

PERSONAL LIFE STYLE RELATED QOL OF ELDERLY IN KARNATAKA

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Abstract

The present research paper to assess the QOL of the elderly with the help of personal life style. Because, Most of the studies ignore this aspect. The Personal life style of the elderly comprises of four subgroups such as addictions, leisure and recreation activities, daily life style activities and domestic activities. The present research paper to collect the personal life style data through the field survey, then compute the personal life style quality of life index of elderly population by use of descriptive statistical techniques like aggregation method then compare the personal life style QOL of elderly population in different regions of Karnataka. The result found that in the study area elderly have an aggregate medium level personal life style QOL index with 62.17. Among regions it is low in Northern Karnataka region with 59.32 then the coastal Karnataka and southern Karnataka region with 63.28 and 63.91 respectively.

Key words: *personal life style, quality of life, Regional disparities.*

Introduction

The present research paper to assess the QOL of the elderly with the help of personal life style of elderly population. Because, Most of the studies ignore this aspect while assessing the Quality of life of elderly. The Personal life style of the elderly comprises of four subgroups such as addictions, leisure and recreation activities, daily life style activities and domestic activities.

Study area

The Southern state of Karnataka is pioneer in many fields among the Indian states. It is located in the Western part of the Deccan plateau. It is surrounded by Maharashtra in the North, Andhra Pradesh in the East, Tamilnadu in the South and Southeast, Kerala in the Southwest and Goa in the Northwest. In the Western part it is flanked by the Arabian Sea. It extends Latitudinally from 11°31' to 18°45' North and longitudinally from 74°12' to 78°40' East. The total geographical area of the state is about 1, 91,791 Sq.km. It is divided into two broad Geographic divisions like Coastal region and Plateau. Plateau is divided into two sub divisions, Southern Karnataka Region and Northern Karnataka Region. As per 2011 census Karnataka has 6.1 crore population with 3.1 crore males and 3.0 crore females. It has 5.31% of India's total population and ranks ninth in the country. The total Aged population in 2001 was 4.1 million with 1.9 million males and 2.1 million females.

3.0. Objectives of the study: The present study has been undertaken to investigate the following objectives: To examine the Regional variation addictions and Daily Life Activities of elderly in Karnataka. To examine the Regional variation Leisure or Recreation activities and Domestic activities of elderly in Karnataka. To find out the Regional disparities in personal life style related QOL of elderly in Karnataka.

Methodology comprises the followings:

Nature of the Data collection: collect the Primary through the structured questionnaires.
Location and period of the study: Karnataka and its 3 region such as NKR, SKR & CKR are

the location and Period of Primary data is January to May 2014. Selection of Sample: 480 elderly people. Sampling procedure: The multi- stage sampling method was adapted to draw the sample of 480. Data collection Tool: like questionnaires. Statistical techniques: Construct QOL index.

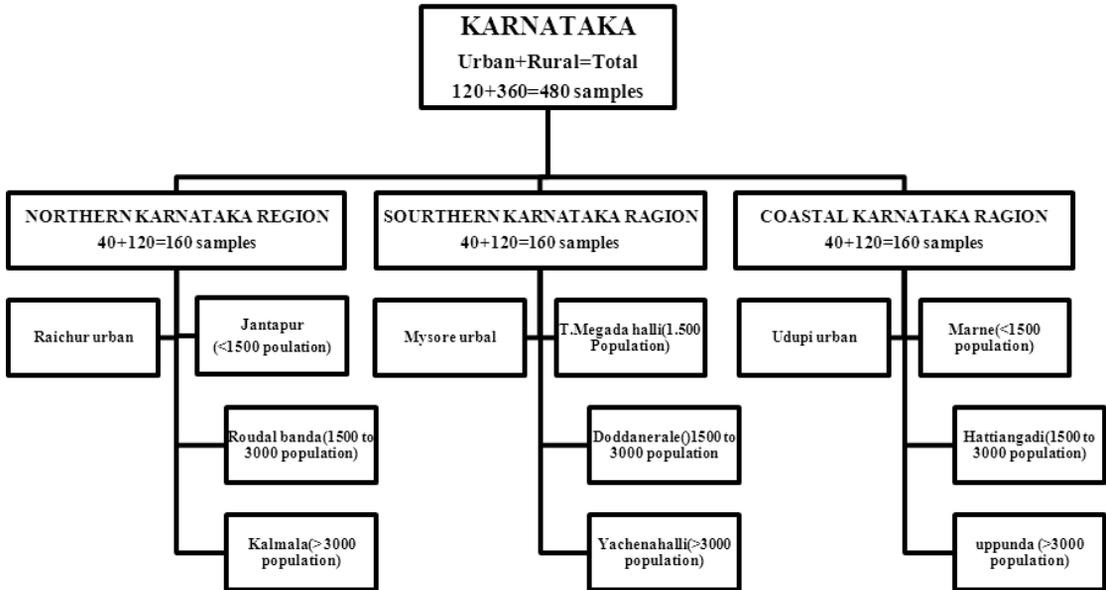


Figure 1. .Population size and Sample Villages selected in Different Regions of Karnataka -2014.

