



UNIVERSITI PUTRA MALAYSIA

***FACTORS ASSOCIATED WITH VISUAL IMPAIRMENT, DISABILITY, AND
QUALITY OF LIFE AMONG ELDERLY PEOPLE IN TWO WELFARE
HOMES IN MALAYSIA***

KHADIJEH FALAHATY

IG 2013 3



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AND QUALITY OF LIFE AMONG ELDERLY PEOPLE IN TWO WELFARE
HOMES IN MALAYSIA**

By

KHADIJEH FALAHATY

**Thesis Submitted to the School of Graduate Studies, Universiti Putra Malaysia,
in Fulfillment of the Requirements for the Degree of Master of Science**

August 2013

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DEDICATION

To my husband and my lovely daughter for their close cooperation in this long journey and I would also like to express appreciation to all those who have helped me to complete this thesis.



Abstract of thesis presented to the Senate of Universiti Putra Malaysia in
Fulfillment of the requirement for the degree of Master Science

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Chairman: Loke Seng Cheong, PhD

Institute: Gerontology

Visual impairment is one of the leading causes of functional disability in old age. The purpose of this study was to determine factors are associated to visual impairment and assess disability (ADL&IADL) and quality of life among two welfare home residents. A cross-sectional design was employed to determine the factors that are associated with visual impairment among elderly people. A total of 150 subjects were selected by simple random sampling from two welfare homes (Cheras in Selangor, and Seremban) in Malaysia. The socio-demographic variables (age, gender, ethnicity, income), health behavior (smoking) and self-reported medical condition (diabetic, eye disease, hypertension, heart disease, and stroke) were examined in relationship with visual impairment.

Instruments used in this study included eye test by Snellen E Chart, ADL & IADL scales and a list of questions about self-reported medical conditions and disease.

Descriptive analysis such as mean, standard deviation (SD) and frequency were utilized to describe the characteristics of the respondents. The mean age of respondents was 69 years (SD = 7.31). A chi-square test ($p < 0.05$) and multiple linear regression ($R^2 = 0.64$) analyzes were utilized to determine predictors of visual impairment. The effect of visual impairment on disability examined by a bivariate test. Also to determine the effect of disability on quality of life among welfare home residents, independent t test statistic were utilized.

The prevalence of visual impairment (46%) and blindness (28%) was in compare to normal vision (26%). Also the prevalence of disability in bathing (53.9%) of ADL and preparation food (88%) of IADL was more in compare to another items. The findings confirmed the socio demographic factors (age, gender, ethnicity, income) health behavior (smoking) and disease (diabetic, eye disease, heart disease, hypertension and stroke) were associated to visual impairment. Visually impaired elderly had more disabilities in ADL and IADL. Moreover the subjects with visual impairment had poorer quality of life than subjects without visual impairment. Health care professionals should be trained to asses and be sensitive to disability issues in old age. Visual impairment should be acknowledged and emphasized in policy and intervention programs are needed to improve quality of life in older Malaysians.

Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia sebagai memenuhi keperluan untuk ijazah Master Sains

FAKTOR BERKAITAN KURANG UPAYA PENGLIHATAN DAN KUALITI HIDUP DI KALANGAN ORANG-ORANG TUA DI DUA BUAH RUMAH KEBAJIKAN DI MALAYSIA

Oleh

KHADIJEH FALAHATY

Ogos 2013

Pengurus: Loke Seng Cheong, PhD

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Penglihatan merupakan salah satu punca utama kecacatan berfungsi dalam usia tua. Tujuan kajian ini adalah untuk menentukan faktor-faktor yang berkaitan dengan penglihatan dan menilai kecacatan (ADL & IADL) dan kualiti hidup antara dua rumah kebajikan residents. A reka bentuk keratan rentas telah digunakan untuk menentukan faktor-faktor yang berkaitan dengan penglihatan di kalangan orang tua . Seramai 150 subjek telah dipilih secara rawak mudah daripada dua rumah kebajikan (Cheras, Selangor dan Seremban) di Malaysia. Pembolehubah sosio-demografi (umur, jantina, etnik, pendapatan), tingkah laku kesihatan (merokok) dan keadaan perubatan yang dilaporkan sendiri (kencing manis, penyakit mata, tekanan darah tinggi, penyakit jantung, dan strok) telah diperiksa dalam hubungan bermasalah penglihatan.

