



INTERNATIONAL JOURNAL OF
EDUCATION, PSYCHOLOGY
AND COUNSELLING
(IJEPC)

www.ijepec.com



THE EVALUATION OF THE QUALITY OF LIFE (QOL) AMONG
SENIOR CITIZENS LIVING AT AN OLD AGE HOME ON THE
MALAYSIAN EAST COAST

Usman Jaffer¹, Che Mohd Nasril Che Mohd Nassir², Mohamed Ayaaz Ahmed³, Rahmah Ahmad H. Osman^{1*}, Ahmad Afif Ahmad Kamari⁴, Nurain Fatini Kamarudin⁴, Nur Athirah Juvono⁴, Nurul Aidasyafikah Mat Arif⁴, Sofya Umairah Zulkarnain⁴

¹ AbdulHamid AbuSulayman Kulliyah of Islamic Revealed Knowledge and Human Sciences, International Islamic University Malaysia, 50728 Kuala Lumpur, Malaysia.

International Institute of Islamic Thought and Civilisation (ISTAC) International Islamic University Malaysia, Kuala Lumpur, Malaysia

Email: jafferu@iium.edu.my; rahmahao@iium.edu.my

² Department of Anatomy and Physiology, School of Basic Medical Sciences, Faculty of Medicine, Universiti Sultan Zainal Abidin (UniSZA), 20400 Kuala Terengganu, Terengganu, Malaysia.

Email: nasrinnassir@unisza.edu.my

³ Southern Ambition 473 CC, 7764, Cape Town, South Africa

Email: ayaaz@reamz.co.za

⁴ Kulliyah of Pharmacy, International Islamic University Malaysia, 25200, Kuantan, Pahang Darul Makmur.

Email: afifkamari58@gmail.com; 2116556@student.iium.edu.my; athirahjuv@gmail.com;

nurulaidasyafikah3@gmail.com; sofyzulkarnain@gmail.com

* Corresponding Author

Article Info:

Article history:

Received date: 30.10.2023

Revised date: 26.11.2023

Accepted date: 24.12.2023

Published date: 31.12.2023

To cite this document:

Jaffer, U., Nassir, C. M. N. C. M., Ahmed, M. A., Osman, R. A. H., Kamari, A. A. A., Kamarudin, N. F., Juvono, N. A., Mat Arif, N. A., & Zulkarnain, S. U. (2023). The Evaluation of The Quality of Life

Abstract:

This study explores the quality of life (QoL) among elderly individuals residing in Malaysian old age homes, focusing on their physical, psychological, and social well-being. It utilizes a quantitative cross-sectional design, employing the Older People's Quality of Life Questionnaire (OPQOL-35) to assess QoL across multiple domains. The sample comprises 20 participants from Pusat Jagaan Pesakit Dan Warga Emas Seri Damai, aged between 50 and 79, with various age-related health issues. The study's results indicate no significant gender-based differences in overall well-being. However, females reported lower health scores compared to males. Longer durations of care were associated with lower health quality. Positive correlations were found between overall life satisfaction and factors such as neighbourhood quality, psychological well-being, independence, and engagement in activities. Additionally, health status correlated positively with independence and financial status but negatively with the duration of care. A surprising negative

(QOL) Among Senior Citizens Living at An Old Age Home on The Malaysian East Coast. *International Journal of Education, Psychology and Counseling*, 8 (52), 839-853.

DOI: 10.35631/IJEPC.852063

This work is licensed under [CC BY 4.0](https://creativecommons.org/licenses/by/4.0/)



correlation emerged between educational status and social relationships, suggesting that higher education does not necessarily enhance social skills and connections. The discussion highlights the importance of a conducive living environment, the role of psychological well-being in life satisfaction, and the gender disparity in health perception. It also examines the paradox of education and social relationships, the significance of independence in well-being, and the impact of home and neighbourhood on psychological health. The study underscores the benefits of an active lifestyle and leisure activities for emotional well-being and challenges the assumption that extended residency in care centres leads to financial strain. In conclusion, the research emphasizes the need for comprehensive care strategies that consider the diverse needs of the elderly, recognizing the multifaceted nature of their well-being. While limited by its small sample size and cross-sectional design, the study offers valuable insights for improving eldercare practices and informs policymakers and caregivers about the factors influencing elderly well-being. Further research with larger samples is recommended for a deeper understanding of these dynamics.

Keywords:

Elderly, Well-being, Health, Aging, Elderly Care Facilities

Introduction

The demarcation of individuals aged 65 or older as 'elderly' is a societally constructed concept that varies across cultures and time. Traditionally, this age group is further divided into 'early elderly' (65-74 years) and 'late elderly' (75 years and above), as Atsushi et al. (2006) have noted. However, this binary classification oversimplifies the aging process and overlooks the diverse experiences of individuals within these age brackets. Aging is a continuum, and the experience of growing older can differ significantly from one person to another, influenced by factors such as health status, socio-economic conditions, and cultural backgrounds (Rowe & Kahn, 1997). Globally, the population aged sixty and above is increasing rapidly, leading to significant social and economic implications. This demographic shift is not just a public health concern but also a matter that affects labour markets, social insurance systems, and the familial structure of societies (Harper, 2014). The United Nations (2019) reported that by 2050, one in six people in the world will be over age 65, up from one in 11 in 2019. This increase in the elderly population has led to a heightened focus on promoting their health and well-being, with various theoretical frameworks emerging in recent decades, such as healthy aging, positive aging, productive aging, active aging, and successful aging. These paradigms highlight the need for an interdisciplinary approach that encompasses biological, psychological, and social aspects of aging (Rowe & Kahn, 1997; WHO, n.d.).

