

Quality of life of Indonesian senior citizens: living in extended family as a determinant factors of Mental Health Status

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Abstrak

Objective: To determine contribution of socio-demography determinants and functional status associated with the mental health among the Indonesian geriatric population. **Methods:** The study was composed of 52,223 individuals aged 65 years and older from the 2007 Riskesdas (Indonesian National Household Health Survey) conducted by the National Institute of Health Research and Development, and covering the entire Indonesian archipelago. The dependent variable was "psychological well being" defined by mental health question from the Self Report Questionnaire (SRO) by score less than 6. The independent variables were: demographic characteristic, and individual functional status. Cox regression model was applied to identify the most determinant variable of "psychological well being" of the geriatric population. **Results:**

The "psychological well-being" of the geriatric population of Indonesia was associated with status as household head (RR = 1.47; 95% CI = 1.4-1.6), have occupation (RR = 1.14; 95% CI = 1.9-1.37) living in extended family (RR = 1.22; 95% CI = 1.18-1.4), with at least one under five kid in house (RR = 1.16; 95% CI = 1.1-1.23) and functioning (RR = 1.12; 95% CI = 1.06-1.33). Living arrangement emerged as significant determinant of "psychological well being." **Conclusions:** living in extended family provides significant contribution to the sense of "psychological well-being" among the Indonesian geriatric population.