

# FACTORS AFFECTING QUALITY OF LIFE OF OLDER PEOPLE IN TAUNGU TOWNSHIP, BAGO REGION, MYANMAR

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## ABSTRACT

During the last three decades, Myanmar has faced a steadily growing population of older people as a result of sustained declines in mortality and fertility. Quality of life (QoL) is an important issue among older people as it reflects their health status and wellbeing. This study aimed to investigate the quality of life of older people and analyze factors that associated with QoL of older people in Taungu Township, Bago Region, Myanmar. The study is based on a cross-sectional study among 233 older people aged 60 years or above living in the township. The data were collected through structured questionnaire using face-to-face interview, during March to April 2011. Questions on QoL were from the standard World Health Organization Quality of Life BREF (WHOQOL-BREF) questionnaire. Descriptive statistics and bi-variate analysis ( $\chi^2$  test) are employed. It's found that 72.1% of older people had an average QoL, 14.2% and 13.7% had high and low QoL. QoL is significantly associated ( $p$ -value < 0.05) with older people's individual income. It is implied that appropriate implementation should increase its coverage both in terms of area and less opportunity for older persons. Government should expand older people's self-help group to improve livelihoods by creating job opportunities and income generate in all States and Regions. It is also suggested the WHOQOL-BREF, the standard questionnaires needs to be validated according to context of Myanmar cultures and norms, including the meaning of "quality of life".

KEY WORDS: OLDER PEOPLE / QUALITY OF LIFE / MYANMAR

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