

**UNIVERSITI TEKNOLOGI MARA**

**QUALITY OF LIFE AMONG THE  
ELDERLY IN RUMAH SERI  
KENANGAN, CHERAS: AN  
ANALYSIS OF SOCIO-  
DEMOGRAPHIC DETERMINANTS**

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## ABSTRACT

While the trends of increasing lifespan are a remarkable success of the advancement in healthcare, living longer does not equate to high quality of life. Therefore, the objectives of this study were to determine the relationships between age, education level, previous employment and marital status towards the quality of life among the elderly in Rumah Seri Kenangan, Cheras. This study was undertaken based on a quantitative research approach through the adoption of the Ferrans conceptual model for quality of life, which was broken down into four subscales, aimed at determining the factors derived from the socio-demographic determinants. These socio-demographic determinants were later used to identify the level of quality of life among the elderly at the Rumah Seri Kenangan, Cheras, Kuala Lumpur. The primary data obtained through the responses from questionnaires, involved a population sample of 145 (n=145) of the Rumah Seri Kenangan residents. The analyses obtained from this study revealed that there was no significant relationship between age ( $X^2 = 5.509$ , with  $df = 8$  at  $p > 0.05$ ,  $\phi = 0.195$  and Cramer's  $V = 0.138$ ); education level ( $X^2 = 6.527$ , with  $df = 8$  at  $p > 0.05$ ,  $\phi = 0.212$  and Cramer's  $V = 0.150$ ) and prior employment ( $X^2 = 13.289$ , with  $df = 8$  at  $p > 0.05$ ,  $\phi = 0.303$  and Cramer's  $V = 0.214$ ) of the elderly's quality of life. Meanwhile only one independent variable out of four (4), marital status ( $X^2 = 16.293$ , with  $df = 8$  at  $p < 0.05$ ,  $\phi = 0.335$  and Cramer's  $V = 0.237$ ) has shown a strong relationship with the quality of life among the elderly in Rumah Seri Kenangan, Cheras. Furthermore, it was also found that there is a significant difference ( $t = 1.076$ ,  $df = 98.707$ , Sig. (2-tailed) = 0.285, Mean Difference = 0.10349) between gender among the elderly. The findings suggested that a holistic strategic approach is needed to create a high-level quality of life among the old folks. Accordingly, the findings might be of immense value to the aging population in Malaysia. As such, the study on quality of life among the old folks in Malaysia can assist the policy makers to take into consideration the socio-demographic determinants so that they can construct a proper healthcare and policy planning towards the elderly population. It is hoped that the study can contribute to the improvement of the elderly wellbeing in Malaysia.

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# CHAPTER ONE

## INTRODUCTION

### 1.1 Preamble

Nowadays, most individuals around the world are living longer. Therefore, it is expected that the world population for those above 60 years of age will significantly increase. As pointed out by World Health Organization (2018), the aging world population was estimated at 900 million. It is also expected that the world's population aged 60 years and above will drastically increase to 2 billion by the year 2050. Furthermore, it also anticipated that China would have the greatest number of the aging population by having 120 million elderly citizens by 2050. Besides, the aging population around the world except China will be amounting to 434 million by 2050. Hence, WHO (2018) report anticipated that by 2050, 80% of the aging population would be predominantly seen between developing countries (countries ranked with low to middle-income nation).

On the other hand, an upsurge in the aging population from high-income countries like Japan, where 30% of its population consisted of older people aged 60 years and above (World Health Organization, 2018). Nevertheless, the increasing trend of the aging population was also seen in low and middle-income countries like Malaysia. Among the significant changes and challenges that these small and middle-income countries faced were in the provision of good healthcare in their social systems.

As claimed by the United States Department of Health and Human Services (2016), an increase in life expectancy actually can bring benefits to an entire society, and it is not only focused to the elderly and their families. For instance, the elderly who are living longer will have an opportunity to further their education, discover a new profession or even continue to do the things that they passionate about which they have neglected for a long time.

Hence, the elderly can still contribute in various ways to families as well as the community. These contributions and opportunities, however, are primarily influenced by one crucial factor which is health. As people ages, they struggle to keep themselves healthy. The evolution of life affects the cells of their body, thus, exposing them to the