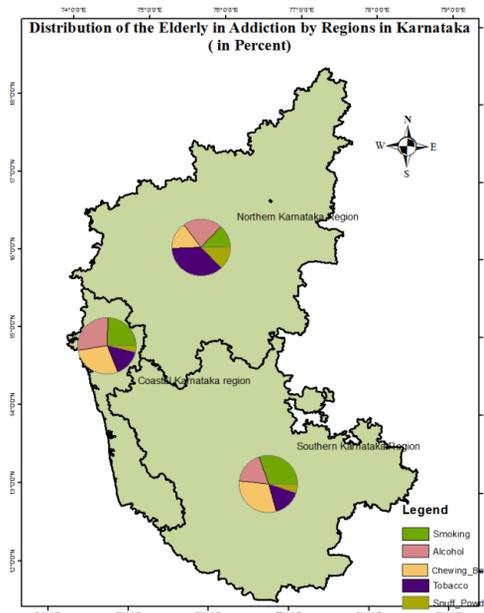


Figure 1. Distribution of the Elderly in Addictions by Region in Karnataka (in %)

Discussions

Regional patterns of Addictions of Elderly in Karnataka

The present study considers Smoking, consuming Alcohol, chewing the Betel nut; Tobacco and Snuff powder as the important items of addictions of the elderly. Use of these items effects on the health of the people. Addiction to any of the above practices negatively effect on the QOL of the elderly. None of the elderly of all regions are free from the addictions, but the percent and numbers of addiction varies among the region.

The result indicate in Karnataka an average of 15.46 percent of elderly addict to any one or more than one type of addiction it is high in NKR (27.7%) than the SKR(15.60%) and CKR (16.36 %) An interesting fact is that the respondents in NKR region predominantly consume Alcohol, Tobacco and Snuff Powder. Irrespective of gender Snuff powder and Tobacco chewing is common in NKR. Some particular group of people are preparing the local alcoholic beverages in CKR and NKR as a result 23.1 and 30.6 percent of the elderly opinioned that they drink alcohol.

Table 1. Distribution of the Elderly in Addictions by Region in Karnataka (in %)

Addictions	NKR	SKR	CKR	Karnataka
Smoking	18.1	22.5	20	21.7
Alcohol drinking	30.6	13.8	23.1	16.9
Betel nut	21.3	23.1	23.1	23.1
Tobacco chewing	51.2	11.9	12.5	12.1
Snuff powder	17.5	3.8	3.1	3.5

Source: Compiled by the researcher from the field survey- 2014

Index : NKR-Northern Karnataka Region, SKR-Southern Karnataka Region, CKR-Costal Karnataka Region

Table 2. Daily Life Activities of the Elderly by Region in Karnataka (in %)

Daily Life Activities	NKR	SKR	CKR	Karnataka
Gardening	16.3	35	39.4	30.2
Worship in home	67.5	77.5	79.4	74.8
Going to Religious centre	74.4	76.9	82.5	77.9
Walking	78.8	91.3	92.5	87.5
Meditation	28.1	35.6	37.5	33.8
Exercise	2.5	5.6	8.1	5.4

Source: Compiled by the researcher from the field survey- 2014

Index : NKR-Northern Karnataka Region, SKR-Southern Karnataka Region, CKR-Costal Karnataka Region

Regional patterns of daily activities of Elderly in Karnataka

It represents physical activeness and some personal activities and practices of elderly population. Participating in more number of daily activities indicates the healthy life style of (physical and mental status) the elderly. In the present study daily activities involve the Gardening, Worship at home, going to Religious centre, Walking, Meditation and Exercise. Among the 6 activities, worship at home, going to Religious centre, walking is common in all regions.

Gardening and walking are low in NKR because in NKR the distribution of the house is very compact and majority of the houses have no space for gardening. Further, the weather is not

conductive for gardening the elderly expressed that they are engaged in the daily wage and agricultural activities; hence they do not need Walking. As result, in NKR more number of the elderly are expressed they are engaged in one or two activities but in CKR as houses are scattered in agricultural field and market shops are far away from the houses they have garden in front or backyard of their houses and grow the greengroceries. So Compared to the other regions in CKR more number of the elderly are involved in more number of activities in daily life. The elderly of SKR are participating in low percent in over all activities compared to the CKR.

