The association between Self-Care and Quality of Life among Iranian Older Adults: Evidence from a Multicenter Survey

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Abstract

Background: Considering the growing number of aging population, ensuring their Quality of Life (QoL) and the social services designed for this population group has become more and more important. This study explored how socioeconomic status and self-care affect older adults' QoL.

Methods: This was a cross-sectional study of 322 older people living in Tabriz, in 2021. The subjects were recruited using a multi-stage sampling method. Older persons were asked to complete the Socio-Economic Status (SES) questionnaire, the self-care behavior questionnaire, and the Iranian version of the 12-item Short Form Health Survey (SF-12).

Results: A Hierarchical logistic regression analysis model was used to investigate the factors influencing QoL. The regression analysis showed that marital status, social self-care, and during illness self-care had the greatest impact on the older person's quality of life (p< 0.05). Twenty-nine and twenty-seven percent of the variance of the mental and physical health dimensions were respectively predicted by the variables included in the model.

Conclusion: Promoting the social self-care and during illness self-care had a positive relationship with the QoL of older persons. These results can serve as a reference for future studies pertinent to self-care for older adults.