirement faces many stages such as honeymoon stage, reorientation stage, termination, as well as stability stage also.

The quality of life is prescribed by the "person or group reaches beyond physical health, necessitating a broad and complex analysis considering factor such as socio-economic level, emotional status, social interaction, intellectual activity, cultural value, lifestyle, employment or daily activities satisfactions and the living environment".

In the third age, people have more impact of retirement on their quality of life.

Review literature

Maryam Seraji, Davoud Shojaeizadeh, Farideh *et al.* (2017) has conducted research on quality of life of elderly residing in Zehadan considered as a comprehensive health issue. This paper aimed to study the quality of life of the elderly residing in Zahedan. The study was regarding the increasing number of elderly people and the effect of socio-environmental factors on their health. Descriptive and correlational study were used. The sample included 117 elderly people recruited by population-based cluster random sampling.

Data was collected by Quality of Life questionnaire (SF-36) and analyzed by Pearson correlation coefficient, ANOVA, and t-test using SPSS software. Result was Quality of life of women was significantly lower than men. Quality of life scores were associated with marital

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status so widowed individuals gained less score than married or single individuals but the quality of life showed no significant relationship with other demographic variables such as age and educational level ($P>0.05$). Charles (2004), Coe Zamaro (2011), Insler (2014) *et al.* has conducted a study as representative paper, to identify the effect of retirement on health. Most of the studies apply unique identification strategies such as-instrumental variable method, regression discontinuity or fixed effect method. There, is however, no unifying view about the impact of retirement on health.

Objective

To study about the quality of life of retired people who living with children, spouse and alone.

Method

The research design was descriptive in nature. The data was collected through questionnaire schedule. A letter of introduction describing the study was given and written informed consent was obtained from all the participants before interviewed questioning with the (QPQOL-35) “Older People’s Quality of Life” Questionnaire. This scale consist of 35 items and scores 1 to 5 (higher score point to better quality of life.

Statistical analysis was performed using the statistical package SPSS 20 for Windows. Results are given as mean value and proportion. Differences in sample means were tested by Student’s t-test (to compare means of the two groups) and ANOVA (to test differences between more than two groups). The level of statistical significance was set at $p<0.05$.

Result

Table 1: Distribution of respondent according to place of living

place of living of respondent	Gender of respondent		Total 120 N (%)
	Male 60 N (%)	Female 60 N (%)	
children	51 (85)	50 (83.3)	101 (84.1)
only spouse	9 (15)	4 (6.6)	13 (10.8)
alone	0 (0)	6 (10)	6 (5)

The data in the above table showed that 85 percent male respondents and 83.3 percent female respondent, total 84.1 percent respondents were belonging to living with children, 15 percent male respondents and 6 percent female respondents, total 10.8 percent respondents were belonging to living with only spouse, and 10 percent only female respondents, total 5 percent respondents were belonging to living alone.

Table 2: Distribution of respondents on the basis of score obtained on quality of life according to place of living of respondents

S. No	Quality of Life Score	Children (%)	Only Spouse (%)	Alone (%)	Total (%)
1	35-63 (Verybad)	(20.7)	(15.3)	(6)	(48)
2	64 – 90 (Bad)	(6.9)	(7.6)	-	(19)
3	91 – 117 (Alright)	(22.7)	(7.6)	-	(46)
4	118 – 144 (Good)	(24.7)	(46.1)	(33)	(32.6)
5	145 – 175 (Very Good)	(24.7)	(23.0)	0	(23)

The above table showed that 20.7 percent respondents living with children and 15.3 percent respondents living with only spouse and 6 percent respondent were living alone were having very bad quality of life total 48 percent respondent

were having very bad quality of life and 6.9 percent respondents were living with children,7.6 percent respondents living with only spouse not were any percent respondents living alone were having bad quality of life, total 19 percent respondents were having bad quality of life, 22.7 percent respondents were living with children and 7.6 percent respondents belonging to 8 percent respondents were living with only spouse not any respondents were living alone, were having alright quality of life total 55 percent respondents were having alright quality of life after retirement, 24.7 percent respondents living with children and 46 percent respondents living with only spouse 33 percent of respondent were living alone were having good quality of life, total 32.6 percent respondents were having good quality of life. 24.7 percent respondents living with children and 23 percent respondents living with only spouse, not any percent of respondents who living alone were having very good quality of life total 23 percent respondents were having very good quality of life.

Table 3: χ^2 values between place of living and quality of life

Variable	Mean	d. f.	Value	Level of Significant	Conclusion
Place of living Quality of life					
Children	9 (15.0%)	60	67.9	.225	NS
Only spouse	1(1.6%)				
Alone	1(1.6%)				

Conclusion

Results of this study showed that quality of life of the retired elderly who lived with spouse was very good than who lived alone. It was also seen that the quality of life was very bad who living with his/her children especially in elderly women therefore it is essential that more attention and care be paid to this group of the society.

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