

QUALITY OF LIFE OF ELDERLY PERSONS

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Abstract: The third stage of life is a stage in life, not a disease. The aging process is an unsustainable biological process that ends with aging, and consists in the loss of tissue regeneration abilities. Involution and aging is a normal process that occurs gradually. It is the so-called physiological aging that should be distinguished from pathological aging. Quality of life is the subject of research in numerous sciences. Among other things, it has become a prominent subject of interest in psychology, sociology, philosophy, medicine and health care. Terms such as quality of life, happiness, and subjective well-being are often taken as synonyms for life satisfaction. Through a scientific literature review, we will examine the quality of life of elderly people. Research material and methods: The work was conceived as a scientific review of the literature, various databases from journals, scientific research, scientific and professional papers obtained from Medline, PubMed, Google Scholar, Research Gate were used. Articles were also selected from references of relevant articles, by searching on journal websites and by hand search. Without any restrictions in terms of time period, vocabulary, religiosity, all those studies that will cover certain criteria will be included: (1) Respondents of both sexes older than 65 years; (2) quality of life; (3) the third age of life. Animal studies, records and case series, conference abstracts, or undated letters were excluded. Based on the collected data from the database, a scientific literature review was compiled. Results: Through a scientific review of the literature, the results of the importance of the quality of life in people of the third age were presented. A total of 738 papers, published in the period from 2016 to 2022, extracted from 4 databases, were taken into account. After finishing the copies of studies and publications that are irrelevant, 278 papers were further processed, while only 30 papers were read in full, only 5 papers satisfied the 3 criteria for implementation in the scientific literature review. Conclusion: Daily activity of physical persons older than 65 significantly improves quality of life, functional independence, performance of daily basic and instrumental activities, satisfaction with life. A sudden decrease in the quality of life occurs in late age, it is strongly connected with the health condition and, in the last case, with mortality. Knowing the indicators of quality of life and changes in the longest-lived people can encourage society to intervene, because only a healthy and satisfied person can function physically, mentally and socially and feel a positive emotional state, such as satisfaction and happiness, which are the most important individual determinants of quality of life.

Keywords: quality of life, efficiency, elderly persons

1. INTRODUCTION

When we talk about aging, it is necessary to distinguish between primary and secondary aging. Primary aging is identified with physiological aging, and refers to normal, physiological processes that are the result of maturation and the passage of time (eg menopause in women). Secondary aging refers to pathological changes that are the result of external factors, and include disease, environmental influences and behaviors (eg the impact of noise on hearing loss). (Despot Lucanin J., 2003). Nowadays, negative attitudes towards aging are still respected. Stereotypes are most often based on insufficient knowledge of aging and old age, as well as experiences in relationships with older people. Most people avoid thinking about old age and aging itself, believing that old age necessarily brings a series of negative situations and outcomes of situations. (Brajković L., 2010). It is not easy to determine the limit beyond which we could talk about an organism of an older age. The age limit of 65 and over is still taken into consideration. (Duraković Z. et al., 2007). Developed countries have already faced an increase in the share of this population group in the entire population. Some countries already have over 14% of the population over 65, Sweden 16.6 %, Switzerland 16.8%, Germany 17% (Švraka E. et al., 2012). The average human lifespan is increasing with the

progress of civilization. In the developed industrial countries of the world, it is about 75 years. If you look through history, you can see that in the prehistoric age it lasted about 18 years, during the Roman Empire 22 years, in the middle Ages 33 years, and at the beginning of the 20th century 43 years. It is assumed that the average human life expectancy in industrialized countries in the year 2000 is about 85 years. The questions of how to solve the numerous health and social problems of this population group are also justified, because it has every right to demand the same treatment in social and medical terms as other population groups. (Gavranović, M. & Buljina A., 2001). Successful aging does not begin at the age of 65. It is based on the life habits of the individual during the entire process of growth and development. The adoption of such habits is related to the person's level of education and the person's attitudes towards aging itself, the support of family and friends who value a healthy and productive life. Successful aging requires effective techniques for dealing with stressful situations, learning how to adapt to new life challenges and demands, maintaining a system of social networks and support, and replacing lost social contacts with new ones. Successful aging implies a positive self-image. Because it's not important how old someone is, but how old they are. A person who ages successfully has managed to find new activities that interest him, in accordance with his current psychophysical state. (Brajković L.,2010)

2. MATERIALS AND METHODS

Systematic literature search of relevant databases, Medline, PabMed, Google Scholar, SciHub, Research Gate was carried out in accordance with the guidelines of PRISMA (Moher D., 2009) by keeping the main search keywords: quality of life, efficiency, people of the third age from 2016 to 2022. Articles were also selected from references of relevant articles, by searching on different websites of magazines. Without any restrictions in terms of time period, vocabulary, religiosity, all those studies that will cover certain criteria will be included: (1) Respondents of both sexes older than 65 years; (2) quality of life; (3) the third age of life. Animal studies, records and case series, conference abstracts, or undated letters were excluded.

