

PERCEPTION OF QUALITY OF LIFE AMONG ELDERLY PEOPLE RESIDING IN A LONG-TERM CARE INSTITUTION.

Kamila Apolinario de Oliveira¹

Gesiane Alves Da Silva²

Thais de Moraes Guimarães³

Suelen Marçal Nogueira⁴

Fernando Pires Viana⁵

Universidade Evangélica de Goiás - Campus Ceres

ABSTRACT

The phenomenon of population aging is a global reality, marking a significant demographic transition in many societies. This phenomenon brings with it specific challenges and needs, especially regarding health, well-being, and the Quality of Life of the elderly. This study aimed to investigate the perception of Quality of Life among elderly people residing in a Long-Term Care Institution. A quantitative approach was adopted for the research, encompassing a sample of 24 elderly people. The results showed that sensory functioning was the best-evaluated facet, with 73.96%, while autonomy presented the lowest score, with 38.54%, indicating serious limitations in this aspect. The global analysis revealed a moderate QoL, with an average of 59.98%, suggesting the need for interventions aimed at improving the autonomy and participation of those involved in the research. It is concluded that there is significant potential to enhance the quality of life of the elderly in the institution, especially in areas of greater vulnerability, reinforcing the importance of adequate public policies and intervention strategies.

Keywords: Elderly health; Whoqol-Old; Long-Term Care Institution; Quality of Life.

INTRODUCTION

The phenomenon of population aging is a global reality, marking a significant demographic transition in many societies. This process is characterized by an increase in the elderly population, a result of advances in medicine, improved living conditions, and decreased birth rates (Reis; Barbosa e Pimentel, 2016).

The global elderly population grows by approximately 3% per year, and it is predicted that by 2050, about a quarter of the world's population will be over 60 years old (WHO, 2015). In Brazil, the elderly currently represent 13% of the population, an expectation that should increase to 29.3% by 2050 (IBGE, 2019). This phenomenon brings with it specific challenges and needs regarding the health, well-being, and Quality of Life (QoL) of the elderly.

¹ Graduanda, Universidade Evangélica de Goiás – Campus Ceres, E-mail: kamilaapolinario48@gmail.com

² Graduanda, Universidade Evangélica de Goiás – Campus Ceres, E-mail: gesiannydhene@gmail.com

³ Graduanda, Universidade Evangélica de Goiás – Campus Ceres, E-mail: thaybriefs@hotmail.com

⁴ Doutora, Universidade Evangélica de Goiás – Campus Ceres, E-mail: suelen.nogueira@unievangelica.edu.br

⁵ Mestre, Universidade Evangélica de Goiás – Campus Ceres, E-mail: fernando.pires@docente.unievangelica.edu.br

QoL is the result of a series of behaviors adopted by the elderly person, not being influenced by just one component. Furthermore, social factors, such as income, ethnicity, education, and marital status, can also interfere with the living conditions of this population, consequently, in their perception of QoL (Esteves Clavero et al. 2018).

Given the above, this study aimed to investigate the perception of QoL among elderly people residing in a Long-Term Care Institution (LTCI).

METHODOLOGY

The research had a quantitative approach. The researched population consisted of elderly people residing in an LTCI in the city of Ceres - GO, encompassing individuals of both sexes who resided in this Institution. The sample was composed of 24 elderly people.

The inclusion criteria were: being 60 years or older, being a resident of the researched LTCI, and having agreed to participate in the research. The exclusion criteria were: elderly people who were physically or psychologically incapacitated from answering the questionnaire and those who did not agree to participate in the research.

The instrument used for data collection was the *World Health Organization Quality of Life -- Old* (WHOLQOL-OLD) questionnaire, composed of 24 questions, whose answers followed a Likert scale from 1 to 5, distributed into six facets (Fleck; Chachamovich; Trentini, 2006).

For data analysis, Microsoft Excel was used: the data were entered and tabulated in a spreadsheet, where the necessary calculations were performed and the corresponding formulas were applied to obtain the desired results.

RESULTS

Sensory Functioning was the best-evaluated facet, presenting an index of 73.96%, which indicates that the elderly, for the most part, maintain their sensory capacities, an essential factor for their independence and overall well-being. Despite this, studies point out that with advancing age, changes occur at the biological level, such as a decrease in sensory functions, walking ability, and cognitive function (Duran-Badillo et al., 2020). On the other hand, the autonomy of the respondents obtained an index of only 38.54%, standing out negatively and suggesting that these people face

serious limitations in their ability to make decisions and act independently, which can negatively impact their self-esteem and increase the feeling of dependence (Gomes et al., 2019).

The score of 63.54% in past, present, and future activities reveals that the elderly have a relatively positive perception of their achievements throughout life, which contributes to a sense of purpose and satisfaction. However, social participation, with an index of 51.56%, is at an intermediate level, suggesting that although there is some degree of social involvement, there is room to expand this integration to reduce feelings of isolation. This finding is corroborated by Batista et al. (2022), who state that socialization problems and social isolation can generate negative emotions, such as hostility and anger, and even lead to suicidal thoughts.

The "death and dying" facet, with an index of 68.75%, suggests that the respondents, in general, show acceptance or resignation regarding death, which may indicate an adequate psychological adjustment to this phase of life. Regarding intimacy, which also obtained a score of 63.54%, it is observed that the elderly maintain close and meaningful relationships, essential for emotional support and for maintaining quality of life.

