

Impact of living Arrangement and Social Networking sites on Elderly's Quality of life



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SUMMARY & CONCLUSION

Today life expectancy has been increased and death can be delayed through improved medical technologies. But with longevity, individuals are at risk from a number of ageing related diseases and disabilities. The quality of life in the elderly can be greatly improved and life can be prolonged by the intelligent use of various resources in the individual as well as in the environment. Hence it is very essential to understand the psychological, social, spiritual and physiological changes that occur due to ageing for the provision of holistic care to the elderly. Longer life is a benefit to individual and the community only if at the same time quality of life can be assured. The quality of life of older people is a value and cross-section theme that goes beyond the boundaries of administrative powers and levels. It requires a comprehensive and integrated approach and cooperation across sectors of society. It requires creating strategic partnership between the Government and local government aimed at fulfilling the commitment to enhance the quality of life of older persons. Population ageing and quality of life of older persons are issues that concern us all.

Impact of living status was found to be very prominent in assessing the QOL. The QOL of elderly living with families was found to be better than elderly living alone and living in old age homes. The trauma faced by the elderly living in old age homes may be the major reason for their low quality of life. Elderly living with families have people to share their joy and sorrow, which make their quality of life better than others. Loneliness is the prime factor of stress among elderly in this industrialized and globalised world. To cater to this an intervention was planned, to make their life busy through social networking and independent through online sites. Elderly, after intervention were very happy and busy and an improved QOL was observed and the elderly living alone scored high, after intervention and this may be because of availability of time in comparison to elderly living with families.

The younger generations are busy in their own competitive world leaving behind the elderly leading to many psychological hazards. These psychological hazards may be minimized by making them independent and the present research is evidence, where networking and online sites are proved to be the best tools for improved Quality of Life.

The present study entitled “Impact of Living Arrangement and Social Networking Sites on Elderly’s Quality of Life” focusing on overall quality of life of elderly in specific domains (physical, health, emotional, social, financial, psychological, spiritual and recreational) of elderly living alone, living with families and living in the old age homes across the gender was undertaken with the following objectives: 1) to prepare and standardize a scale to measure quality of life of elderly, 2) to determine the effect of independent variables on various domains of quality of life, 3) to study the impact of living arrangement on elderly’s quality of life, 4) to assess the knowledge of elderly in operating social networking sites, 5) to implement an intervention programme comprising of various modules of knowledge and usage of social networking sites on a selected group, 6) to determine the impact of intervention on the quality of life of elderly, and 7) to compare the difference in quality of life of elderly before and after intervention.

The aim of the present study was to study the interplay of various factors affecting quality of life of the elderly and computing a quality of life scale for the elderly population. The study has been completed in five chapters. The introduction has been presented in first chapter. Chapter two dealt with review of literature. Methodology has been presented in chapter third. Chapter four dealt with analysis of primary data. This is the last chapter of the thesis, which provides summary and conclusion of the research. Blow, summary has been presented chapter wise.

In Chapter 1, the introduction of the study, its objectives, research problems, sources of data have been outlined. This chapter begins with a short background of the concept of aging, concept of QOL, concept of the elderly population, specific problems and general problems. Hypotheses are also framed under this chapter. Objectives of the study are highlighted along with the sources of data, research questions method for achieving the answer of the problem.

Chapter 2 dealt with major studies related to quality of life and the elderly population. The review of literature indicates the fact that there is an urgent need to study the quality of life of elderly population. This study is an attempt to fill this gap and bring the concept of the quality of life in the study of elderly population. The literature confirms that there are various opinions among scholars in defining the terms quality of life. The term and factors of QOL is dynamic and keeps on changing as per the need of the study. The concept of ageing process and definition of the elderly population is however static. Elderly in India is defined as persons over and above age sixty. There are demographic, social, health, and economic

aspects of the elderly on which number of research has been undertaken both at the international and the national level.

Chapter 3 dealt with methodology, which provides a short introduction of the research methods, sampling procedure, tools and techniques, study area and sample selection in detail. It helps in preparing a framework for the further study. The detailed list of factors that have been used in this study is also presented in the chapter. Composition of elderly population on the basis of their sex, age, living arrangement and types of city, have been discussed in this chapter.

In chapter 4, results and discussion has been discussed in detail. Various factors related to physical, health, social, emotional, financial, psychological, spiritual and recreational, which has its impact on the quality of life of elderly people. Frequency distribution was used to calculate the percentage of the elderly according to the variables. Domains of quality of life were assessed using t test and analysis of variance (ANOVA). Correlation statistics was used to see the relationship between various variables and regression statistics was used to see the impact of independent variables on dependent variables.

