

Research Paper

Comparison of Social Health and Quality of Life Between the Elderlies Resident at Nursing Homes With Non-resident Counterparts in Tehran City, Iran



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Social health, Quality of life, Elderlies, Nursing homes

**ABSTRACT**

**Objectives** The primary purpose of this study was to compare the social health and quality of life of the older people resident in nursing homes with non-resident elderlies in Tehran City, Iran, in 2015.

**Methods & Materials** In this descriptive-analytic study with a cross-sectional design, 434 older people, both resident and non-resident in nursing homes took part. The cluster sampling method was used for selecting nursing home resident elderlies and convenient sampling method for non-resident elderlies. Three tools of Keyes Social Health Scale, Elderly Quality of Life Questionnaire (LIPAD), and a demographic questionnaire were used to measure the variables. After sampling and gathering the questionnaires, the collected data were analyzed with descriptive and inferential indexes of the Chi-squared test, Kolmogorov-Smirnov test, and the Independent t-test in SPSS.

**Results** A total of 217 elderlies resident in nursing homes (144 female and 73 male) and 217 non-resident elderlies (132 female and 85 male) took part in the study. Two groups were matched for gender, age, and education ( $P>0.05$ ) but marriage status ( $P<0.05$ ). Findings showed that the Mean±SD social health scores for resident and non-resident elderlies in nursing homes were respectively  $45.92\pm7.87$  and  $47.25\pm8.91$ , and there was no significant difference between two groups ( $P>0.05$ ). The Mean±SD quality of life scores for resident and non-resident elderlies in nursing homes were respectively  $27.88\pm9.80$  and  $31.81\pm10.79$ , and there was a significant difference between the two groups ( $P<0.05$ ).

**Conclusion** According to study results, the resident and non-resident elderlies in nursing homes of Tehran had low and medium social health and quality of life, respectively. In addition, residency at nursing homes was not an effective factor for elderly social health; however, it was an effective factor for the quality of life of older people.

**Extended Abstract**

**1. Objectives**

**S**ocial Health (SH) and Quality of Life (QoL) are more threatened in the aging period than other life stages [1-2]. The social structures

have changed in recent decades, and extended families were replaced with nuclear families. Such transformation has increased the number of nursing homes and the residence of the elderly in such centers [3]. There is no consensus on the positive and negative effects of putting the older adults in nursing homes [4-7]. Data are scarce on the comparison of the SH and QoL of the elderly in Iran

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living in nursing homes and own home. Thus, the present study aimed to compare the SH and QoL of elderly residents and non-residents of nursing homes.

## 2. Methods & Materials

This was a comparative and descriptive-analytical study with a cross-sectional design. The study population consisted of all elderly residents/non-residents of nursing homes in Tehran City, Iran. A total of 217 samples were allocated in each group by the Cochran formula ( $N=434$ ). After obtaining relevant permissions, random cluster sampling and convenience sampling methods were applied for selecting the elderly residents and non-residents of nursing homes, respectively. All samples were matched for age and gender. The Social Well-Being Scale of Keyes was used to assess SH in the samples. It has 20 items rated on a 5-point Likert-type scale. The total obtainable score ranges from 20-100, categorized as poor (scores 20-46), moderate (scores 47-74), and good (scores 75-100).

The validity and reliability of its Persian version has been reported by the  $X^2$  coefficient as 0.73 and 0.76, respectively. The LEIPAD questionnaire was also used to assess QoL in the subjects. It has 31 items rated on a 4-point Likert-type scale ranging from 0= very low to 3= very high. Its total score ranges from 0-93; scores 0-31, 32-62, and 63-93 indicate low, moderate, and high QoL levels, respectively [8-10]. This questionnaire can be used as an international instrument with no cultural burden in all elderly groups [11]. Its validity and reliability for the Iranian elderlies have been tested and reported ( $\alpha=0.83$ ) [12]. The collected data were analyzed in SPSS using Pearson's Chi-squared test, Kolmogorov-Smirnov test, and Independent Samples t-test.

## 3. Results

Of the 434 samples, 217 were in the nursing home residents group (144 females and 73 males) and 217 in the non-resident group (132 females and 85 males). Pearson's Chi-squared test was used to examine the homogeneity of groups in terms of demographic characteristics. The obtained results suggested no significant difference between the studied groups in terms of gender, age, and education ( $P>0.05$ ). Therefore, they were matched for these factors. Marital status was significantly different between the groups ( $P<0.05$ ). The normal distribution of SH and QoL variables in both groups was checked by the Kolmogorov-Smirnov test. The relevant results revealed that their distribution was normal ( $P>0.05$ ). Table 1 presents the statistics for SH and QoL variables and their comparison in both groups by the Independent Samples t-test. Moreover, the SH and QoL of elderlies in both groups were at a moderate level. The mean SH score was not significantly different in both groups ( $P<0.05$ ); however, in terms of QoL, the difference between the groups was statistically significant ( $P<0.05$ ).

## 4. Conclusion

The SH and QoL results of the elderly living in the nursing homes of Tehran were unfavorable. However, the same scores were better in the non-resident elderlies. The SH did not differ significantly in the two groups; however, their QoL was significantly different. SH and QoL are vital in the elderly. Thus, it is suggested to pay more attention to these issues among the vulnerable elderly groups. One of the limitations of this study was its cross-sectional design. Moreover, the study samples were limited to one city (Tehran); therefore, the generalization of the findings to other cities should be done with caution. Eventually, due to the limited number of national and international studies in this field, there was no possibility for more comparison of the achieved results.

Table 1. The Independent Samples t-test results for comparing SH and QoL in the study groups

Variable	Mean±SD	t	df	Sig.	Mean Difference	95% CI		
						Lower	Upper	
SH	Resident	45.92±7.87	-1.099	432	0.132	-1.33	-1.98	1.35
	Non-resident	47.25±8.91						
QoL	Resident	27.88±9.80	-3.975	432	0.000	-3.93	-5.88	-1.99
	Non-resident	31.81±10.79						

## Ethical Considerations

### Compliance with ethical guidelines

This article draws the moral (Code: IR.USWR.REC.1394.270) from the University of Welfare and Rehabilitation Sciences and, after coordinating with the sanatorium authorities, and ensuring that there is no significant cognitive impairment (according to the records of the elderly and the opinion of the medical team of each sanatorium) Sampling was done.

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### Authors' contributions

All authors contributed in preparing this article.

### Conflicts of interest

The authors declared no conflict of interest.