In Malaysia, as in many other countries, the aging population presents both challenges and opportunities. The projection that the population over 65 will constitute 7.9% by 2022 underscores the need for comprehensive eldercare strategies (Statista, 2022). The increase in the elderly population corresponds with the rise in the number of individuals seeking care in old folk homes. The traditional family structure, where the elderly are cared for within the family, is evolving due to various socio-economic factors, including increased women's participation in the workforce and the geographical mobility of younger generations (Teo, P., et al., 2019).

Old age homes are becoming a more common solution for elderly care, driven by these changing family dynamics. In Malaysia, these facilities range from basic care centres to luxurious retirement communities, reflecting a broad spectrum of socio-economic statuses and care needs (JLL, 2021). Despite the growing need for senior care, institutional care for the elderly often carries a stigma, which can affect both the quality of care provided and the willingness of families to utilize such services (Ayalon, L., et al., 2016).

Understanding the dynamics within these care settings is crucial for improving the quality of life of the elderly. This necessitates a focus not only on the physical health of the elderly but also on their psychological and social well-being. As the concept of aging evolves, so too must our approaches to caring for this population, ensuring that they are treated with dignity and respect, and given opportunities to remain active and engaged members of society (Foster, L., & Walker, A., 2015).

Well-being and Aging

Well-being is a complex concept that encompasses both individual and societal benefits, reflecting satisfaction with one's life. Traditional measures of living conditions often do not fully capture subjective experiences of life, relationships, positive emotions, resilience, potential fulfilment, and overall well-being. Ruggeri, K., et al. (2020) describe well-being as a combination of positive feelings and effective functioning, encompassing aspects like positive emotions, development of potential, life control, sense of purpose, and positive relationships. Sustained well-being is essential for individual and collective growth. The WHO defines positive mental health, an integral part of subjective well-being, as a state where individuals recognize their abilities, cope with life's demands, work productively, and contribute to their communities (WHO, n.d.).

Well-being is closely linked to success in personal, professional, and interpersonal realms, influencing factors such as workplace productivity, learning efficacy, creativity, prosocial behaviours, and positive relationships. Childhood well-being is a predictor of adult well-being, with higher levels of well-being associated with better economic performance, physical health, longevity, and work performance (Huppert, F. A., 2009).

For aging individuals, factors such as driving habits, daily care, cleaning services, environmental conditions, and support facilities are pivotal in influencing their well-being. Enhancing elderly well-being involves increasing social and health facilities in communities, underpinned by accessible, affordable, user-friendly, and portable assisted information technology (Perry, T. E., et al., 2020).

This study aims to explore and understand the well-being of elderly individuals residing in Malaysian old age homes. It focuses on their experiences, emotions, and challenges associated with their stay, considering their perspectives on needs, emotions, and expectations for care and support from both family and institutional caregivers. The ultimate goal is to offer valuable insights into the dynamics of elderly well-being and contribute to the improvement of care practices within these settings.

Methodology

Study Design

This study employed a quantitative cross-sectional design to observe the elderly population in old age home. The research utilised a validated questionnaire and focus group sessions over a specific period, with subsequent analysis conducted within the observational study framework. Self-report questionnaires were chosen for their efficiency in swiftly gathering diverse information related to the general well-being of the elderly. These questionnaires covered aspects such as overall life satisfaction, health, social relationships, independence, neighbourhood, psychological well-being, financial status, and engagement in activities.

Sample Size and Participant Recruitment

The survey took place at Pusat Jagaan Pesakit Dan Warga Emas Seri Damai in Kuantan, Pahang. Eleven participants, aged between 50 and 79, were involved, comprising 14 males and 6 females, all identifying as Malay. Notably, the participants demonstrated a mix of age-related health issues, such as hypertension, arthritis, diabetes, stroke, or cardiovascular diseases.

Data Collection Procedures

The study utilized a questionnaire English communicated in verbally in Malay and digitalized using Google Forms. Sociodemographic data including age, gender, race, and health condition, were collected. Inclusion criteria required participants to be over 50, residing in the care facility, and understanding the study's procedures, providing informed consent.

Instrumentation

The research employed the Older People's Quality of Life Questionnaire (OPQOL-35), a comprehensive tool devised by Ann Bowling, an academician associated with University College London. This questionnaire, featuring 35 statements, is designed to evaluate the Quality of Life (QoL) across eight distinct domains. These domains encompass life overall (4 items), social relationships (8 items), health (4 items), independence, control over life, and freedom (5 items), psychological and emotional well-being (4 items), home and neighbourhood (4 items), financial circumstances (4 items), and leisure activities (6 items).

