A SYSTEMATIC REVIEW ON THE DETERMINANTS OF THE QUALITY OF LIFE AMONG THE ELDERLY WITH DEPRESSION

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ABSTRACT

Background: Worldwide, the number of people aged 65 or older is projected to grow from an estimated 524 million in 2010 to nearly 1.5 billion in 2050, with most of the increase in developing countries. Most of the elderly faced medical and psychosocial problems that will affect their quality of life. This study aimed to review systematically on the determinants of the quality of life among the elderly with depression.

Subjects and Method: A systematic review was conducted by searching journal articles published in January 2015 to December 2018. A total of 25 eligible studies were extracted from 993 articles. The articles were obtained from 5 databases: EBSCO, Proquest, Science Direct, Willey Library Online, Scopus, and Gray literature in Indonesia.

Results: The determinants of the quality of life among the elderly people with depression included traumatic experience, life change, religious belief, satisfaction with life, history of chronic disease, and self-care inability. Elderly with depression who lived with family at home had a better quality of life than those who lived in the nursing home.

Conclusion: Traumatic experience, life change, religious belief, satisfaction with life, history of chronic disease, and self-care inability are associated with the quality of life among elderly with depression.

Keywords: elderly, depression, quality of life

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