

A study on quality of life (QOL) of elders in old age Home at Aruweeaynavaram – Chennai

Priyadharshini K¹, Arunaabiram I G², Dr. M. Nagamalar³

^{1&2}PG Department of Social Work, ShrimathiDevkunvarNanalal Bhatt College for women, Chrompet

³ PG Department of HRM³:ShrimathiDevkunvarNanalal Bhatt College for women, Chrompet

priyadharshinikannan21@gmail.com, aruna.abirami@gmail.com, mnagamalar@gmail.com

ABSTRACT

There are few studies in India, dedicated to the wellbeing of elderly and their health problems, in particular to their mental health and their quality of life. The aim of the study is to assess the quality of life and general health status among the elderly population residing in the old age home ARUWE, Aynavaram. All elderly people aged above 50 years residing in ARUWE- a old age home in Aynavaram was involved in the study. With the use of tools like WHOQOL – BREF and GHQ-28 data was collected. The results were expressed in terms of frequency and Chi square test The study found that majority of the respondents have very poor overall quality of life and general health. It was also found that may of the respondents were found severely depressed, were suffering from cognitive impairment. Majority of the respondents are independently doing their activities in their daily life. The study has also suggested the care takers and general bodies to enhance the quality of life among the elder population

KEYWORDS: *Elderly, Quality of Life, Depression, Aging.*