Instrumen yang digunakan dalam kajian ini termasuk peperiksaan mata ujian oleh Snellen E Carta ADL & skala IADL dan senarai soalan mengenai keadaan perubatan yang dilaporkan sendiri dan penyakit. Analisis deskriptif seperti min, sisihan piawai (SD) dan kekerapan telah digunakan untuk menggambarkan ciri-ciri responden. Purata umur responden adalah 69 tahun (SD = 7.31). Ujian chi-square ($P \leq 0.05$) dan regresi linear berganda ($R^2 = 0.64$) menganalisis telah digunakan untuk menentukan ramalan penglihatan. Kesan penglihatan pada kecacatan diperiksa oleh ujian bivariat. Ujian t bebas juga telah digunakan untuk menentukan kualiti hidup di kalangan orang tua.

Kelaziman penglihatan (46%) dan buta (28%) adalah berbanding dengan penglihatan yang normal (26%). Juga kelaziman kecacatan dalam mandi (53.9%) daripada ADL dan penyediaan makanan (88%) daripada IADL lebih di bandingkan dengan perkara-perkara yang lain. dapatan kajian ini mengesahkan faktor-faktor demografi sosio (umur, jantina, bangsa, pendapatan) tingkah laku kesihatan (merokok) dan penyakit (kencing manis, penyakit mata, penyakit jantung, tekanan darah tinggi dan strok) telah dikaitkan dengan penglihatan. Penglihatan warga tua mempunyai lebih kurang upaya dalam ADL dan IADL. Lebih-lebih lagi mata pelajaran dengan penglihatan mempunyai kualiti miskin hidup daripada subjek tanpa penglihatan. Profesional penjagaan kesihatan perlu dilatih untuk menilai dan peka kepada isu-isu kecacatan pada usia tua. Penglihatan harus mengakui dan ditekankan dalam program dasar dan campur tangan yang diperlukan untuk meningkatkan kualiti hidup rakyat Malaysia yang lebih tua.

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I certify that an Examination Committee met on August 2013 to conduct the final examination of Khadijeh Falahaty on her thesis entitled “Visual Impairment, Disability and Quality Of Life Among Elderly People In Two Welfare Homes In Malaysia” in accordance with Universities and University Colleges Act 1971 and the Constitution of the Universiti Putra Malaysia [P.U. (A) 106] 15 March 1998. The Committee recommends that the candidate be awarded the Master of Science.

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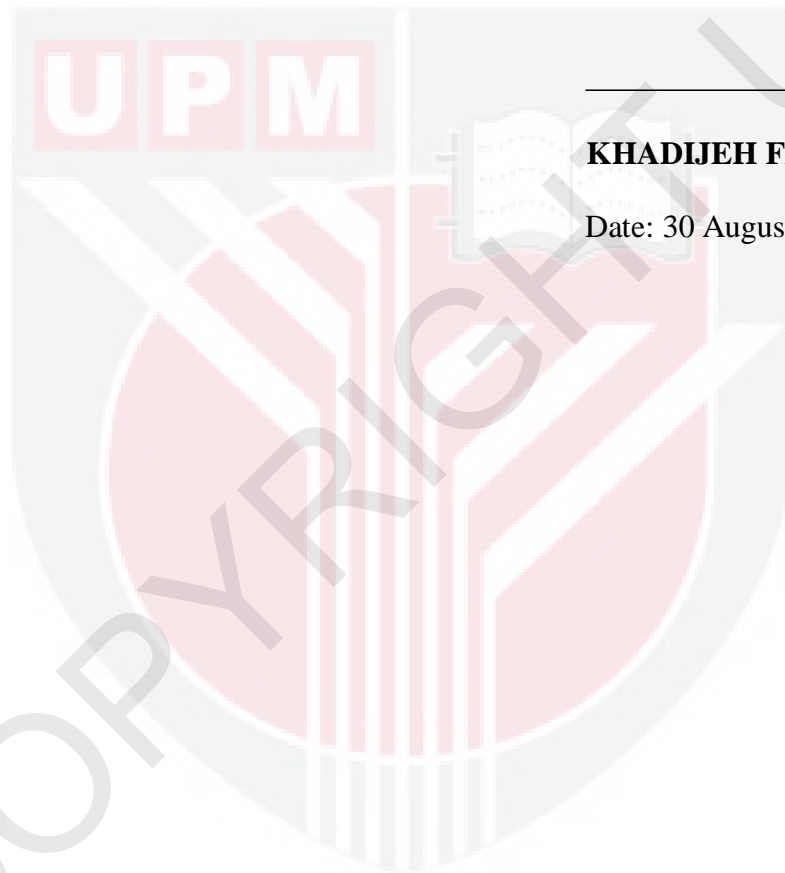
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DECLARATION

I declare that the thesis is my original work except for quotations and citations, which have been suitably acknowledged. I also declare that it has not been previously, and is not concurrently, submitted for any other degree at Universiti Putra Malaysia or at any other institution.



KHADIJEH FALAHATY

Date: 30 August 2013

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