FACTORS ASSOCIATED WITH THE QUALITY OF LIFE AMONG THE ELDERLY

Anik Lestari¹⁾, Bhisma Murti²⁾, Sapja Anantanyu¹⁾, Diffah Hanim³⁾

¹⁾Doctoral Program in Health Promotion and Community Development,
Sebelas Maret University

²⁾Masters Program in Public Health, Sebelas Maret University

³⁾Masters Program in Nutrition, Sebelas Maret University

ABSTRACT

Background: Most countries in the world have successfully prolong life expectancy of their populations. However, the quality of life may be decreasing with increasing age. This study aimed to investigate factors associated with the quality of life of the elderly.

Subjects and Method: This was a cross sectional study carried out in Surakarta, Sragen, Karanganyar, and Klaten, in Central Java, from January to March 2017. A total of 224 elderlies were selected for this study. The dependent variable was quality of life. The independent variables were age, education, income, behavior, locus of control, family support, peer support, and social support. Data were collected by questionnaire and analyzed by path analysis.

Results: Quality of life among the elderly showed positive association with education $\geq$ SMA ($b = 0.43$; $SE = 0.43$; $p = 0.668$), income $\geq$ Rp 876,420 ($b = 0.92$; $SE < 0.001$; $p = 0.357$), positive behavior ($b = 2.07$; $SE = 0.18$; $p = 0.039$), and peer support ($b = 7.35$; $SE = 0.22$; $p < 0.001$). Quality of life among the elderly showed negative association with age ($b = -1.06$; $SE = 0.05$; $p = 0.290$) and external locus of control ($b = -1.07$; $SE = 0.25$; $p = 0.284$).

Conclusion: Quality of life among the elderly increases with higher education $\geq$ SMA, higher income, positive behavior, and peer support. Quality of life decreases with increasing age and external locus of control.

Keywords: quality of life, age, education, income, peer support, locus of control, elderly

Correspondence: Anik Lestari. Doctoral Program in Health Promotion and Community Development, Sebelas Maret University, Jl. Ir. Sutami 36A, Surakarta, Central Java. Email: leslietarinick@yahoo.com