Respondents were tasked with selecting one of five response options (“strongly disagree,” “disagree,” “neither agree nor disagree,” “agree,” and “strongly agree”) to express their level of agreement with each statement. The scoring system, following the principle of point allocation, renders the questionnaire versatile as an outcome measure for multi-sector policies or surveys focused on older populations within multidimensional contexts (Bowling, 2009). The scoring process posits that a higher score correlates with a better quality of life, and conversely, a lower score suggests a lower quality of life.

In terms of psychometric properties, Child (2006) highlighted the robust internal consistency of the questionnaire, reporting satisfactory Cronbach's alpha values in three distinct samples: the British Ethnibus survey (Cronbach's alpha .748), British ONS Omnibus survey (Cronbach's alpha .876), and Quality of Life follow-up survey (Cronbach's alpha .901), all surpassing the accepted .70–.90 threshold for internal consistency. Furthermore, the questionnaire demonstrated excellent test-retest reliability (ICC) within the range of 0.88-0.95, ensuring consistency over time (Nikkhah, 2018). Carrard et al. (2022) contributed to the

understanding of the questionnaire's validity, reporting low to moderate correlations (ρ : 0.384–0.663) as evidence of convergent validity for the OPQOL-35 questionnaire.

Statistical Analysis

IBM SPSS version 26 was used for statistical analysis. Analysis of Variance (ANOVA) was used to compare gender, health status, and the period of care. Pearson correlation explored relationships between education, overall life satisfaction, social relationships, independence, neighbourhood, psychological well-being, financial status, activities, gender, health status, and period of care. These analyses aimed to unveil insights into the factors influencing the elderly's well-being in old folk homes.

Results

Table 1 Demographics Characteristics Of Respondents.

Demographics	n	%
Male	14	70
Female	6	30
<i>Age range</i>		
Below 65		55
65 and above	1	45
<i>Employment sector</i>		
Government	3	15
Private	4	20
Self-employed	8	40
Unemployed	5	25

In the analysis of our participants' demographic and well-being variables, an Analysis of Variance (ANOVA) was conducted to explore potential differences based on gender, health status, and the duration of care. The findings indicated no statistically significant differences in overall well-being based on gender ($p > 0.05$). Similarly, there were no significant differences in well-being concerning health status across different periods of care ($p > 0.05$). However, a noteworthy distinction emerged when examining health in relation to gender, revealing that females ($M = 9.2$) reported lower health scores compared to males ($M = 13.5$), $F(1, 18) = 8.06$, $p < 0.1$. Furthermore, a significant difference was observed between the duration of care and health quality, with the group receiving care for three years and above reporting lower health than those in the shorter duration groups, $F(1, 18) = 6.71$, $p < 0.1$.

Table 2 presents the Pearson correlation coefficients, offering insights into the relationships between various variables. Notably, a positive correlation was identified between gender and health, $r(20) = .687$, $p = .19$. Conversely, the education level exhibited a negative correlation with social relationships, $r(20) = -.647$, $p = .31$, while displaying a positive correlation with the duration of care, $r(11) = .68$, $p = .22$. The analysis also revealed significant positive correlations

between overall life and both neighbourhood, $r(20) = .893$, $p = .000$, and psychological well-being, $r(20) = .824$, $p = .002$. Moreover, overall life demonstrated positive correlations with independence, $r(20) = .572$, $p = .066$, and activities, $r(20) = .657$, $p = .028$.

Further examination of relationships unveiled positive correlations between health status and both independence, $r(20) = .587$, $p = .058$, and financial status, $r(20) = .670$, $p = .024$. However, a negative correlation was observed between health status and the duration of care, $r(20) = -.767$, $p = .006$. Additionally, positive correlations were identified between independence and psychological well-being, $r(20) = .695$, $p = .018$, as well as activities, $r(20) = .639$, $p = .034$. Psychological well-being, as reflected in Table 2, also exhibited positive correlations with neighbourhood, $r(20) = .620$, $p = .042$, and activities, $r(20) = .700$, $p = .016$. Lastly, a negative correlation was found between financial status and the duration of care, $r(20) = -.688$, $p = .019$.

Table 2 Pearson's Correlation Coefficients.

Variable	Mean	SD	1	2	3	4	5	6	7	8	9	10	11
1. Gender	1.55	.522	-	-.284	.371	.687* (0.19)	0.066	.210	.284	.403	.214	.184	-.418
2. Highest Education	2.27	1.104	0.284	-	.375	-.434	-.647* (0.31)	.018	.496	.206	-.089	-.082	.679* (0.22)
3. Overall life	15.55	3.475	.371	.375	-	.288	-.083	.572* (.066)	.893** (.000)	.824** (.002)	.076	.657* (.028)	.201
4. Health	11.55	3.267	.687* (.019)	-.434	.288		.183	.587* (.058)	.092	.419	.670* (.024)	.192	-.767* (.006)
5. Social relationship	15.09	1.578	-.066	-.647* (0.31)	-.083	.183		.341	-.244	.132	-.004	.370	-.349
6. Independence	12.82	2.822	.210	.018	.572* (.066)	.587* (.058)	.341		.287	.695* (.018)	.495	.639* (.034)	-.299
7. Neighbourhood	18.18	2.639	.284	.496	.893** (.000)	.092	-.244	.287		.620* (0.42)	-.122	.347	.406
8. Psychological well-being	15.18	3.281	.403	.206	.824** (.002)	.419	.132	.695* (.018)	.620* (0.42)	-	.418	.700* (.016)	-.197
9. Financial	13.09	1.300	.214	-.089	.076	.670* (0.24)	-.004	.495	-.122	.418	-	.060	-.688* (.019)
10. Activities	21.64	4.342	.184	-.082	.657* (.028)	.192	.370	.639* (.034)	.347	.700* (.016)	.060		-.072
11. Care period	1.82	.874	-.418	.679* (.022)	.201	-.767** (.006)	-.349	-.299	.406	-.197	-.688* (.019)	-.072	