3. RESULTS

Through a scientific review of the literature, the results of the importance of the quality of life in people of the third age were presented.

Figure 1. PRISM DIAGRAM OF RESEARCH INCLUDED IN THE REVIEW

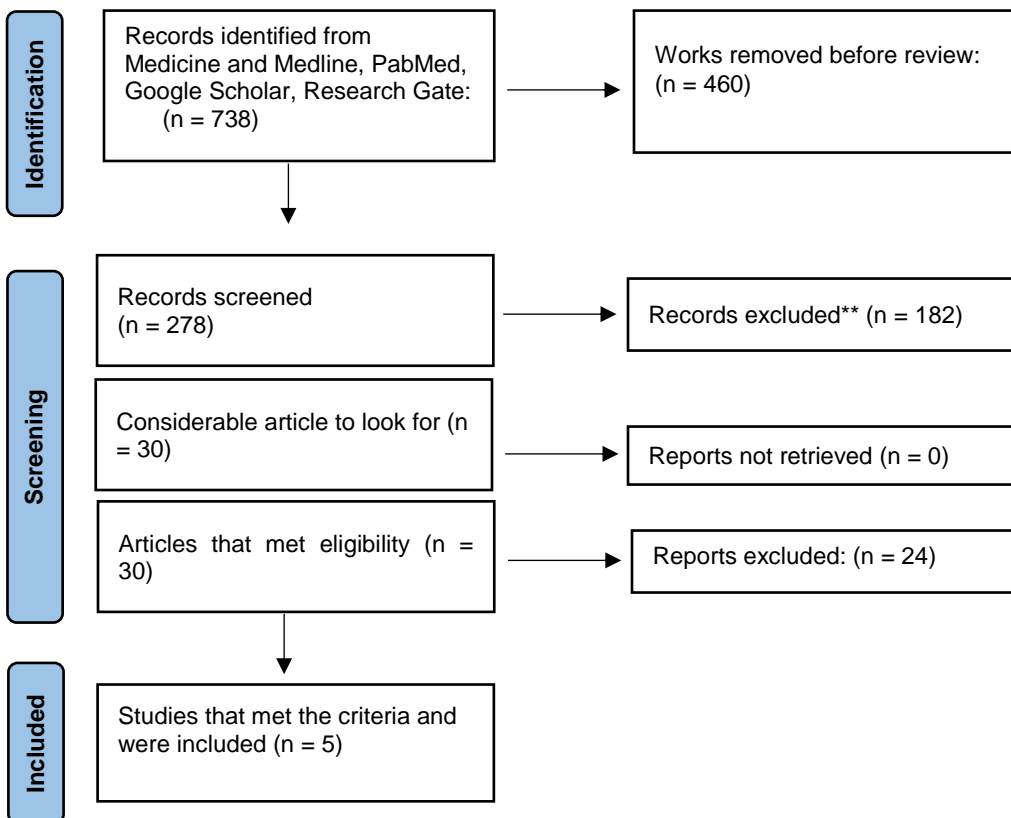


Table 1. Summary of study characteristics

Author(s).	Name of the study	Research objective/s	Research method/s	The results	Conclusion
Che n et al.,2019	Effects of exercise at home on elderly people with osteoarthritis of the knee. A quasi-experimental study.	To investigate the effect of exercise at home to reduce the symptoms of osteoarthritis of the knee and improve the physical functioning of elderly people.	171 subjects with osteoarthritis of the knee from two centers participated in the research: Intervention group (IG), the following groups from the two centers were randomly assigned to the control group (HBEI). Subjects in the intervention group applied a 12-week program that included four two-hour exercise sessions with a physiotherapist and two-week telephone follow-up combined with health education, while subjects in the control group received only health education. Respondents and physiotherapists learned about the effect of the group task and the determinants of conventional treatment. The respondents did not know the research hypotheses: joint stiffness, muscle strength of the lower extremities, mobility, pain intensity and mobility.	The research collected for this study, which included 171 subjects, showed that no major differences were found between the groups of subjects. The 12-week program was useful for reducing the intensity of pain and stiffness in the control group, while in the intervention group there was a great improvement in all secondary parameters that were monitored.	HBEI can be useful for reducing symptoms of osteoarthritis of the knee, increasing physical functioning and quality of life of elderly people with osteoarthritis of the knee.

