

Social Resources and Quality of Life of Filipino Older Adults in a Community

Michael C Leocadio, Claudio, Graciela Christina M Derotas, Angelica Beatrice P.Domingo, Jazel Anne Daphne, Espiritu, Fabegaile, Javier, Kenneth Paul D, Jimenez, Jefferson Ray

Manila Doctors College, President Diosdado Macapagal Blvd, Pasay City, Philippines

ABSTRACT

Introduction	The importance of social support to older adults is highly emphasized in various literatures and was proven to exert effect to their quality of life (Tabloski, 2008).
Methods	In this study, the researcher used a quantitative cross-sectional survey design to determine how social resources affect the quality of life of older adults in a selected community in the Philippines. A total of 307 older adults who fulfilled the inclusion criteria were chosen and surveyed using two instruments: Older Adults Resources and Social Resources of Duke University Center for the Study of Aging and Human Development by Fillenbaum (2007) and the Quality of Life tool (Abaquin, 2005). The instruments were validated and tested for reliability (Cronbach's alpha = 0.87). Frequency count and percentage, t-test, repeated measures ANOVA and Pearson correlation were utilized to analyze the findings.
Results	The result showed that the male gender (n=201) is more prevalent than the female gender (n= 106) in the Community and are mostly in their late adulthood (mean range: 60- 70) and were married. The findings revealed that social support for the older adults is considered moderate. Older adults are satisfied (<i>composite mean = 0.410</i>) with their quality of life (physical, psychological, level of independence, spiritual and their environmental aspect). Demographic profiles stated above are not considered factors to determine the quality of life and social resources of older adults.
Conclusion	The effects of social resources to the quality of life of Filipino older adults are not very evident in their quality of life (<i>r value: -0.334; sig=0.043</i>). Social resource is not the sole basis in determining the quality of life of older adults. Recommendations were raised according to the findings of the study.