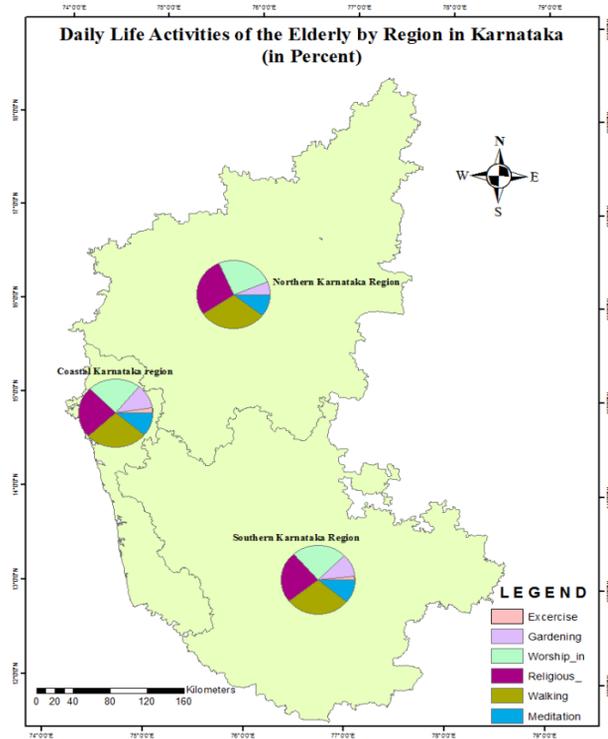


Figure 2. Daily Life Activities of the Elderly by Region in Karnataka (in %)

Leisure or Recreation activities	NKR	SKR	CKR	Karnataka
Read newspaper and books	28.7	33.1	48.8	36.9
Watch T.V	83.1	80.6	95.6	86.5
Listen to the Radio	21.9	20.6	25	22.5
Write	0.6	4.4	3.8	2.9
Talk with Contemporaries and others	95	91.3	88.8	91.7
Play with grand children	65	53.1	61.3	59.8
any other	5.6	10.6	3.8	6.7

Source: Compiled by the researcher from the field survey- 2014
Index : NKR-Northern Karnataka Region, SKR-Southern Karnataka Region, CKR-Costal Karnataka Region

Regional patterns of Leisure or recreation activities of elderly in Karnataka

These activities reduce the stress, socialize and give the mental peace for the people. In all regions, majority of the elderly are using their free time talking with friends and neighbour and watch the television. However talking with friends and others is low in CKR due to scattered nature of settlement compared to the other regions of Karnataka. Reading and writing activities are more in SKR and CKR due to the high percent of illiteracy. Playing with grandchildren is low in SKR, but other activities are high (Table 3).

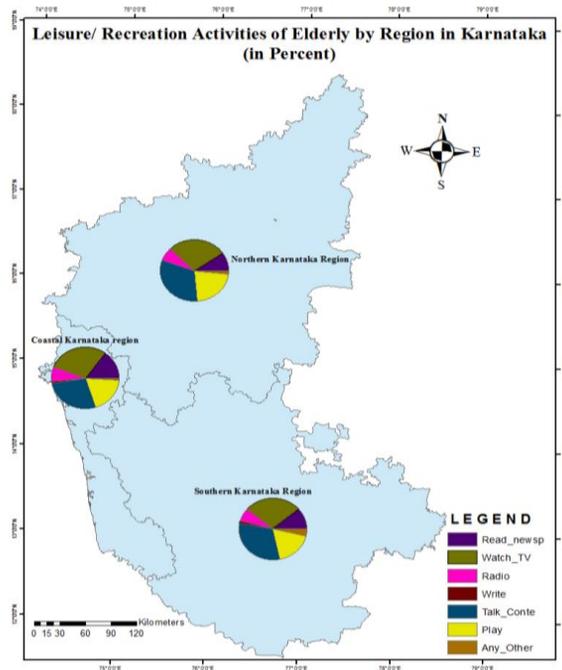


Figure 3. Leisure/ Recreation Activities of Elderly by Region in Karnataka (in %)

Domestic activities (8)	NKR	SKR	CKR	Karnataka
Cleaning the home appliances	48.8	56.9	45	50.2
Cleaning the House and surroundings	80.6	75	68.1	74.6
Washing the cloths	39.4	46.9	30.6	39
Cooking	37.5	49.4	32.5	39.8
Shopping the things	70.6	68.1	61.3	66.7
Fetching the water	50.6	46.3	41.9	46.3
Schooling the grand children	28.7	23.1	28.7	26.9
Other	0.6	3.1	5	2.9