Discussion

This study aimed to observe and measure the quality of life among elders residing in the care center, specifically Pusat Jagaan Pesakit Dan Warga Emas Seri Damai, located in Kampung Sri Damai, Kuantan, Pahang. The investigation covered various aspects, including social and financial support, overall well-being (physical, mental, and emotional states), daily routines, care services, and the suitability of the environment at the center.

In this discussion, we will address both positive and negative correlation issues, categorizing them based on the domains included in the OPQOL evaluation:

Life

The study revealed a significant positive correlation ($r = .893$) between overall life satisfaction and the quality of one's home and neighborhood environment. This supports Sirgy and Cornwell's (2002) findings that neighborhood satisfaction contributes significantly to overall community satisfaction. Furthermore, it aligns with research suggesting that contentment with one's living arrangements is a key factor in household well-being (Sirgy, M. J., et al., 2000). These findings emphasize the importance of a conducive living environment in shaping individual life satisfaction.

The Significance of Home and Neighborhood

This robust correlation is underpinned by the fundamental importance of a conducive home environment and a harmonious neighborhood in shaping an individual's overall life satisfaction. As supported by insights from Sirgy and Cornwell (2002), the satisfaction derived from one's neighborhood significantly contributes to overall community satisfaction. Likewise, contentment with housing arrangements directly influences household well-being. The reciprocal nature of this relationship extends to the social aspects of the neighborhood, intertwining tranquility with community satisfaction. Ultimately, a favorable neighborhood environment fosters a sense of purpose and resilience, forging meaningful connections between individuals and their community.

Psychological and Emotional Well-Being

A notable positive correlation ($r = .824$) was observed between overall life satisfaction and psychological and emotional well-being. This underscores the mutual influence of life conditions and mental health, resonating with the work of Kardas et al. (2019), who highlight the importance of life satisfaction in the cognitive evaluation of well-being. The study aligns with the positive psychology framework, emphasizing the role of psychological well-being in overall happiness and life satisfaction (Seligman, & Csikszentmihalyi, 2000).

The Impact of Psychological Well-Being on Life Satisfaction

This argument gains strength from the findings of KARDAS et al. (2019), where life satisfaction emerges as a pivotal element in the cognitive evaluation of one's well-being. The dynamic interrelation between positive and negative elements in life shapes an individual's cognitive perception of their overall life status. The contemporary lens of positive psychology further accentuates the centrality of psychological well-being in discussions about happiness and the broader landscape of overall life satisfaction. In essence, these correlations underscore the intricate interdependencies between home and neighborhood satisfaction, psychological and emotional well-being, and the broader canvas of life overall. Recognizing these nuanced

connections provides valuable insights into the multifaceted nature of well-being and the myriad factors influencing an individual's life satisfaction.

Health

In scrutinizing the intricate landscape of health, the data showed a gender-based disparity in health perception, with males reporting better health and fitness ($r = .687$). This finding could be attributed to inherent anatomical differences and societal roles, as discussed by Wu and O'Sullivan (2011). Contrarily, a negative correlation ($r = -.767$) was found between the duration of stay at the care center and health status. This might be reflective of intrinsic factors such as age and comorbidities rather than a direct reflection of the care center's services (Jackson, S. E., et al., 2020).

Scientific Lens: The Male Advantage

Scientifically, the heightened health perception among males is ascribed to inherent anatomical disparities. Men, characterized by larger body dimensions, encompassing both height and weight, coupled with greater muscle mass, exemplify a physical advantage. This advantage intertwines with the investigation into lifestyle, accentuating the sex-specific divergence in energy metabolism and storage needs (Wu & O'Sullivan, 2011). The societal division of labor further accentuates this contrast, with males predominantly undertaking physically demanding tasks, fostering increased bodily engagement and contributing to elevated fitness levels and overall health.

Challenging Expectations: The Deteriorating Health Conundrum

A contrasting narrative unfolds in the face of a significant negative correlation ($-.767$) between the health status of the householder and the duration of their stay at the care center. Conventional wisdom suggests that an individual's health should ideally witness improvement with prolonged residence at a care facility, benefitting from attentive monitoring of dietary habits and lifestyle. The observed deterioration contradicts this expectation, necessitating a nuanced interpretation.

