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Investigating impact of elderly people's number of children, job, housing status, income level, and lifestyle on their life quality from the perspective of students in Zanjan

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Abstract

The life quality is a subjective assessment and people best assess it as good, average, and bad. However, this study aimed to investigate the impact of elderly people's number of children, job, housing status, income level, and lifestyle on their life quality from the perspective of students in Zanjan. This was an applied filed study. Using SPSS 21, the descriptive (demographic description) and inferential (t-test and ANOVA) statistics were used for analyzing the data. The findings showed that the elderly people's life quality is influenced by different variables including their health situation, physical activity, proper diet, social and psychological factors especially visiting children and other relatives, and economic factors especially appropriate housing and financial support. Considering the growing proportion of elderly people in society, special situation of this group, the need to keep their dignity, and the emphasis of Islam on respecting father and mother, however, it is the duty of all members and sectors in the society to provide and meet their basic needs.

Keywords: Elderly People, Life Quality, Number of Children, Job, Housing Status, Income Level, Lifestyle.

Introduction:

The elderly people life quality improvement is the increase of their life quality and is associated with various factors such as physical, psychological, social, economic, and religious factors.

The elderly people are those who are 60 or more years old. The old age is a relative thing; in fact, a 10 years old individual is10 years older than one year old individual.

The elderly people belong to labor force of society and family. If we believe that labor force has high social dignity, ensures the historical stimulation and evolution, and is the final factor which creates material and cultural value, it is essential that the workforce who cannot work for any reason (including elderly people) will be financed by workers.

The social security of elderly people has emerged especially during the last fifty years. It is a considerable issue not only in developed countries, but also in developing countries. The shortage or lack of income,

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lack of housing, and lack or absence of social security and medical facilities for this group are major issues which should be considered by community.

According to Article 29 of constitution in Iran, some rights are considered for this group including: social security for retirement, unemployment, old age, disability, absence of a guardian, being stranded, accidents, health and medical care services as insurance, and etc. The government is required by law to provide above financial support and services to every citizen using national revenues and funds obtained through public contributions.

The social security organization may protect the personal and social dignity of disabled or retired people and their family and provide public financial support for them. The social security organization is the trustee for supporting elderly people in any community.

The social security is the income which is provided due to unemployment, illness, or accident. It is also provided for those who have retired due to aging or are unsupported due to another person's death. In fact, the social security means providing a minimum income. Currently, the Social Security Administration plays a major role by covering more than one third of country's population and more than half a million pensioners and retired people. Obviously, if social security system will be inclusive and will be considered as focused and seriously by government, the unemployed, sick, elderly, and poor people will be covered. However, the poverty prevents human beings to fulfill their social and human tasks.

The aging of population is the result of development. Half a century ago, most people died before age of 50. Today, while, most people are more than 65 years, especially in developed countries.

The improved health, improved nutritional situation, discovery of antibiotics, advanced surgeries, application of new technologies, changes in vital indices and rates, changes in population structure of most countries, control of infectious and communicable diseases, midwifery science development, and improved parturition methods are the causes of aging population. In addition, since the birth and death rates have decreased significantly and life expectancy has increased dramatically, the percentage of world's elderly people has increased; this situation is called aging of nations.

The elderly population growth rate is faster than population growth rate. It will soon reach a stage that the developing countries will not be able to meet the health, social, and economic needs of this population. However, the developed industrial countries have experienced the effects of this transformation for decades and have taken many steps to deal with this issue. Therefore, many research have conducted in this issue in most countries, and in Iran.

However, this study aims to evaluate the following hypotheses:

1. There is a relationship between number of children and elderly people life quality.
2. There is a relationship between job and elderly people life quality.
3. There is a relationship between housing status and elderly people life quality.
4. There is a relationship between income and elderly people life quality.
5. There is a relationship between lifestyle and elderly people life quality.