Source: Compiled by the researcher from the field survey- 2014
Index : NKR-Northern Karnataka Region, SKR-Southern Karnataka Region, CKR-Costal Karnataka Region

Regional patterns Domestic activities of elderly population in Karnataka

Comprise the household activities generally the level of these activities is influenced by the type of Living arrangements. among the region domestic activities are high in SKR because

greater proportion of elderly are living alone so they engaged in domestic activities like washing the cloths, Cooking, Cleaning the home appliances but in CKR more number of the elderly are living with family members and they are the head of the family. Hence the participation in domestic activities is less. (Table 4).

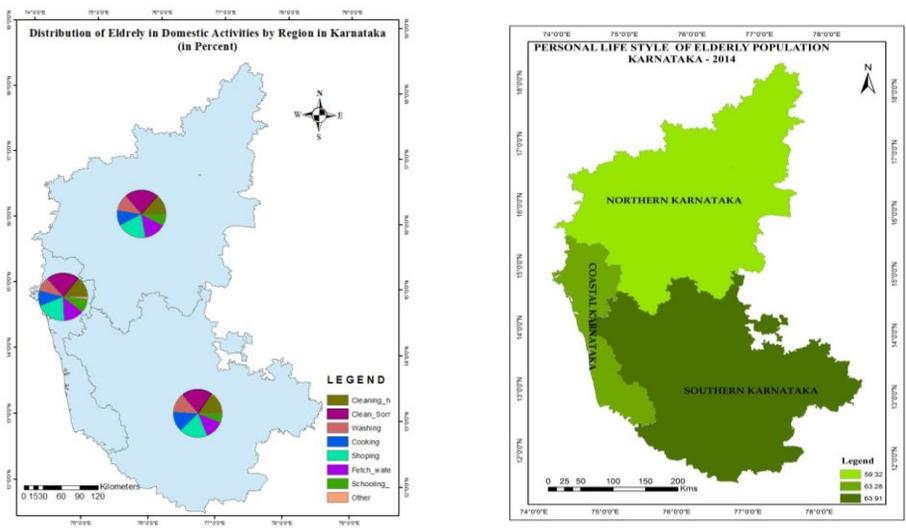


Figure 4. istribution of the Elderly in Domestic Activities by Region in Karnataka (in %) Figure 5. personal life Quality of life of the Elderly in Karnataka by region

Personal life Quality of life of the Elderly in Karnataka by region

The Personal life style QOL index of the elderly comprises of four subgroups such as addictions, leisure and recreation activities, daily life style activities and domestic activities. An aggregate personal life style QOL index of the elderly is 62.17 in Karnataka, among the region’s it is higher in SKR with 63.91 followed by Coastal Karnataka region (63.28) and Northern Karnataka region which least with 59.32.

In NKR more number of the elderly population are addicted and less number of the elderly involved in healthy activities like participating in leisure and recreation activities, domestic activities and daily life activities. Contrastingly in CKR more number of the elderly involved in the daily life and leisure and recreation activities. So, they have high QOL index compared to the other region.

Findings

The addictions result indicates that in Karnataka an average of 15.46 percent of elderly addict to any one or more than one type of addiction. it is high in NKR (27.7%) than the CKR (16.36 %) and SKR(15.60%) . Because Irrespective of gender Snuff powder and Tobacco chewing is common in NKR. Among the 6 types of daily life activities, worship at home, going to Religious centre, walking is common in all regions. Gardening and walking are low in NKR because in NKR the distribution of the house is very compact and majority of the houses have no space for gardening. Further, the elderly expressed that they are engaged in the daily wage and agricultural activities; In all regions, majority of the elderly are using their free time talking with friends and neighbour and watch the television. Reading and writing activities are more in SKR and CKR due to the high percent of literacy. Among

the region domestic activities are high in SKR because greater proportion of elderly is living alone. So, they engaged in domestic activities like washing the cloths, Cooking, Cleaning the home appliances. But in CKR more number of the elderly is living with family members and they are the head of the family. Hence the participation in domestic activities is less. An aggregate personal life style QOL index of the elderly is 62.17 in Karnataka, among the region's it is higher in SKR with 63.91 followed by Coastal Karnataka region (63.28) and Northern Karnataka region which least with 59.32.

Conclusion

Elderly in different regions of Karnataka has enjoyed the different level in personal life style QOL index. Among the regions it is high in CKR and low in NKR. Therefore the government and other organizers to give more attention to strong implementation of elderly welfare programmers in individual, local district and state level.

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