Beyond Facility Services: Unraveling Underlying Realities

Deeper scrutiny unveils a crucial distinction: the decline in health may not be an indictment of the care center's services but could emanate from intrinsic factors tied to the householder's background, notably age and comorbidities. Older individuals, frequent denizens of primary, secondary, and tertiary care settings, grapple with an array of health and social challenges, intensifying their vulnerability (Jackson et al., 2020). The care center residents, as observed, contend with a multitude of diseases and comorbidities, spanning minor to chronic afflictions. Consequently, the trajectory of later-life quality hinges significantly on factors such as age, personal history, and past lifestyle choices. In essence, the health domain unfolds as a complex interplay between gender-specific physiological advantages, societal roles, and the intricate dance of individual health trajectories within care settings. This multifaceted exploration underscores the necessity of holistic considerations in deciphering health dynamics and tailoring care strategies to the unique profiles of aging individuals.

Social Relationships

Venturing into the intricate realm of social relationships, a surprising negative correlation ($r = -.647$) emerged between educational status and social relationships. This contradicts the expectation that higher education enhances social skills and connections. Madani's (2019)

research sheds light on the importance of early-life experiences and community involvement in developing social skills, suggesting that those with lower education may have had more opportunities to develop these skills due to earlier community engagement.

Challenging Assumptions: Decoding the Paradox

The paradoxical nature of this correlation challenges preconceived notions, prompting a deeper exploration. Contrary to the presumed benefits of higher education, the observed trend finds validation in the realms of community involvement and early-life experiences. Insights from Madani (2019) underscore the formative impact of early childhood experiences on cognitive and psychosocial development. It appears that those with lower educational status, potentially engaged in the community from an early age—perhaps through employment or other activities—forge connections and communication skills sooner.

The Community Engagement Advantage

Individuals with lower educational status, having immersed themselves in the community fabric at an earlier stage, exhibit heightened engagement and early mastery of interpersonal skills. Their proactive involvement in the outside world, possibly through early work experiences, cultivates a natural proficiency in connecting with diverse social circles. This early engagement acts as a catalyst for robust relationship-building, fostering a heightened sense of community belonging.

The Dilemma of Educational Status

In contrast, individuals with higher educational status, while excelling within their educational spheres, face a potential limitation when navigating interactions beyond their accustomed circles. The correlation hints at a potential shortfall in adapting to diverse social landscapes. The inclination to associate primarily with those of similar educational backgrounds may inadvertently hinder the development of versatile interpersonal skills required for engaging with a broader spectrum of society. In essence, the social relationship domain unravels as a nuanced interplay between educational status, early-life experiences, and community immersion. The unexpected negative correlation challenges assumptions, emphasizing the need for a holistic understanding of social dynamics. As we decipher the intricate dance of education and social relationships, it becomes imperative to recognize the multifaceted influences shaping individuals and their capacity to weave meaningful connections in the intricate tapestry of social life.

Independence, Control Over Life, and Freedom

A significant positive correlation ($r = .695$) was found between physiological and emotional well-being and independence. This supports Corcoran et al.'s (2016) findings on the importance of physical and mental health in maintaining independence. Additionally, a positive correlation ($r = .639$) between independence and engagement in activities suggests that autonomy encourages active participation in life (Toledano-González et al., 2019).

Unraveling The Threads of Autonomy

Support for this assertion resonates with the findings of a study conducted by Corcoran et al. (2016), which illuminates a compelling connection between physiological and emotional well-being and the preservation of independence. The study underscores the vulnerability of individuals grappling with poor self-esteem, depression, and diminished overall well-being—a triad that poses a tangible threat to one's autonomy.

Independence Breeds Activity

Our own investigation sheds light on the correlation between independence, control over life, and freedom with the realm of activities, affirming a positive link with a correlation value of .639. The narrative unfolds as independent individuals emerge as inherently more active participants in life. This synergy is rooted in the proclivity of independent individuals to undertake endeavors on their terms, minimizing dependence on external factors. The positive correlation underlines the inclination of independent souls to venture beyond their comfort zones, embarking on diverse experiences and learning journeys.

Exploring The Terrain of Self-Initiated Exploration

The correlation coefficient of .639 not only validates the statement but reinforces the idea that individuals who prize independence are inclined to self-initiated exploration. Their penchant for pursuing diverse interests and acquiring new knowledge propels them into constant action, fostering a lifestyle characterized by movement and vitality. This resonates with the assertion of Toledano-González et al. (2019), who expound on the consequences of inactivity. The absence of proactive engagement, they argue, can erode an individual's sense of self-worth and confidence, precipitating a diminished self-efficacy that poses a tangible threat to independence. Our exploration illuminates the intricate relationship between physiological and emotional well-being, independence, and the pursuit of freedom. As we navigate this nuanced terrain, it becomes evident that cultivating robust well-being is not merely a personal quest for vitality; it serves as a cornerstone for fortifying one's autonomy, navigating life's journey with resilience, and embracing the rich tapestry of self-initiated experiences.

Home and Neighbourhood

Venturing into the domain of home and neighborhood, our analysis reveals A positive correlation ($r = .620$) was observed between the quality of home and neighborhood and psychological and emotional well-being. This aligns with Mao and Wen Jui Han's (2018) study on Chinese older adults, highlighting the impact of living arrangements and community connections on life satisfaction and well-being.

Influencing Psychological and Emotional Well-being

The correlation coefficient of .620 signals a connection between the sanctuary of home and neighborhood and the flourishing of psychological and emotional well-being. Implicit in this correlation is the acknowledgment that one's mental and emotional states are profoundly shaped by the quality of interpersonal relationships and the physical environment that envelopes them.

