



## Original Research

# Lifestyle of Elderly in Mosul Governorate: A Cross-Sectional Study

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## Introduction:

Approximately 31 million older adults in the United States constituting about 12.7 % of the population . In 1992, the 65-74 years Included 18.5 million , the 75-84 years Included 10.6 million and the 85 years or more included 3 million of older adults .Living arrangements: The majority (67%) of no institutionalized older persons live with family members , only 31 % live alone . The percentage of older persons living in nursing homes dramatically increase with age . At present, approximately 5% of persons with 65 years of age or older , 6% of persons from 75 to 84 years of age and 20% of persons with

85 years of age or older are living in nursing homes <sup>(1)</sup> . older adults (94%) live independently in the community, whereas about (6%) live in institutions <sup>(2)</sup>. The aim of the study is to assess life of adaption among Elderly in Nineveh Governorate.

## Methods and Materials:

non-experimental approach and descriptive type are used in this study . The study is applied on three hospitals (Ibn-Sena Teaching Hospital, Al-Zahrawee Teaching Hospital and Al Salm Teaching Hospital), some primary health care centers, and public clinics

## Abstract:

**Background:** older adults (94%) live independently in the community , whereas about (6%) live in institutions. The aim of the study is to assess Lifestyle of Elderly in Mosul Governorate.

**Material and method:** The non-experimental approach and descriptive type are used in this study . The study is applied on three hospitals (Ibn-Sena Teaching Hospital, Al-Zahrawee Teaching Hospital and Al Salm Teaching Hospital), some primary health care centers, and public clinics in Mosul City.

**Results:** The finding shows that there is a significant statistical interrelationship in health related Lifestyle of Elderly .

**Conclusions:** The study concluded that the Lifestyle of Elderly were affected by their demographic characteristic (age, sex, marital status, level of education, and type of disease).

**Keywords:** Lifestyle, Elderly, Mosul Governorate, A Cross-Sectional Study.

in Mosul City. Purposive sample consists of (833) clients,(490) Male and (343) Femal who visited or admitted to the teaching hospitals, some primary health care centers, and public clinics in Mosul City. In older to collect the data of the study, a questionnaire was constructed depending on the previous studies and related literature review. The questionnaire consists of two Parts: Part one includes (7) items which focus on the elderly demographic characteristics such as (age, sex, marital status, occupation , level of education, duration and type of disease).Part two includes (4) main items that contain: ( independency , daily physical activities , psycho-social aspects and life of adaptation). In this

study, the total questions include (73) items, in which three-scale options are used in the rating scale were: (2) for (Always), (1) for (Sometimes), and (0)for (Never) . Content validity was determined by presenting the questionnaire to a panel of (12) experts. Internal consistency of the questionnaire is assessed by calculating Cronbach's Coefficient alpha. Analyzed data using SPSS,Version23 using both descriptive statistics, inferential statistics (Means, and SD, Number and percentage )and chi-square<sup>(3-74)</sup>.

**Results:**

**Table (1) Demographic characteristics of the study subjects (N=833)**

Variables	No.	%
<b>(A) Sex</b>		
Male	490	58.82
Female	343	41.18
<b>Total</b>	<b>833</b>	<b>100%</b>
<b>(B) Age</b>		
65- 74 years	657	78.87
75-84 years	137	16.45
85 years or more	39	4.68
<b>Total</b>	<b>833</b>	<b>100%</b>
<b>(C) Marital status</b>		
Single	20	2.4
Married	593	71.19
Widowed	213	25.57
Divorced	7	0.84
<b>Total</b>	<b>833</b>	<b>100%</b>

The table shows that the majority of study participants were males and constituted of (58.82%), and most of them aged (65-74) years. In

relation to their marital status, most of the whole sample were married and constituted (71.19%).

**Table (2) client's responses on life of adaptation domains within 3- level scale by total frequencies, percentages and Chi-Square**

Spiritual	Never		Sometime		Always	
	F	%	F	%	F	%
Are you able to go to worship position	448	53.78	224	26.89	161	19.33
Does your aging made you dray	267	32.05	353	42.38	213	25.57
Does religious beliefs affect your health	547	65.67	179	21.49	107	12.84
Do you try to employ spiritual beliefs for therapy	504	60.51	257	30.85	72	8.64
Obs.X <sup>2</sup> = 250.587      DF = 6 , P Value = 0.05      Crit. X <sup>2</sup> = 12.59 $\bar{X}$ =0.63						
Hope	F	%	F	%	F	%
Do you like life more than before	634	76.11	146	17.53	53	6.36
Do you feel that your life is worthily	152	18.25	366	43.94	315	37.81
Do you enjoy life	597	71.67	217	26.05	19	2.28
Do you feel safe in your daily life	539	64.71	266	31.93	28	3.36
Do you think of death	170	20.41	145	17.41	518	62.18
Do you hope of recovery	118	14.17	447	53.66	268	32.17
Obs.X <sup>2</sup> = 2110.923      DF = 10 , P Value = 0.05      Crit. X <sup>2</sup> = 18.31 $\bar{X}$ =0.79						
Future	F	%	F	%	F	%
Do your feel that you lost your role in the future	127	15.25	294	35.29	412	49.46
Do your feel your health will improve later	166	19.93	390	46.82	277	33.25
Do your afraid of the future	276	33.13	344	41.30	213	25.57
Do your feel that your future will be better than the past	654	78.51	124	14.89	55	6.60
Obs.X <sup>2</sup> = 983.922      DF = 6 , P Value = 0.05      Crit. X <sup>2</sup> = 12.59 $\bar{X}$ =0.9						

**Total  $\bar{X}$ =0.78**

The table shows significant difference at (P Value = 0.05) of life of adaptation domains .

### Discussion:

Analysis of the results of health problem of elderly clients demographic characteristics had indicated that the majority of them were males and constituted (58.82%) of the total sample, this result could be connected with the tendency of women to stay at home more than men .Data analysis shows that there is a significant statistical difference between elderly clients quality of life domains and their sex .The present study is in disagreement with the study of <sup>(75)</sup> who found that (53.24 %) of elderly clients are females and (46.76 %) of them are males .The study finding revealed there is a significant statistical association of health related quality of life item which concern with life of adaptation assessment. <sup>(76-104)</sup> mentioned that in recent years, spirituality has emerged as a significant dimension of health care. Not only is the subject slowly moving up the research agendas of the health care professions, patients say they are relying more on religious preferences to guide their medical decision-making. A survey conducted by the Medical University of South Carolina indicated that ninety-four percent of people admitted to the hospital agreed that spiritual health is as important as physical health. Enter any hospital, nursing home, out-patient clinic, senior living care community or long-term care facility and chances are your elder will be quizzed about his/her spiritual and or religious preferences. According to the Joint Council for Accreditation of Health care Organizations (JCAHO), a spiritual assessment is to be performed on every patient, identifying, “at a minimum,” the patient’s denomination, beliefs, and spiritual practices.A spiritual history can be taken orally or by way of a written questionnaire, and includes the process of gathering relevant information from the patient’s perspective regarding spiritual values, religious beliefs, spiritual needs and concerns, and whatever gives meaning to the patient’s life and illness .

### Conclusion:

The study concluded that the Lifestyle of Elderly were affected by their demographic characteristic (age, sex, marital status, level of education, and type of disease).

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