

UNIVERSITI TEKNOLOGI MARA

**RELATIONSHIP BETWEEN MENTAL HEALTH
STATUS AND QUALITY OF LIFE AMONG
ELDERLY IN RURAL AREAS IN PAHANG**

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DECLARATION

BACHELOR OF SPORT SCIENCE
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I, Muhammad Shyaiful Aiman Bin Nor Apandi (I/C Number: 970330-11-5503) hereby, declare that this work in this thesis was carried out in accordance with the regulations and research ethics guidelines of Universiti Teknologi MARA. This thesis was the originally from my independent work and investigation.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Undergraduate, Universiti Teknologi MARA, regulating the conduct of my study and research. I absolve Universiti Teknologi Mara (UiTM) and Faculty of Sport Science and Recreation from any blame because of my work.

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ABSTRACT

The purpose of this study was to investigate the relationship between mental health status and quality of life among the elderly in rural areas in Pahang. The elderly from Jerantut, Kuala Lipis, and Maran (n=300) were selected as the sample of the study using a convenience sampling technique. The component of mental health status and the quality of life were measured using the GHQ-12 and CASP-19 questionnaires. Statistical analysis of the survey was conducted by using Spearman's rho Correlation Test and Mann-Whitney u Test. A set of data was recorded and been analyze. Based on the Spearman's rho Correlation result, there was no significant relationship between the mental health status and quality of life ($r(298) = 0.04$, $p = 0.49$). Based on the Mann-Whitney u result, There was no significant median difference of mental health status and quality of life between gender (GHQ-12 test, male (Md = 11.00); female (Md = 11.00) and $P = 0.573$. The CASP-19 test, male (Md = 40.00); female (Md = 39.00) and $P = 0.90$). Hence, it was concluded that mental health status does not relate to the quality of life and there was no differences between males and females in both the mental health status and the quality of life among elderly in rural areas in Pahang.

Keywords: *Elderly, Mental health, Quality of life*

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