Community Connections: Nurturing Well-being

Delving into the narrative, we recognize that connected communities play a pivotal role in fostering well-being. Mutual support, the exchange of reliable information, and the reciprocal encouragement to adopt healthier lifestyles characterize these interconnected neighborhoods. The symbiotic relationships within such communities contribute not only to individual growth but also to the collective well-being of all residents.

Social Tapestry: Weaving Confidence and Longevity

The ripple effects of maintaining robust social relationships extend beyond the immediate, impacting individuals in multifaceted ways. Our exploration reveals that this connectedness correlates with increased confidence and self-esteem, fostering the adoption of healthy habits

and lifestyles. Moreover, this social tapestry appears to enhance the longevity of one's life—a testament to the power of communal bonds in nurturing holistic well-being.

Insights From Cross-Cultural Perspectives: Chinese Older Adults' Well-being

As mentioned above corroborating our findings, the study conducted by Mao and Wen Jui Han (2018) delves into the well-being of Chinese older adults in relation to their living arrangements. Their research discerns a negative connection between living alone and elders' life satisfaction when compared to those cohabiting with their children. Intriguingly, elders residing in nursing facilities emerge as more likely to express satisfaction with their lives. These findings underscore the nuanced interplay between living arrangements, social connections, and overall satisfaction among the elderly. This study illuminates the symbiotic relationship between home, neighborhood, and well-being. The positive correlation underscores the importance of fostering connected communities, where the threads of mutual support and shared experiences contribute to the flourishing of psychological and emotional states. As we navigate the terrain of well-being, it becomes evident that the spaces we inhabit are not mere physical constructs; they are woven into the intricate fabric of our mental and emotional landscapes.

Physiological and Emotional Well-being

The study found a strong positive correlation ($r = .700$) between an active lifestyle and psychological and emotional well-being, resonating with Dupuis & Smale's (1995) findings on the benefits of leisure activities for physical and mental health. This emphasizes the importance of promoting active living among the elderly to enhance their overall well-being.

Active Pursuits and Emotional Wellness

This research indicates that an active lifestyle corresponds to heightened psychological and emotional well-being. This alignment resonates with the age-old adage, "a healthy body leads to a healthy mind." The inherent benefits of physical activity, both from a physiological and psychological perspective, become evident as we scrutinize the correlation between engagement in activities and emotional well-being.

Exercise as a Fountain of Well-being

The correlation we unveil aligns with established knowledge that underscores the multifaceted advantages of exercise. Exercise is not merely a physical endeavor; it serves as a holistic elixir contributing to overall well-being. The profound interplay between physical and mental health manifests as individuals embrace an active lifestyle. Our findings are supported through the insights from a study conducted by Dupuis & Smale (1995) emphasize the positive correlation between psychological well-being, depression, and participation in leisure activities among older adults. Their research accentuates that engagement in leisure activities correlates positively with physical well-being and overall life happiness. The act of participating in activities, crafting, and interacting with others emerges as a potent formula for enhancing psychological well-being and reducing the incidence of depressive symptoms across diverse demographic categories.

Active Living, Enhanced Well-being

The findings thus point to the enriching impact of an active lifestyle on physiological and emotional well-being. Individuals who actively engage in diverse pursuits in their daily lives tend to experience a harmonious blend of physical health and emotional flourishing. As we

delve into this correlation, it becomes apparent that the pathway to well-being involves not only tending to the body but also nurturing the mind through purposeful and invigorating activities.

Financial Circumstances

A negative correlation ($r = -.688$) was noted between the duration of stay at the care center and financial status, suggesting that extended residency does not necessarily lead to financial strain. This finding is supported by insights from Mao & Wen Jui Han (2018), indicating the crucial role of familial support in ensuring financial stability for the elderly. This unexpected result prompts a closer examination, challenging initial assumptions and unveiling a nuanced connection between extended residency and financial stability.

Financial Dynamics

Contrary to anticipated trends, a lengthier stay at the care center does not appear to correlate with financial hardship. In fact, our observations suggest that individuals with prolonged residency face fewer financial challenges, presenting a fascinating paradox. To unravel this apparent contradiction, insights garnered through participant interviews offer a valuable perspective.

The Role of Social Support

Upon engaging with participants, a common thread emerges — the pivotal role of social support in mitigating financial concerns. Participants reveal that frequent visits from family members play a crucial role in bolstering their financial stability. It becomes evident that this support transcends the emotional realm, extending to include tangible financial assistance.

Family Support: Beyond Emotional Resonance

Mao & Wen Jui Han's (2018) insights resonate with our findings, emphasizing that family support extends beyond emotional sustenance to encompass formal financial assistance. The participants' narratives underscore that the presence of family involvement substantially contributes to a robust financial foundation, thus challenging the presumption of financial strain over an extended period of care.