5.1 TESTING OF HYPOTHESES OF THE STUDY

Following are the theoretical framework and model of hypotheses. In the present study 16 hypotheses are framed.

H₀1: There is no significant effect of city on elderly's quality of life.

The present null hypothesis is rejected it was proved from the table no. 4.5 that there is a significant effect of city on elderly's quality of life.

H₀2: There is no significant effect of age on elderly's quality of life.

It was observed from the table no. 4.6 that there is a significant effect of age on quality of life hence the null hypothesis is rejected and simultaneously proven.

H₀3: There is no significant effect of gender on elderly's quality of life.

It was proven from the table no. 4.7 that there is a significant effect of gender on elderly's quality of life. The null hypothesis is rejected and it is proved.

H₀4: There is no significant effect of living arrangement on elderly's quality of life.

It was observed from the table no. 4.8 that there is a significant effect of living arrangement on quality of life hence the null hypothesis is rejected and simultaneously proven.

H₀5: There is no significant effect of type of city status on quality of life of elderly before and after intervention.

The present null hypothesis is rejected it was proved from the table no.4.32 that there is a significant effect of city on elderly's quality of life before and after intervention.

H₀6: There is no significant effect of age on quality of life of elderly before and after intervention.

It was observed from the table no. 4.33 that there is a significant effect of age on quality of life of elderly before and after intervention. Hence the null hypothesis is rejected and simultaneously proven.

H₀7: There is no significant effect of gender on quality of life of elderly before and after intervention.

It was observed from the table no. 4.34 that there is a significant effect of gender on quality of life of elderly before and after intervention. Hence the null hypothesis is rejected and simultaneously proven.

H₀8: There is no significant effect of living arrangement on quality of life of elderly before and after intervention.

It was observed from the table no. 4.35 that there is a significant effect of living arrangement on quality of life of elderly before and after intervention, hence the null hypothesis is rejected and simultaneously proven.

5.2 MAJOR FINDINGS OF THE RESEARCH

5.2.1 STANDARDIZATION OF SCALE

In the first phase, a questionnaire was developed, standardization was done with the help of reliability and validity, which was assessed using test retest reliability method, and validity was also assessed using correlation statistics

- The validity of various items across all the eight domains was conducted through item analysis. The factor loading for each statement was done through correlation. It is evident that a highly significant score for all the statements across domains was obtained.
- The reliability of the scale has been calculated by test retest method. The reliability index was ascertained by test-retest method. The 'r' value (coefficient of correlation) was calculated to be 0.996 is highly significant at 0.01 level. The internal consistency of all the domains was also calculated. Consistency and relevancy of the domains was assessed. It was revealed from the results that correlation value of all domains is higher than 0.75 which indicated that all domains have highly significant correlation.

5.2.2 LIVING ARRANGEMENT AND QUALITY OF LIFE

- A significant association between living arrangement and quality of life was observed for almost all the domains.
- There is significant difference in physical well being among elderly with varied living arrangements, i.e. elderly living alone, elderly living with the families and elderly living in the old age homes, it may be seen that the physical well being was better those living alone, followed by elderly living with family. The physical well being was found to be less among elderly living in old age homes.
- Significant difference was observed in health well being among elderly with different living arrangements, it may be seen that the health well being was better those living with the families followed by elderly living alone. The health well being was found to be less among elderly living in old age homes, may be due to the reason that there was no close companion, who take care of them.
- There was found to be a significant difference in emotional well being among elderly with varied living status, it may be seen that the emotional well being was better among those living alone followed by elderly living with the families. The emotional well being was found to be less among elderly living in old age homes.
- There is significant difference in social well being among elderly with varied living status, it may be seen that the social well being was better among those living with the family followed by elderly living alone. The social well being was found to be less among elderly living in old age homes.
- There is significant difference in financial well being among elderly with varied living status, it may be observed that the financial well being was equal among both those

living with the family and living alone. The financial well being was found to be less among elderly living in old age homes.

- There is significant difference in psychological well being among elderly with varied living status, it may be seen that the psychological well being was better among those living with the family followed by elderly living alone. The psychological well being was found to be less among elderly living in old age homes.
- No significant differences was found in spiritual well being among elderly with varied living status, it may be seen that the spiritual well being of elderly was better among those living alone, followed by elderly living with family. The spiritual well being was found to be less among elderly living in old age homes.
- It is evident that the recreational well being of the elderly living alone was better followed by the elderly living in old age homes and living with families.