Methodology:

This was an applied filed study. Using SPSS 21, the descriptive (demographic description) and inferential (t-test and ANOVA) statistics were used for analyzing the data.

Findings:

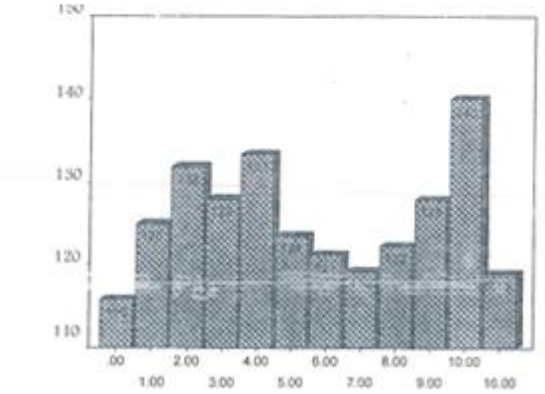
First hypothesis: There is relationship between number of children and elderly people life quality.

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ANOVA

KEIFIIET

	Sum of Squares	df	Mean Square	F	Sig
Between Groups	4375.206	11	397.746	2.390	.010
Within Groups	22300.271	134	166.420		
Total	26675.479	145			



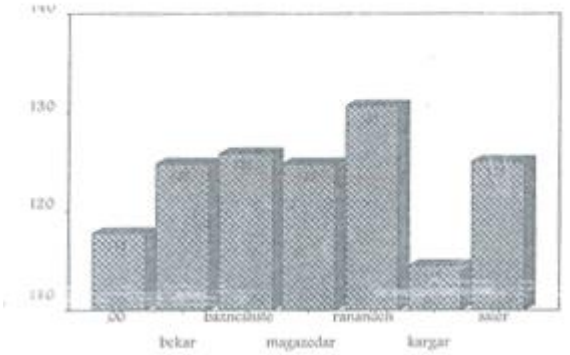
The ANOVA test was used to evaluate the relationship between number of children and elderly people life quality. Considering the sig= 0.01 and 11 degrees of freedom, it is significant at a confidence level of 95 percent; therefore, there is positive and significant correlation between variables of this hypothesis. In other words, if elderly people have child or children, they have higher life quality.

Second hypothesis: There is relationship between job and elderly people life quality.

ANOVA

KEIFIIET

	Sum of Squares	df	Mean Square	F	Sig
Between Groups	982.482	6	163.747	.885	.507
Within Groups	25692.998	139	184.842		
Total	26675.479	145			



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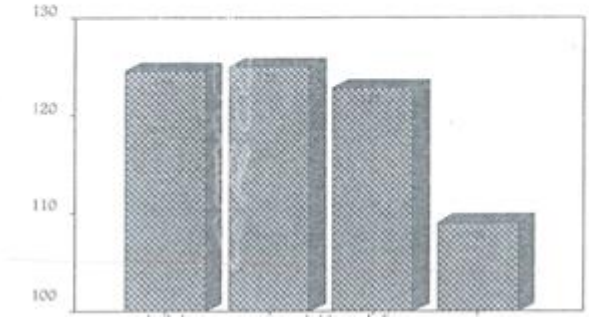
The ANOVA test was used to evaluate the relationship between job and elderly people life quality. Considering the sig= 0.507 and 6 degrees of freedom, it is not significant at a confidence level of 95 to 99 percent; therefore, there is no correlation between variables of this hypothesis. In other words, the employment or unemployment of elderly people have no effect on their life quality.

Third hypothesis: There is relationship between housing status and elderly people life quality.