A total of 738 papers, published in the period from 2016 to 2022, extracted from 4 databases, were taken into account. After finishing the copies of studies and publications that are irrelevant, 278 papers were further processed, while only 30 papers were read in full, only 5 papers satisfied the 3 criteria for implementation in the scientific literature review. The studies were of different character nationally representative research, quasi-experimental research, cross-sectional study, sectional and correlational research, quantitative cross-sectional study. In the total number of 5 studies, 1368 respondents were included, these papers published how the quality of life affects people in the third age of life. The review of these 5 studies showed the great importance of activities on the quality of life of the elderly. Picture number 1.

Table 2. Summary of study characteristics

Author(s).	Name of the study	Research objective/s	Research method/s	The results	Conclusion
Ma et al., 2022	The function of marriage in the correlation of satisfaction with life and mortality in the elderly, disproportion in age and sex.	The study had a strategic goal to examine the correlation of life satisfaction LS, mortality in the elderly that changes depending on marital status and marital harmony. Does marital status in relation to LS mortality differ significantly among the	Five data from a representative cause of research in mainland China were applied in the study. Data collection was performed randomly to examine the association of LS mortality in elderly Chinese based on the marital status parameter,	The research pooled for this study had a protective effect of LS on mortality only in older men, which was unrelated to marital status, as the protective factor was only a result in women who were not currently married. Also, people who have an excellent marriage LS has drastically reduced the risk of mortality, which has no relation to gender and age. A bad marriage	This study has shown the crucial role that a spouse's partner plays in everyday life. It would be of great importance to create a social environment adapted to these people who would like to remarry, so that the person has a healthy and quality aging.

		young, the elderly, and the oldest-old as well as between men and women in mainland China.	where a large set of covariates was used.	has not proven to be associated with mortality in the elderly. The final result was the correlation of LS mortality, that it is highest in the oldest than in the young-old, to their marital status.	
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Table 3. Summary of study characteristics

Author (s).	Name of the study	Research objective/s	Method/s research	The results	Conclusion
Garbaccio et al., 2018	Quality of life and aging of elderly people living in rural areas.	To examine the quality of life and health of elderly people living in rural areas of the center of Minas Gerais state-west.	A cross-sectional study, in four municipalities of the state of Minas Gerais, by interviewing older people. Relationships between socio-demographic and quality of life variables were tested, separated into "satisfactory"/"unsatisfactory" with values from the median of positive responses. Chi-square test, Fisher's test and regression were used.	182 respondents were included in this study of the third age, who were asked questions and answered where the link with a satisfactory quality of life was proven ($p < 0.05$), who have been living for 54 years in rural areas (68%). They do not have financial support, who live with someone and who do not smoke.	People living in rural areas have an excellent quality of life, which is related to the cognitive segment, contribution to services, good habits, while awareness must be constant during the performance of tasks due to weakness.

Table 4. Summary of study characteristics

Author(s).	Name of the study	Research objective/s	Research method/s	The results	Conclusion
Souza et al., 2021	The position of family functionality on the quality of life of elderly persons	This paper aims to analyze the correlation between the functionality of the family, which affects the quality of life of elderly persons	692 Brazilian elderly people were included in a cross-sectional and correlational study in the period from July to October 2020. Three research instruments were used: biosociodemographic, family APGAR and WHOQOL-Old. Tests were analyzed based on Kruskal-Wallis, Pearson's correlation and linear regression. The confidence interval was ($p < 0.05$) for all analyses.	The results proved that people with mild and severe family dysfunction have a poor quality of life during childbirth compared to people with a well-functioning family. Aspects of quality of life are positively correlated with family functionality.	The quality of life of the elderly is positively correlated with a functional family. It is also a very important aspect to include the family in the health care plans, in order to identify the potential family stimulus as soon as possible and interventions to solve the family problems that have arisen.