The Economic Viability of Extended Stay

Furthermore, our on-site observations shed light on the economic pragmatism embedded in the care center's operational framework. The institution maintains a low fee structure for residents, coupled with comprehensive facilities and basic amenities. This combination not only aligns with economic prudence but also alleviates financial burdens for residents. It implies that the center ensures that all essential needs are met without imposing additional financial strain on the residents. The findings of this study portray a scenario where extended stay at the care center does not necessarily equate to financial vulnerability. Rather, a network of familial support, coupled with the center's judicious fee structure and resource provision, fosters an environment of financial stability. This sheds light on a harmonious coexistence of extended care duration and economic well-being, challenging preconceived notions and emphasizing the multifaceted nature of financial dynamics within the caregiving context.

Leisure and Activities

A positive correlation ($r = .657$) was found between engagement in leisure activities and overall life satisfaction. This is in line with Brajša-Žganec et al.'s (2011) research, which highlights

the importance of leisure activities in enhancing subjective well-being and life satisfaction among the elderly.

Balancing Life's Canvas

This finding propels us into the profound realization that life's tapestry becomes more vibrant and fulfilling when adorned with a harmonious blend of activities and leisure. The value of .657 encapsulates the degree to which an individual's overall life status is intricately interwoven with the richness of their recreational pursuits. Our insights align with the scholarly work of Andreja Brajša-Žganec et al. (2011), who illuminated the pivotal role played by leisure activities in enhancing subjective well-being.

Leisure As a Catalyst for Well-Being

Brajša-Žganec et al.'s (2011) study reverberates with our findings, emphasizing the indispensability of leisure activities in augmenting the subjective well-being of individuals. Beyond mere pastimes, engagement in leisure activities becomes a conduit for individuals to align with their life values and fulfill personal requirements. This, in turn, contributes significantly to an elevated quality of life.

Enhancing Life's Canvas

Participation in leisure activities emerges as a transformative force, fostering social interactions, generating positive emotions, and providing avenues for continuous learning. The multifaceted nature of these activities acts as a catalyst, amplifying the quality of life for the elders under consideration. As our findings mirror those of Brajša-Žganec et al. (2011), it becomes evident that the canvas of life is enriched when adorned with a diverse palette of leisure pursuits.

Societal Interplay and Emotional Well-being

The positive correlation we unveil underscores the societal interplay within the care center's community, emphasizing the importance of facilitating and encouraging diverse leisure and activity options. Such an environment not only cultivates a sense of community and social integration but also serves as a powerful instrument in elevating emotional well-being.

Exploration into the correlation between overall life status and engagement in leisure or activities thus resonates with the broader understanding that a life well-lived is one that embraces and balances diverse recreational pursuits. The value of .657 serves as a testament to the intrinsic connection between a rich tapestry of leisure activities and the subjective well-being of elders, affirming the profound impact such engagements wield in enhancing the overall quality of life.

Conclusion

In conclusion, assessing the quality of life among the elderly is imperative in modern times, considering the challenges they face in adapting to societal changes. Adequate provision of health and social care is crucial for preserving the well-being of senior citizens. The study, employing the OPQOL-35 questionnaire, identified several sociodemographic factors impacting the well-being of the elderly, including education, duration of care, and gender. This highlights the need for societal awareness, exposure, and educational initiatives addressing older adult abandonment issues. Government initiatives are warranted to enhance the overall well-being of the elderly population. Despite the study's limitations, including a small sample

size and the cross-sectional design, the findings offer valuable insights for policymakers and caregivers aiming to improve the quality of life for the elderly. Further research with larger samples and longitudinal designs can provide a more comprehensive understanding of the dynamic factors affecting elderly well-being.

Acknowledgment

This research paper is an initiative of the IIUM Ar-Rahmah Flagship 3.0 and is fully funded by the International Sponsored Research SPI22-118-0118- Biopsychospiritual Exploration and Application of Khushu': A Pilot Study.

References

- Atsushi, S., et al. (2006). Ageing and the elderly in Japan: Understanding the statistics and realities. *Gerontology*, 52(3), 105-117.
- Ayalon, L., Tesch-Römer, C., & Beard, J. R. (2016). Aging in times of the COVID-19 pandemic: Avoiding ageism and fostering intergenerational solidarity. *Journal of Gerontology: Psychological Sciences*, 76(2), e49-e52.
- Bilotta, C., Bowling, A., Casè, A., Nicolini, P., Mauri, S., Castelli, M., & Vergani, C. (2010). Dimensions and correlates of quality of life according to frailty status: A cross-sectional study on community-dwelling older adults referred to an outpatient geriatric service in Italy. *Health and Quality of Life Outcomes*, 8(1), 1-10.
- Bilotta, C., Bowling, A., Nicolini, P., Casè, A., Pina, G., Rossi, S., & Vergani, C. (2011). Older People's Quality of Life (OPQOL) scores and adverse health outcomes at a one-year follow-up. A prospective cohort study on older outpatients living in the community in Italy. *Health and Quality of Life Outcomes*, 9(1), 72. <https://doi.org/10.1186/1477-7525-9-72>
- Bowling, A. (2009). The psychometric properties of the older people's quality of life questionnaire, compared with the CASP-19 and the WHOQOL-OLD. *Current Gerontology and Geriatrics Research*, 2009.
- Brajša-Žganec, A., Merkaš, M., & Šverko, I. (2011). Quality of Life and Leisure Activities: How do Leisure Activities Contribute to Subjective Well-Being? *Social Indicators Research*, 102(1), 81-91. <https://doi.org/10.1007/s11205-010-9724-2>
- Carrard, S., Mooser, C., Hilfiker, R., & Mittaz Hager, A. G. (2022). Evaluation of the psychometric properties of the Swiss French version of the Older People's Quality of Life questionnaire (OPQOL-35-SF). *Health and Quality of Life Outcomes*, 20(1), 43.
- Child, D. (2006). *The Essentials of Factor Analysis*. A&C Black.
- Corcoran, M. F., Nelson, M. E., Sacheck, J. M., Reid, K. F., Kirn, D., Fielding, R. A., & Folta, S. C. (2016). Recruitment of Mobility Limited Older Adults Into a Facility-Led Exercise-Nutrition Study: The Effect of Social Involvement. *The Gerontologist*, 56(4), 669-676. <https://doi.org/10.1093/geront/gnv018>
- Dupuis, S. L., & Smale, B. J. A. (1995). An Examination of Relationship Between Psychological Well-being and Depression and Leisure Activity Participation Among Older Adults. *Society and Leisure*, 18(1), 67-92. <https://www.tandfonline.com/doi/abs/10.1080/07053436.1995.10715491>
- Foster, L., & Walker, A. (2015). Active and successful aging: A European policy perspective. *The Gerontologist*, 55(1), 83-90.
- Halaweh, H., Dahlin-Ivanoff, S., Svantesson, U., & Willén, C. (2018). Perspectives of Older Adults on Aging Well: A Focus Group Study. *Journal of Aging Research*, 2018, 9858253. doi:10.1155/2018/9858253

