

UNIVERSITI TEKNOLOGI MARA

**SLEEP QUALITY, PHYSICAL
ACTIVITY AND HEALTH STATUS
AMONG OLDER PERSONS WITH
VARIOUS LEVELS OF COGNITIVE
FUNCTION IN ELDERLY
INSTITUTIONS IN PENINSULAR
MALAYSIA**

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ABSTRACT

Several studies have been carried out on residents at the older institutions shows that there are various issues in institutions that lead to decline in functional abilities and health status amongst the residents. The main issues are poor sleep quality, low participation in physical activity and deterioration in health status. Literature stressed that poor sleep quality is more frequent amongst older persons who live in institutions. Sleep disturbance, sleep difficulty and lack of quality of sleep will cause deterioration in health status and quality of life. However, information about sleep quality and factors that affect sleep quality amongst older persons in the institutions in Malaysia is insufficient and inconclusive. Therefore, the aim of this study is to identify sleep quality and factors that influence sleep quality amongst older people in institutions in Malaysia. Information obtains will provide a framework for occupational therapy in Malaysia to design effective intervention to ensure sleep quality amongst older people in institutions. This study found that there is poor sleep quality with median 6.00 (3.00-7.00), low participation in physical activity with median 382.50 (0.00-1017.000) and low level of health status amongst older persons in institutions. Bodily pain emerged as the main predictor for sleep quality. Health care professionals should consider improving sleep quality in order to facilitate enhancement in quality of life amongst older people in institutions.

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TABLE OF CONTENTS

	Page
CONFIRMATION BY PANEL OF EXAMINERS	ii
AUTHOR'S DECLARATION	iii
ABSTRACT	iv
ACKNOWLEDGEMENT	v
TABLE OF CONTENTS	vi
LIST OF TABLES	xi
LIST OF FIGURES	xii
LIST OF SYMBOLS	xiii
LIST OF ABBREVIATIONS	xiv
CHAPTER ONE: INTRODUCTION	1
1.1 Background of the Study	1
1.2 Problem Statement	4
1.3 Significance of the Study	6
1.4 Aims and Objectives of the Study	7
1.4.1 Aim of the Study	7
1.4.2 Objectives of the Study	7
1.5 Research Questions	7
1.6 Definition of Terms	8
1.6.1 Sleep	8
1.6.2 Health Status	8
1.6.3 Older Persons	8
1.6.4 Institution	9
1.6.5 Cognitive Functions	9
1.7 Summary of Chapter One	10

CHAPTER ONE

INTRODUCTION

1.1 BACKGROUND OF THE STUDY

Like any other country in the world, the proportions of elderly people in Malaysia is not only increasing but rapidly ageing. It is anticipated that Malaysia will become an ageing country by the year 2030 where 15% of its population are elderly people (United Nation, 2015). Increase in age is often associated with increased of physical disability and functional limitation which lead to adverse consequences like dependency and institutionalisation (Hairi et al., 2010).

Literature about older people in Malaysia often pointed out that there are deteriorations in health status amongst the elderly people in Malaysia. Health conditions that are often related to older people in Malaysia are cardio-respiratory diseases, cognitive impairment and musculoskeletal related disorder (Teh et al., 2014). For example, previous studies indicated that 19.5% of elderly people have functional limitation and could not cope with activities of daily living (ADL) and their performance was deteriorated with ageing (Hairi et al., 2010). Cognitive impairment and musculoskeletal related disorder seems to affect Malaysian elderly people and is correlated with independency in ADLs performance (Md Aris and Draman, 2007; Won et al., 2014).

As well as changes in health status as described above, there are also changes in the social fabric of the Malaysian society. Urbanisation and modernisation of the country have changed the role of women, delay in marriage, smaller family size and migration of the younger generation to urban areas, more jobs and education opportunity which consequently changes the structure of the family system in Malaysia (Sim, 2003; Yaakob, Masron, and Masami, 2012). These changes have the social impact on family structure.

The extended family structure was replaced by nuclear family structure, consequentially affecting and putting a strain on the family as the role of the caregiver for the elderly (Sim, 2003; Tze, Lim, Jin, and Shinfuku, 2005; Selvaratnam and Tin, 2007). Subsequently, many older people in Malaysia have to be left alone in rural areas, depriving in health care and supports and often have to be sent to elderly