ABSTRACT

The experience of ageing is a unique process depends upon a wide range of physiological, psychological and social determination. The study was intended to find out the bio-psycho social problems and quality of life among senior citizens living in rural and urban areas of Kottayam district. It also aimed at preparing a health guide for senior citizens and their family members to enhance the bio-psycho social wellbeing and quality of life of senior citizens who are living in the community with their own family members.

Objectives.

- To assess the bio-psychosocial problems among senior citizens in rural and urban areas of Kottayam district.
- To compare the bio-psychosocial problems among senior citizens in rural and urban areas of Kottayam district.
- To find out the quality of life of senior citizens in rural and urban areas of Kottayam district.
- To compare the quality of life of senior citizens in rural and urban areas of Kottayam district.
- To find out the correlation between bio-psychosocial problems and quality of life of senior in rural and urban areas of Kottayam district.
- To determine the association between bio-psychosocial problems and selected variables (age, gender and occupation).
- To prepare a health guide for enhancing the bio-psychosocial wellbeing and quality of life of senior citizens.

Research Methodology

The research problem was investigated through a descriptive research design. Th sample consisted of 830 senior citizens from rural areas and 120 senior citizens from urban areas of Kottayam district. The subjects were selected by multi stage random sampling technique. The tools used to collect the data were socio demographic data sheet; clinical data sheet, Katz Index of independence in activities of daily living and Lawton’s instrumental activities of daily living for assessing the biological/physical problems; Mini mental status examination and Geriatric depression scale for assessing psychological problems, the older American’s resources and services social
resource scale for assessing social problems and WHO QOL-BREF 26 for assessing quality of life of senior citizens.

Results
This findings of the study showed that there was no difference in physical problems between the rural and urban senior citizens. Similarly there was no statistically significant difference in cognitive impairment between the rural and urban senior citizens (P> 0.05). Whereas there was statistically significant difference in depression and social problems between the two groups (P> 0.05). senior citizens in rural areas showed more depression and social problem compared to the urban senior citizens. The senior citizens in urban areas showed more quality of life than the senior citizens in rural areas. This was statistically significant in the overall perception of QOL, overall perception of health, physical health, psychological health and environment (P< 0.05). There was a statistically significant correlation between bio-psycho social problems and QOL of senior citizens (P< 0.05). A positive correlation was observed between physical health status, independence in ADL and IADL, normal cognitive function QOL. A negative correlation was evident between depression and QOL; social problems and QOL. There was a statistically significant association found between bio-psycho social problems and age, gender and occupation of senior citizens (P< 0.05).

A health guide was prepared to enhance the senior citizen’s bio-psycho social wellbeing and quality of life. Efficacy of the health guide was evaluated on thirty senior citizens and found that health guide was effective in increasing the knowledge and improving the practice of senior citizens regarding bio-psycho social wellbeing and quality of life.

Key words
Bio-Psycho social problems; quality of life; senior citizens; rural areas; urban areas.