ANOVA

KEIFIIET

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	312.088	3	104.029	.560	.642
Within Groups	26363.392	142	185.658		
Total	26675.479	145			



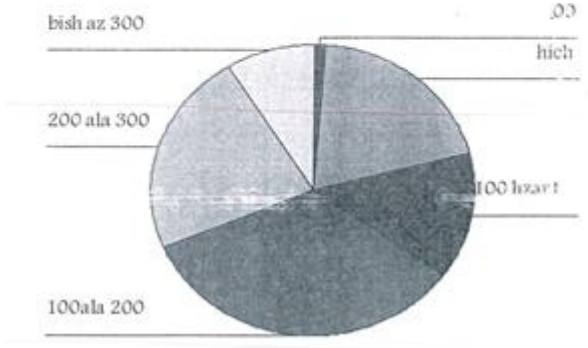
The ANOVA test was used to evaluate the relationship between housing status and elderly people life quality. Considering the sig= 0.642 and 3 degrees of freedom, it is not significant at a confidence level of 95 to 99 percent; therefore, there is no correlation between variables of this hypothesis. In other words, having or not having house does not impact on elderly people life quality.

Fourth hypothesis: There is relationship between income level and elderly people life quality.

ANOVA

KEIFIIET

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	1305.345	5	261.069	1.441	.213
Within Groups	25370.134	140	181.215		
Total	26675.479	145			



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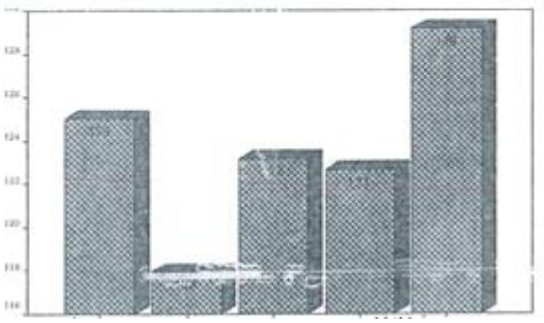
The ANOVA test was used to evaluate the relationship between income level and elderly people life quality. Considering the sig= 0.213 and 5 degrees of freedom, it is not significant at a confidence level of 95 to 99 percent; therefore, there is no correlation between variables of this hypothesis. In other words, having or not having income does not impact on elderly people life quality.

Fifth hypothesis: There is relationship between lifestyle and elderly people life quality.

ANOVA

KEIFIIET

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	2237.629	4	559.407	3.228	.014
Within Groups	24437.851	141	173.318		
Total	26675.479	145			



The ANOVA test was used to evaluate the relationship between lifestyle and elderly people life quality. Considering the sig= 0.014 and 4 degrees of freedom, it is significant at a confidence level of 95 percent; therefore, there is positive correlation between variables of this hypothesis. In other words, the lifestyle impacts on elderly people life quality.

Discussion and conclusion:

The findings showed that in terms of children number, the most frequency was for 3 to 7 children and 6 children with 15.5% had the greatest proportion. This shows that the fertility rate was high in the past which may be due to not using birth control methods, traditional life, and social and economic status of women. However, the boys' population growth has declined dramatically in the past two decades.

In terms of job, about half of studied participants were unemployed and only about 10% had some kind of job. Since an economic activity may have positive effects financially, mentally, and socially, this result is not favorable.

In terms of housing, the findings showed that majority of participants had houses and only 5.4% were tenant.

In terms of income level, it was observed that about 20% had no income, 14.2% had income less than 100 thousand Tooman per month, and only about 9% had income more than 300 thousand Tooman. Considering the specific conditions of elderly years and the need for more attention on their jobs and economy, the authorities should focus more on financial support of elderly people.

The findings also showed that the majority of participants (85%) lived with their wife/husband or children. Certainly, this may help to protect the mental and emotional health of elderly people and plays a positive role in their life quality improvement.

In general, the findings showed that the elderly people's life quality is influenced by different variables including their health situation, physical activity, proper diet, social and psychological factors especially visiting children and other relatives, and economic factors especially appropriate housing and financial

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support. Considering the growing proportion of elderly people in society, special situation of this group, the need to keep their dignity, and the emphasis of Islam on respecting father and mother, however, it is the duty of all members and sectors in the society to provide and meet their basic needs.

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