The study of relationship between life style and quality of life among the west Tehran elderly, 2011

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Abstract

**Background & Aim:** Factors such as declining birth rates and the progress that occurred in the treatment of chronic diseases has led to changes in population structure and aging of the population, which is occurring throughout the world. Therefore, it is extremely important to consider the quality of life of elders.

In addition, lifestyle factors affecting health and health is the foundation of quality of life. The aim of this study was to determine the relationship between lifestyle and quality of life in the elderly.

**Method:** In this cross-sectional correlation study, 190 individuals 60 years and older living in West Tehran participated. With Multi-stage sampling, the data were collected using personal data form, elderly lifestyle questionnaire with dimensions of (physical activity and exercise, prevention, nutrition, stress management, interpersonal and social relations) and quality of life questionnaire (SF36) was used. Data were analyzed by SPSS 16 at a significant level of p<0.05 and then processed using descriptive statistics, independent t-test, ANOVA, Pearson, correlation test, and regression analysis.

**Results:** The mean age of subjects was 68.91% were men 72.6%. Most of subjects (%68.4) had adverse lifestyle. Lifestyle variables including age, marital status, education level had significant correlation. But the sex variable was not significant. Average quality of life for elders was 52.64±7.83. Quality of life with age, education level, marital status had significant association. Quality of life of men, women, individuals with higher education had a better quality of life and quality of life of elderly married was higher than other. Pearson correlation test showed a positive lifestyle is associated with quality of life (R = 0.2, p=0.004). Also, regression analysis, showed that lifestyle and quality of life of everyone associated with the elderly were being married. Furthermore, the physical activity of lifestyle dimension was the most correlation with quality of life.

**Conclusion:** According to the findings, elders quality of life of in this study was moderate. Attention to factors affecting quality of life is important.

Since lifestyle is positively associated with the quality of life trying to improve it should be a priority in elders care.

**Key words:** Lifestyle, Quality of life, elders