- Harper, S. (2014). Economic and social implications of aging societies. *Science*, 346(6209), 587-591.
- Huppert, F. A. (2009). Psychological well-being: Evidence regarding its causes and consequences. *Applied Psychology: Health and Well-Being*, 1(2), 137-164.
- JLL. (2021). Malaysia aged care industry report 2021: Trends and opportunities. Retrieved from <https://www.jll.com.my>
- KARDAS, F., CAM, Z., ESKISU, M., & GELIBOLU, S. (2019). Gratitude, hope, optimism and life satisfaction as predictors of psychological well-being. *Eurasian Journal of Educational Research*, 19(82), 1–20. <https://doi.org/10.14689/ejer.2019.82.5>
- Lowsky, D. J., Olshansky, S. J., Bhattacharya, J., & Goldman, D. P. (2013). Heterogeneity in healthy aging. *The Journals of Gerontology: Series A*, 68(6), 640-649.
- Madani, R. A. (2019). Analysis of educational quality, a goal of education for all policy. *Higher Education Studies*, 9(1), 100. <https://doi.org/10.5539/hes.v9n1p100>
- Mao, X., & Wen Jui Han. (2018). Living arrangements and older adults' psychological well-being and life satisfaction in China: Does social support matter? *Family and Consumer Sciences Research Journal*, 67(4), 567–584. <https://doi.org/10.1111/fare.12326>
- Mares, J., Cigler, H., & Vachkova, E. (2016). Czech version of OPQOL-35 questionnaire: The evaluation of the psychometric properties. *Health and Quality of Life Outcomes*, 14(1), 1-13.
- Nikkhah, M., Heravi-Karimooi, M., Montazeri, A., Rejeh, N., & Sharif Nia, H. (2018). Psychometric properties of the Iranian version of older People's quality of life questionnaire (OPQOL). *Health and Quality of Life Outcomes*, 16, 1-10.
- Orimo, H., Ito, H., Suzuki, T., Araki, A., Hosoi, T., & Sawabe, M. (2006). Reviewing the definition of "elderly." *Geriatrics and Gerontology International*, 6(3), 149–158. <https://doi.org/10.1111/j.1447-0594.2006.00341.x>
- PAHO. (n.d.). Mental health - PAHO/WHO | Pan American Health Organization. Retrieved from [https://www.paho.org/en/topics/mental-health#:~:text=The%20World%20Health%20Organization%20\(WHO\)](https://www.paho.org/en/topics/mental-health#:~:text=The%20World%20Health%20Organization%20(WHO))
- Perry, T. E., Andersen, T. C., & Kaplan, D. B. (2020). Relocation to independent and assisted living: A mixed-methods study of older adults and their adult children. *Journal of Applied Gerontology*, 39(3), 301-310.
- Ruggeri, K., Garcia-Garzon, E., Maguire, Á., Matz, S., & Huppert, F. A. (2020). Well-being is more than happiness and life satisfaction: A multidimensional analysis of 21 countries. *Health and Quality of Life Outcomes*, 18, 192. doi:10.1186/s12955-020-01423-0
- Rowe, J. W., & Kahn, R. L. (1997). Successful aging. *The Gerontologist*, 37(4), 433-440.
- Seligman, M. E. P., & Csikszentmihalyi, M. (2000). Positive psychology: An introduction. *American Psychologist*, 55(1), 5-14.
- Sirgy, M. J., & Cornwell, T. (2002). How neighborhood features affect quality of life. *Social Indicators Research*, 59(1), 79-114.
- Statista. (2022). Aging population in Malaysia. Retrieved from <https://www.statista.com/statistics/malaysia/aging-population>