5.2.3 CORRELATION WITH INDEPENDENT VARIABLES AND VARIOUS DOMAINS OF QUALITY OF LIFE

- A significant impact of age on various domains of quality of life was observed. It was revealed from the results that as age increases, quality of life decreases by itself.
- Strong correlation was found among elderly living alone and various domains of quality of life. All domains are positively correlated with each other except spiritual and financial well being.
- A significant impact of living arrangement was observed on quality of life of elderly. Elderly, who lived with the family possess moderate correlation between social and psychological, financial and psychological, financial and QOL, psychological and recreational, psychological and QOL and recreational and QOL scores was observed.
- A strong positive correlation ($r > 0.7$) between financial and psychological domains and financial and entire QOL scores was observed. A moderate positive correlation between emotional and psychological, financial and recreational, psychological and recreational, psychological and QOL and recreational and QOL scores was observed.
- A significant impact of various independent variables was assessed and it was observed that educational status, income and gender had a greater impact on elderly's quality of life

- The coefficient table depicts that educational status, and income were significantly influences the quality of life as its standardized coefficient were higher as 0.371, 0.37 influences positively to quality of life, whereas standardized coefficient for living arrangement was also high, -0.117, the negative sign shows that it influence negatively to quality of life, whereas its variance explanation power is 9.51, 20.1 and -3.39 respectively

5.2.4 QUALITY OF LIFE WITH VARIOUS DEMOGRAPHIC VARIABLES

- A highly significant difference among all the domains of the quality of life across age groups except spiritual well being. Physical well being and health well being were observed to be better for elderly aged 60-70 years compared to other age group.
- A significant difference in QOL across the gender was observed for all the domains except psychological well being and recreational well being. Males had higher QOL compared to females for all the domains except spiritual well being and recreational well being.
- Statistically no significant impact of cities was found for emotional well being and psychological well being. It was observed that elderly of B class city scored higher as compared to metro and A class city, in all domains except physical and recreational well being.

5.2.5 ASSESSMENT OF KNOWLEDGE/OPERATION OF USE OF SOCIAL NETWORKING SITES BEFORE AND AFTER INTERVENTION

- Statistically highly significant differences were observed for various parameters before and after intervention. After pre testing and post testing, it was observed that there is a drastic improvement in knowledge /operation regarding computer and social networking sites.

5.2.6 QUALITY OF LIFE BEFORE AND AFTER INTERVENTION

- For both age group 60-70 years and 71-80 years, a significant difference between pre and post intervention scores was observed for all the domains except physical and health domains. The data portrays a significant increase in emotional, social and health well being. It is very clear that across ages, use of social networking sites,

made the elderly healthier, as they become busy networking and forget their loneliness.

- A significant impact of intervention was observed across the gender. It was clearly depicted that females were benefitted more in comparison to the males from the intervention provided to them for enrichment of their QOL.
- It was revealed from the results that there was a significant impact of living status on intervention provided them. It was observed that elderly living with their families were more benefitted from the training programme and enhanced their QOL.
- A significant impact of intervention was observed on type of cities. It was clearly depicted from the results that elderly of A class city achieve overall QOL followed by elderly of metro city and B class city.

5.3 CONCLUSION

The process of scientific invention in the field of medical science has lead to rise in life expectancy of an individual. Hand in hand our society is undergoing rapid changes, putting forth a competitive world for the youngsters to prove their expertise. Preoccupied with tensions and anxieties, the younger generation is left with less time to spend for the elderly and realise their responsibilities towards them. The integration of joint families has forced, even though, the technology changes has brought in many comforts and life style developments for the younger generations; a consistent downfall in the quality of life of elderly is observed. Hence, an urgent need to explore the reasons for improvement in quality of life of elderly is felt to be the need of hour where this section of population are facing isolation and deprivation. The elderly to fend for themselves in meeting to their physical, psychological as well as social needs. Social networking sites may play an active role in meeting the elderly independent and also avoid loneliness.

5.4 IMPLICATIONS AND RECOMMENDATION

The present research is focusing on Quality of Life of elderly people. Implication and recommendations of the research discussed below –

5.4.1 IMPLICATIONS OF THE STUDY

- The present study is a pioneering research which proved that the technological advancements can be adopted by the elderly and henceforth ensure a qualitative change in their lives.

- The research may be used as guidelines in framing government policies incorporating interventional package for the elderly in using online sites.
- The booklet prepared by the researcher may be used to provide training programmes for elderly.

5.4.2 RECOMMENDATIONS OF THE STUDY

- An intervention booklet on “**Networking and Online Services for Enhancement of QOL of Elderly**” will help elderly for improving their QOL.
- Training programme regarding use of networking sites and online services may be organized to enhance the QOL of elderly.