

Quality of life and physical activity among Geriatrics living in Institutions compared to the community.

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Background: The environment of an elderly person plays an important role in their well being. It influences their quality of life and physical activity level. In South Africa, there is dearth of literature concerning this issue.

Methods: An analytic cross-sectional study of 80 elderly participants living in the old age homes and the community were compared. The study was conducted in Soweto; Johannesburg. A computerised random sample of older adults aged 60 years and above was included. Physical activity scale for the elderly (PASE) and RAND 36 questionnaires were used for data collection. Data were analysed using descriptive and inferential statistics to explore the

relationships between institutionalised geriatrics and community living geriatrics. The unpaired t-test, Pearson's Correlation coefficient, chi square, Mean, standard deviation and frequencies were used.

Results: The total mean score of quality of life in old age home dwellers was $M=68.53$, $SD=\pm 19.55$ and for community dwellers was $M=77.74$, $SD=\pm 16.25$ with a statistically significant p value of $p=0.025$. The mean physical activity score for old age home dwellers was $M=20.18$, $SD=\pm 24.52$ compared to $M=190.31$, $SD=\pm 82.81$ in community dwellers with a strong statistically significant p value of $p=0.000$.