

Investigating the relationship between social support by (family, friends and others) and the quality of life of the elderly living in the families of Amol city

Fazli M^۱., Kaldi A.^{۲*}, Seyedmirezayei S^۳.

Abstract

Introduction: Awareness of the factors that affect the quality of life in old age is very important as the population ages and can be a great help in improving the quality of life of this group. One of these factors is social support. This study aims to determine the role of social support by family, friends and others in determining the quality of life of the elderly.

Method: This study is a cross-sectional study. The statistical population in this study included all elderly people over 60 years of age covered by the health network residing in the families of Amol city in 1396, which was done by multi-stage and randomized cluster sampling method and 450 of them were selected. Data collection tools in the present study included quality of life questionnaires (SF-36) and Phillips social support. Central and scatter indicators, one-way analysis of variance, and Duncan's test was used to analyze the data.

Results: The average quality of life of the elderly in Amol city (52.07) is optimal. About 54% of the city's elderly people have a lot of social support. There was a significant difference between social support and its dimensions with quality of life ($P < 0.001$).

Conclusion: Older people with higher levels of social support have a better quality of life than other elderly people, so social support should be considered as an effective factor in improving the quality of life of the elderly.

Keywords: family, quality of life, social support, the elderly,

Citation: Fazli M., Kaldi A. *, Seyedmirezayei S. Investigating the relationship between social support by (family, friends and others) and the quality of life of the elderly living in the families of Amol city. Family and health; 9(4): 56-72

¹ - Sociology, Science and Research Branch, Islamic Azad University, Tehran, Iran E-mail: mfazli81@yahoo.com

² - Corresponding author, Professor, Department of Social Sciences, Science and Research Branch, Islamic Azad University, Tehran, Iran, E-mail: arkaldi@yahoo.com

³ - Professor, Department of Social Sciences, Science and Research Branch, Islamic Azad University, Tehran, Iran