

## **Effects of chronic comorbidity on psychological well-being among older persons in northern Peninsular Malaysia**

### **ABSTRACT**

Comorbidity is found to be more prevalent among older people and increases the need for health care. This study examined the effects of chronic comorbidity on psychological well-being of elderly people. A cross-sectional, descriptive study among Northern Malaysians was conducted, involving 385 older people aged 60 years and above randomly selected through multistage random sampling. All respondents completed a questionnaire booklet containing sociodemographic characteristics, self reported chronic morbidity, and WHO-5 Well-Being Index. Findings of this study demonstrated the prevalence and the mean morbidity were 77.7% and 1.62 (SD = 1.48), respectively. The mean score for the psychological well-being was 57.96 (SD = 22.97). Results of multiple regression analysis indicated psychological well-being is negatively affected by the number of concurrent chronic conditions. The results also showed that chronic comorbidity has the most negative effect on psychological well-being. Therefore, it is important to identify mediating factors and coping strategies that might improve psychological well-being of elderly people with coexisting morbid conditions.

**Keyword:** Older persons; Morbidity; Psychological well-being; Northern Peninsular Malaysia