

## Quality of Life and Associated Factors Among Physically Independent Institutionalized Elderly People in Galle District, Sri Lanka

MWK Gamage<sup>1</sup>, DC Hewage<sup>2</sup>, and KD Pathirana<sup>3</sup>

<sup>1</sup>Faculty of Graduate Studies, University of Sri Jayewardenepura, Sri Lanka

<sup>2</sup>Department of Physiology, Faculty of Medical Sciences, University of Sri Jayewardenepura, Sri Lanka

<sup>3</sup>Department of Medicine, Faculty of Medicine, University of Ruhuna, Sri Lanka

**Background:** The proportion of institutionalized elderly people has increased in Sri Lanka during the recent decades as a result of population aging and ongoing sociocultural changes. Although quality of life (QoL) is an important aspect in their lives, little is known about their QoL and associated factors in institutionalized elderly people in Sri Lanka.

**Objective:** This study was conducted to assess the QoL and associated factors among institutionalized elderly people in Galle District.

**Methods:** Study was conducted with 290 institutionalized elderly people in Galle District. The QoL was assessed via WHOQoL-BREF. Group differences were assessed through ANOVA, Independent sample t test and significant level was kept at  $p < 0.05$ .

**Results:** The sample comprised 68.3% (n=198) of females with mean age of 72.53 years (+6.43). Mean total scores of QoL and subscale scores for general, physical, psychological, social and environment domains were 53.29 (+13.10), 50.60 (+16.23), 57.72 (+15.70), 53.94 (+15.61), 47.50 (+22.78) and 56.69 (+14.42) respectively. The total QoL score and all five subscale scores were significantly higher among elderly who engage in group and leisure time activities, who had friends, sleep time more than 6 hours per day, had higher educational status and higher cognitive levels as assessed by Mini Mental State Examination while those who younger than 70 years of age and who were married had significantly higher mean scores in total QoL and in physical, psychological and environment subscales ( $p < 0.05$ ).

**Conclusion:** Age, cognition, engagement in activities, having friends, sleep, educational and marital status were positively associated with QoL of institutionalized elderly people.