

UNIVERSITI TEKNOLOGI MARA (UiTM)

**THE RELATIONSHIP BETWEEN SOCIAL SUPPORT AND
QUALITY OF LIFE AMONG OLDER PEOPLE IN TEMERLOH,
PAHANG**

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AUTHOR'S DECLARATION

I declare that the work in this thesis/dissertation was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the results of my own work, unless otherwise indicated or acknowledged as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

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ABSTRACT

The Relationship between Social Support and Quality Of Life among Older People in Temerloh, Pahang

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Introduction; The number of older people was increasing in Malaysia since 1960 due to advance technology in controlling diseases and decline number of mortality. Maintaining health, social support, and enhancing quality of life of older people became more challenging for us. So, it is fundamental to study about QoL among older people due to explore the effectiveness of health intervention as well as social support seem to be one of the important factor that can influence QoL of elderly because it able to increase their life satisfaction. Aim of the study is to investigate relationship between social support and quality of life among older people. **Method;** A cross sectional-study was conducted among 60 older people who aged 60 and above in Temerloh and their participation was on voluntary basis. This study is using two type of assessment; WHOQOL- BREF and Lubben Social Support Network Scale (LSNS). WHOQOL-BREF consists of four domain; physical health, psychological, social and environment while LSNS questionnaire was divided into two sections; family relationship and friends' relationship. **Result;** A total of 22 (36.7%) male and 38 (63.3%) female were participating in this study. The result revealed that there are no significant different between social support and gender in older people with median for female, 39.5 and males, 40.0. Moreover, there are no significant different between QoL and gender among older people. However, there are positive correlation between social support and QoL based on WHOQOL-BREF. **Discussion;** Previous study found that there are no significant different between social support and gender however, there are different in seeking social support. Next objective also supported by previous study which QoL not influence by gender but influenced by age and health status. Lastly, third objective is also supported in previous study which is having good relationship between children and friend will improve the quality of life. **Conclusion;** Older people need social support whether it is from their children, relatives or friends. Understanding the importance of social support among older people is important in planning goals and intervention in occupational therapy.

Keywords: Quality of life, Social support, older people, WHOQOL-BREF

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TABLE OF CONTENTS

Table of Contents	Page
AUTHOR'S DECLARATION	ii
APPROVAL	iii
ABSTRACT	iv
ACKNOWLEDGEMENT	vi
TABLE OF CONTENT	vii
LIST OF TABLES	ix
LIST OF FIGURES	x
LIST OF ABBREVIATION	xi
CHAPTER ONE: INTRODUCTION	1
1.2 Background of Study.....	2
1.3 Problem Statement.....	4
1.4 Significance of the Study.....	5
1.5 Research Objectives.....	6
1.6 Operational Definition.....	7
CHAPTER TWO: LITERATURE REVIEW	8
2.2 Older People.....	9
2.3 Quality of Life.....	10
2.3 Social Support.....	12
2.4 Gender Different in Social Support.....	13
2.5 Gender Different in Quality of Life.....	14
2.6 Relationship between Social Support and Quality of Life.....	15
CHAPTER THREE: METHODOLOGY	19
3.2 Research Objective.....	20
3.3 Research Question.....	20
3.4 Hypothesis.....	21
3.5 Study Design.....	22
3.6 Study Period.....	22
3.7 Setting.....	22
3.8 Study Population.....	23
3.9 Data Collection and Procedure.....	24
3.40 Questionnaire on Sociodemographic Data and Assessment.....	25
3.40.1 WHOQOL-BREF.....	26
3.40.2 Psychometric Properties of WHOQOL-BREF Malay Version.....	26
3.40.3 Lubben Social Support Network Scale (LSNS).....	27
3.41 Statistical Analyses.....	28
3.42 Ethical Consideration.....	28