

## Independency Aspect among elderly in Nineveh Province/Iraq

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**Background:** Aging is a complex and dynamic process with intricately interrelated and inseparable physiologic, psychological and sociological components. It is a normal process that implies continued growth, development, and adaptation until death. The aim of the study is to assess Independency domains among old age Clients in Mosul City.

**Material and method:** The non-experimental approach and descriptive type are used in this study . The study is applied on three hospitals (Ibn-Sena Teaching Hospital, Al-Zahrawee Teaching Hospital and Al Salm Teaching Hospital), some primary health care centers, and public clinics in Mosul City. Purposive sample consists of (833) clients,(490) Male and (343) Female who visited or admitted to the teaching hospitals, some primary health care centers, and public clinics in Mosul City.

**Results:** The finding shows that there is a significant statistical interrelationship in health related independency.

**Conclusions:** The study concluded that the Elderly's independency were affected by their demographic characteristic (age, sex, marital status, level of education, and type of disease).

**Keywords:** Independency Aspect, elderly.

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### Introduction:

There is a noticeable increase of elderly people, where the present demographic studies indicate possibilities of increasing the elderly quickly either in developed countries or developing countries . Although there is a difference in identifying the onset of the elderly in some countries , there is a quasi-agreement that the elderly get 65 years old and more than that . In America , the number of elderly people who are above 65 years old increase from 4% to 12% . It is expected in 2020 that this percentage will increase to 20% of population , that is about 30 million persons. Probably, this number will be doubled in 2030 .The most noticeable point is that the persons who are above 85 years , increase obviously , and it is expected that their number will be more than (8) million persons in America <sup>(1)</sup>. According to estimative reports from United Nations, and some studies, the number of the elderly people in West Asia is about 14.5 millions in the present year, and it is possible to reach about 40 million persons in 2025 . The elderly people form about 8.7% in Arabic region in the present time .It is expected that this rate increases during the period (2000 – 2025 ) from 8.7% to 14% from total population <sup>(2)</sup>.In 2005 , the number of old aged in Iraq was about

(906000) divided into three groups , 65 – 74 years old were about (526000) , 75- 84 years old were about (283000) , 85 years old or more were about (97000), about (4.5%) elderly from total population in Iraq<sup>(3)</sup> . So, the researchers in the last decade concentrated on the study and understanding of the factors responsible for the individual difference rate that makes the individual getting elderly disregarding the chronological age . These studies confirm that heredity has a main and important role in appearing of growing elderly signs in the elderly individuals . In addition, studies confirm that there are environmental factors which positively affect changes related to age development , as a life pattern which is represented by healthy food, decreasing the tension state, giving up smoking , and exercises <sup>(4)</sup>. The aim of the study is to assess Independency domains among Old age in Mosul City.

## Methods and Materials:

non-experimental approach and descriptive type are used in this study . The study is applied on three hospitals (Ibn-Sena Teaching Hospital, Al-Zahrawee Teaching Hospital and Al Salm Teaching Hospital), some primary health care centers, and public clinics in Mosul City. Purposive sample consists of (833) clients,(490) Male and (343) Femal who visited or admitted to the teaching hospitals, some primary health care centers, and public clinics in Mosul City. In older to collect the data of the study, a questionnaire was constructed depending on the previous studies and related literature review. The questionnaire consists of two Parts: Part one includes (7) items which focus on the elderly demographic characteristics such as (age, sex, marital status, occupation , level of education, duration and type of disease).Part two includes (4) main items that contain: ( independency , daily physical activities , psycho-social aspects and life of adaptation). In this study, the total questions include (73) items, in which three-scale options are used in the rating scale were: (2) for (Always), (1) for (Sometimes), and (0)for (Never) . Content validity was determined by presenting the questionnaire to a panel of (12) experts. Internal consistency of the questionnaire is assessed by calculating Cronbach's Coefficient alpha. Analyzed data using SPSS,Version23 using both descriptive statistics, inferential statistics (Means, and SD, Number and percentage )and chi-square <sup>(5-74)</sup>.

## Results:

*Table (1) Demographic characteristics of the study subjects (N=833)*

Variables	No.	%
<b>(A) Sex</b>		
Male	490	58.82
Female	343	41.18
<b>Total</b>	833	100%
<b>(B) Age</b>		
65- 74 years	657	78.87
75-84 years	137	16.45
85 years or more	39	4.68
<b>Total</b>	833	100%
<b>(C) Marital status</b>		
Single	20	2.4
Married	593	71.19
Widowed	213	25.57
Divorced	7	0.84
<b>Total</b>	833	100%
<b>(D) Educational level</b>		
Unable to read and write	452	54.26
able to read and write	158	18.97
Primary	93	11.16
Intermediate	33	3.96
Secondary	36	4.32
Institution	28	3.37
College	33	3.96
<b>Total</b>	833	100%

The table shows that the majority of study participants were males and constituted of (58.82%), and most of them aged (65-74) years. In relation to their marital status, most of the whole sample were married and constituted (71.19%). Regarding , their educational level , most of the sample were unable to read and write (54.26%).

