

The Quality of Life in Elderly Living in a Nursing Home vs Living at Home

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Abstract

Quality of life is very important for things such as daily living to psychological well-being, especially in the late stages of life because everyone deserves to be happy. Quality of life is hypothesized to be higher in those who live in a nursing home because they have access to care, activities, resources, therapy, and social interaction. Sixty elderly people, thirty living in a nursing home and thirty living at home, will be given a survey to ask them questions about their happiness and depression levels, the benefits and drawbacks of their living situation, and what could be done to make the situation better. Participants will be gathered by going into nursing homes and distribute posters in areas where the elderly are likely to be. The expected results are increased quality of life levels in those participants in the nursing home and lower levels in those who live at home, so those in the nursing home have increased psychological and social well-being, thus leading to increased overall happiness.

Introduction

The choice between staying at home or moving into a nursing home is a hard decision that people often face once they reach a certain age or can no longer take care of themselves. Nursing homes bring people together by giving the residents more social interactions, helping them when they need it with daily activities, and meal services. An article based in Croatia by researchers Brajkovic, Godan, and Godan attempted to find the differences between the quality-of-life levels in two different elderly groups who have had a stroke (2009). Around 79 percent of the elderly living in the nursing home scored significantly higher on the quality-of-life assessments than those who were living at home.

Furthermore, in Iran, researchers Seddigh, Hazrati, Jokar, Mansouri, Bazrafshan, Rasti, and Kavi to analyze the social support and depression levels of the elderly at senior day care centers, nursing homes, and at home (2020). The results showed that when there was increased social support, there were lower levels of depression in all three settings. Also, the depression levels were more significant in the nursing home and the senior day care centers, meaning that they were significantly lower than those living at home (Seddigh et al., 2020).

Continuing on, a study based in Australia examined the perspectives of the residents that live in a nursing home and if high quality of life is possible for them. The results showed that elderly who are frail have a better life living in the nursing home than living in their own home (Minney & Ranzijn, 2016).

Next is the study conducted by Yoon and it is based in the United States and its purpose is to analyze if a person-centered nursing home is related to the adjustment of moving into a nursing home and life satisfaction. The results obtained from this study are that high levels of person-centered nursing home environment had a significant relationship with increased life satisfaction, which means that the more interaction within the nursing home leads to the resident being happier with living in the nursing home. Yoon also found that safety, relationship development, acceptance of their new home, and lower depressed mood were related to high levels of life satisfaction (Yoon, 2018).

Olsen, Pedersen, Bergland, Enders-Slegers, Jøranson, Calogiuri, and Ihlebæk's study compares people with dementia living in nursing homes and people with dementia living at home (2016). The results showed that people with dementia living at home had significantly higher levels of quality of life and those in nursing homes. Also, people with dementia at home didn't use walking aids, had more social contact, and higher levels of activity (Olsen et al., 2016).

Even though this article supports the counterclaim, the results from the three supporting studies show significant results. Nursing homes have daily group activities that give the residents a chance to have fun and be with the other residents. There are people to help them get dressed, eat, go to the bathroom, bathe them, or take them for a walk in their wheelchair. The first three articles support the hypothesis that elderly who live in a nursing home will have higher quality of life levels than the elderly who live at home will be supported.



Predicted Results

The expected hypothesis of the elderly who live in a nursing home may have higher quality of life levels than the elderly who live at home may be supported. The levels of depression may be higher in the elderly who live at home than those who live in a nursing home. The hypothesis will be tested by using an independent samples t-test because the research involves comparing the two groups of elderly people and their quality of life. With the independent samples t-test, the expected results are to find that living in a nursing home has a higher average of quality-of-life levels than those who live at home. Then using the same t-test, the expected results for the depression levels are that the elderly living at home will have higher depression levels.

Discussion

The expected results align with the hypothesis that elderly who live in a nursing home will have higher quality of life levels than the elderly who live at home. It is important for the elderly to have high quality of life levels and low depression levels because they are in the later stages in life and should enjoy the time they have left as much as they can. The proposed research is important to determine where the best place for an elderly person to live may be, so they can be happier and have access to things they didn't while living at home. Social interaction is crucial for humans especially when people are getting older and may not be around their family or have lost a significant other.



Methods

Participants

The population of this study will be elderly people that are 65 years old and older. Around 50 to 60 participants with 25 to 30 from the nursing home and around 25 to 30 that live at home will be best for the research. For those who live at home, inquiries will be put out in restaurants and churches for the study, and it will have a description of the study, the compensation amount, and have the researchers name, email, and phone number listed. For people who live in a nursing home, the surveys will be distributed to the local nursing homes and get permission from the administrator to hand out surveys to the residents.

Materials

A survey will be created, printed, and distributed out and it will have the researchers contact information to the nursing homes and will be picked back up in a week.

Procedure

The variables that will be tested are quality of life levels, age, and gender because those are the variables related to the core of this study. This survey will include various questions about their happiness and depression levels. The quality of life and depression levels will be scored on a 5-point scale, 5 being the best and 1 being the worst and the answers would be averaged for all participants. A sample question that will be on the survey is "On a scale of 1 to 5, 1 being the worst and 5 being the best, how happy are you living where you live on a daily basis?"

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