Table 5. Summary of study characteristics

Author (s).	Name of the study	Research objective/s	Method/s research	The results	Conclusion
Lenardt et al., 2016	Frailty and quality of life in elderly primary health care users	The aim of the study was to investigate the effectiveness of physical weakness and quality of life in elderly people.	203 respondents participated in the study. Data were collected on the basis of questionnaires on physical activity, weight loss, fatigue/exhaustion, quality of life, as well as performance of walking speed and postural strength tests.	Of the research collected for this study, 115 subjects were pre-frail, 49 subjects were not frail, and 39 subjects were frail, with a particularly significant association with functional capacity and quality of life in all groups. Characteristics derived from physical aspects, pain and vitality were compatible with those of non-frail individuals.	The conclusion proved that the weakness of the respondents was inversely proportional to the quality of life and to a large extent related to the functional capacity of elderly persons

4. DISCUSSION

This review article included 1,368 elderly respondents. An important aspect in everyday life for the normal and smooth functioning of people of the third age, which is of great importance for the elderly. In the research conducted by Nešić D. et al. there was also a difference in the gender structure, women were also more represented (Nešić D. et al., 2006). Research results Nožica Radulović Ti sar. showed that degenerative diseases affected the female population more (Nožica R. T, et al., 2013). Filipović K. et al. are in the results of the research where the association of body mass index as a risk factor for the occurrence of hip osteoarthritis in the elderly was examined, the subjects were of a slightly lower age structure (Kingsbury S.R., 2014 & Švraka E. et al., 2012) compared to our research (Filipović K. et al., 2011). Banjanin Ž. and colleagues found in their research that all forms of arthrosis are more pronounced in women than in men. Numerous studies have confirmed that osteoarthritis is more common in men before the age of 50, and in women after the age of 50, which agrees with our research. The longer life span in women and the consequent aging of the joints also confirm the claim about the significance of the influence of the female gender on arthrosis in the second half of life (Žani B., 2013). Research by Davatchi F. et al found that people living in urban areas have a high prevalence of knee osteoarthritis (Davatchi F. et al. 2009). In their research in Zagreb, Lovreković M. and Leutar Z. found that respondents rated their health as mediocre, with 48.4% of respondents considering their health to be good and extremely good. A large number of surveyed persons, 30%, assess their health - independence in daily functioning as mediocre, while 21.6 % of survey participants think that their health is bad or extremely bad (Lovraković M. & Leutar Z. 2010). Petrak and colleagues conducted a survey of 1265 people over 60 years old in four regions (Istria, Slavonia, Dalmatia and Zagreb) as part of a quality survey aging , the result obtained is that a greater number are dissatisfied (Petrak O. et al., 2006) Lučanin D. states that many studies show that difficulties related to deteriorating health increase with age. Nevertheless, it is believed that at the age of 70-80, over 80% of people perform the activities of daily life without difficulty. Only in the group over 85 years old does the share of functionally disabled persons increase significantly. Tomek-Roksandić states that Croatian gerontological research has confirmed that a maximum of 1 in 5 elderly people needs help from others, that is, is dependent on constant social medical care (Tomek-Roksandić S., 2008). In his research on violence against the elderly in the family, the Russian states that functional ability is a critical indicator of quality of life, sometimes more important than the presence of a disease. She finds that there are significant differences in functional ability. She found that there is a statistically significant connection between functional ability and exposure to psychological violence. Elderly people who report poorer functional ability also report more experienced psychological violence. It is assumed that a weak functional ability puts elderly people in a position of dependence on family members, which can cause them "caring stress" that can lead to violence. Given the great importance of functional ability, all efforts should be focused on the development of what can positively influence the improvement and maintenance of functional ability, such as healthy habits, including exercise and social contacts (Rusac S., 2008). The obtained results of the investigation Lapan Ž. and Leutar Z. show that older people who engage in recreational physical activities have a better quality of life. Elderly persons involved in some of the recreational physical activities

estimate their functional ability to be better ($M=33.90$; $SD=2.27$) compared to elderly persons who are not involved in any of the activities ($M=30.59$; $SD=5, 92$). This result is also an incentive for all elderly people to join recreational exercise groups and thus influence the improvement and maintenance of their functional state, which is an important element of quality of life (Lepan Z. & Leutar Z., 2012).

5. CONCLUSIONS

Quality of life means an individual's perception of his own image in life in terms of the culture and concept of relevance in which he lives, as well as in relation to his own goals, predictions, level and interest. Each author under the term quality of life defines certain characteristics and areas that make that quality measurable. Satisfaction with life and its quality consists of satisfied financial needs, needs for socializing, needs for activities, health needs and loneliness, i.e. needs for inclusion in a wider and/or narrower community.

Functioning declines as a person ages and is tightly coordinated with daily life activities. Looking at the parameters of the quality of life, changes among the oldest people can encourage society to intervene, because only a healthy and satisfied person can function physically, mentally and socially and feel a positive emotional state, such as satisfaction and happiness, which are the most important subjective components of the quality of life.

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