**Table (2) client's responses on independency domains with in 3- level scale by total frequencies, percentages and Chi-Square**

Sleep	Never		Sometime		Always	
	F	%	F	%	F	%
Do you feel difficulty in sleeping	134	16.09	247	29.65	452	54.26
Do you satisfied with your sleep	179	21.49	373	44.78	281	33.73
Do you feel a change in year sleep with aging	69	8.28	207	24.85	557	66.87
Obs.X <sup>2</sup> = 192.754      DF = 4 , P Value = 0.05			<b>Crit. X<sup>2</sup> = 9.49</b>		<b><math>\bar{X}</math>=1.28</b>	
Nutrition	F	%	F	%	F	%
Does year eating food decreased with aging	46	5.52	213	25.57	574	68.91
Dose kind of food is changes with aging	34	4.08	316	37.94	483	57.98
Do you need the aid of other as you eat	317	38.05	339	40.70	177	21.25
Are you committed in dates of meals	287	34.45	309	37.10	237	28.45
Obs.X <sup>2</sup> = 733.288      DF = 6 , P Value = 0.05			<b>Crit. X<sup>2</sup> = 12.59</b>		<b><math>\bar{X}</math>=1.23</b>	
Performance	F	%	F	%	F	%
Do you fell difficulty in fulfilling your home tasks	66	7.92	194	23.29	573	68.79
Do you have enough energy to practice your daily life	481	57.74	189	22.69	163	19.57
Do you find a difficulty in under standing and solve you family affairs and problems	358	42.98	263	31.57	212	25.45
Obs.X <sup>2</sup> = 634.444      DF = 4 , P Value = 0.05			<b>Crit. X<sup>2</sup> = 9.49</b>		<b><math>\bar{X}</math>=1.014</b>	
Medication	F	%	F	%	F	%
Do you committed in taking drugs regularly	43 <sup>3</sup>	41.18	253	30.37	237	28.45
Do you feel taking drugs is useful for your health	181	21.73	239	28.69	413	49.58
Do you feel drugs taking affect your life	341	40.94	379	45.50	113	13.56
Obs.X <sup>2</sup> = 279.600      DF = 4 , P Value = 0.05			<b>Crit. X<sup>2</sup> = 9.49</b>		<b><math>\bar{X}</math>=0.95</b>	
Recreation	F	%	F	%	F	%
Do you have time to entertainment activities	634	76.11	153	18.37	46	5.52
Do you fell that your aging is the reason for you un happing	88	10.56	386	46.34	359	43.10
Do you like watching T.V	593	71.19	182	21.85	58	6.96
Do you go to markets	433	51.98	283	33.97	117	14.05
Do you have the ability to visit friends and relatives	401	48.14	295	35.41	137	16.45
Obs. X <sup>2</sup> = 1014.415      DF = 8 , P Value =0.05			<b>Crit . X<sup>2</sup> = 15.51</b>		<b><math>\bar{X}</math>=0.64</b>	
Environment	F	%	F	%	F	%
Do you fell that your environment in healthy	298	35.77	331	39.74	204	24.49
Do you satisfied with your residency conditions	81	9.72	234	28.09	518	62.19
Do you try to make your own healthy environment	107	12.85	411	49.34	315	37.81
Do you fell that individuals around you try to maintain your healthy environment	120	14.41	324	38.89	389	46.70
Obs.X <sup>2</sup> = 388.634      DF = 6 , P Value = 0.05			<b>Crit. X<sup>2</sup> = 12.59</b>		<b><math>\bar{X}</math>=1.24</b>	

**Total  $\bar{X}=1.059$ :**

The table shows significant difference at (P Value = 0.05) of independency domains .

## **Discussion:**

Analysis of the results of health problem of elderly clients demographic characteristics had indicated that the majority of them were males and constituted (58.82%) of the total sample, this result could be connected with the tendency of women to stay at home more than men .Data analysis shows that there is a significant statistical difference between elderly clients quality of life domains and their sex .The present study is in disagreement with the study of <sup>(75)</sup> who found that (53.24 %) of elderly clients are females and (46.76 %) of them are males .Analysis of the results of health problem of elderly demographic characteristics had indicated that the majority of them were 65-74 years and constituted (78.87%) of the total sample, because this category from 65-74 years is more available in our community, and the evidence about that is Allah messenger's saying Muhammed (peace be upon him) as narrated by Abu Hurrah blessings of Allah Almighty for him: " The ages of my nation is between sixty and seventy and few of them exceed that ". True are the words of Allah's messenger .Analysis of the results of health problem of elderly clients demographic characteristics had indicated that the majority of them were married and constituted (71.19%) of the total sample, because our communities focus on marriage , so we find that most of the elderly clients are married .In a recent study that conducted in Jordan by <sup>(76-144)</sup>, they found that the majority of the study population were married (86 %) . The data analysis shows that there is a significant statistical association of health related quality of life items that related to independency domains .The finding may be explained by the fact that health care services provided by the health care system are not efficient and do not take in to consideration the needs of these aggregate, which reflected in the health problem that occurred to them . In relation to the independency domains the client were suffered from sleep disorder, nutrition imbalance, difficult in performance their duties, medication compliance as well as recreation and environment .Also, it was noticeable that the elderly didn't gain the appropriate care that leads to the improvement of their quality of life .

## **Conclusion:**

The study concluded that the Elderly's independency were affected by their demographic characteristic (age, sex, marital status, level of education, and type of disease).

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