Table 1. Quality of Life of Respondents by Facets

FACETA	%
Funcionamento do Sensório	73,96
Autonomia	38,54
Atividades Passadas, Presentes e Futuras	63,54
Participação Social	51,56
Morte e Morrer	68,75
Intimidade	63,54

Source: Author (2024)

The analysis of Table 2, which expresses the Overall Quality of Life of the respondents, reveals that the average score achieved was 59.98%, indicating that, in general, the elderly present a moderate QoL. This conclusion is aligned with the literature that demonstrates that, although many residents in institutions of this type report acceptable levels of life satisfaction, various factors still significantly impact their QoL (Guimarães et al., 2023; Miranda, Soares; Silva, 2016).

Table 2. Overall Quality of Life of Respondents

FACETA	%
Qualidade de Vida Geral	59,98

Source: Author (2024)

Finally, it is emphasized that Long-Term Care Institutions play a crucial role in promoting the quality of life of the elderly.

CONCLUSION

The research concludes that the elderly people residing in the Long-Term Care Institution in Ceres - GO present a moderate QoL. These results indicate the urgent need for targeted interventions to improve the decision-making capacity and social integration of the study participants, suggesting that public policies and institutional strategies should be strengthened to promote healthier aging with greater well-being within these institutions.

REFERENCES

- DURAN-BADILLO, T.; SALAZAR-GONZÁLEZ, B. C.; CRUZ-QUEVEDO, J. E.; SÁNCHEZ-ALEJO, E. J.; GUTIERREZ-SANCHEZ, G.; HERNÁNDEZ-CORTÉS, P. L. (2020). Sensory and cognitive functions, gait ability and functionality of older adults. *Revista latino-americana de enfermagem*, 28, e3282. <https://doi.org/10.1590/1518-8345.3499.3282>
- ESTEVE-CLAVERO, A.; AYORA-FOLCH, A.; MÁCIA-SOLER, L.; MOLÉS-JULIO, M. P. Fatores associados à qualidade de vida dos idosos. *Acta Paul Enferm*, v. 31, n. 5, p. 542-549, 2018. DOI: <https://doi.org/10.1590/1982-0194201800075>.
- FERREIRA, L. K.; MEIRELES, J. F.F.; FERREIRA, M. E. C. Avaliação do estilo e qualidade de vida em idosos: uma revisão de literatura. *Revista Brasileira de Geriatria e Gerontologia*, v. 21, n. 5, p. 616-627, 2018. DOI: <https://doi.org/10.1590/1981-22562018021.180028>
- FLECK, M. P.; CHACHAMOVICH, E.; TRENTINI, C. Development and validation of the portuguese version of the WHOQOL-OLD module. Ver. *Saúde Pública* 2006; 40(5): 785-791. <https://doi.org/10.1590/S0034-89102006000600007>
- GOMES, G. C.; MOREIRA, R. S.; MAIA, T. O.; SANTOS, M. A. B.; SILVA, V. L. (2021). Fatores associados à autonomia pessoal em idosos: revisão sistemática da literatura [Factors associated with personal autonomy among the elderly: a systematic review of the literature]. *Ciência & saúde coletiva*, 26(3), 1035–1046. <https://doi.org/10.1590/1413-81232021263.08222019>
- GUIMARÃES, M. R. C.; GIACOMIN, K. C.; FERREIRA, R. C.; VARGAS, A. M. D. (2023). Avaliação das Instituições de Longa Permanência para Idosos no Brasil: um

panorama das desigualdades regionais. **Ciência & Saúde Coletiva**, 28(7), 2035–2050. <https://doi.org/10.1590/1413-81232023287.15792022>

Instituto Brasileiro de Geografia e Estatística. Síntese de indicadores sociais: uma análise das condições de vida da população brasileira: 2019 / IBGE, Coordenação de População e Indicadores Sociais. - Rio de Janeiro: IBGE, 2019. Disponível em: <https://biblioteca.ibge.gov.br/index.php/biblioteca-catalogo?view=detalhes&id=2101678> . Acesso em 27 de agosto de 2024.

MIRANDA, L. C. V.; SOARES, S. M.; SILVA, P. A. B.. Qualidade de vida e fatores associados em idosos de um Centro de Referência à Pessoa Idosa. **Ciência & Saúde Coletiva**, v. 21, n. 11, p. 3533-3544, 2016. DOI: <https://doi.org/10.1590/1413-812320152111.21352015>.

Organização Mundial da Saúde. Relatório Mundial de Envelhecimento e Saúde. Genebra: OMS; 2015. Disponível em: <https://sbgg.org.br/wp-content/uploads/2015/10/OMS-ENVELHECIMENTO-2015-port.pdf> . Acesso em 27 de agosto de 2024.

REIS, C.; BARBOSA, L. M. L. H.; PIMENTEL, V. P.. O desafio do envelhecimento populacional na perspectiva sistêmica da saúde. BNDES Setorial, Rio de Janeiro, n. 44, p. [87]-124, set. 2016. Disponível em: <http://web.bndes.gov.br/bib/jspui/handle/1408/9955> . Acesso em 26 de agosto de 2024.