**Abstract**

Introduction: Life satisfaction in senior citizens has been used as an indicator to evaluate senior citizens life conditions, reflecting multiple and broad domains. The objective of this study is to find out the level of life satisfaction among senior citizens in a community of Kathmandu.

Methodology: A descriptive cross-sectional research design was used for conducting this research study among 150 senior citizens residing in Tarakeshwor Municipality of Kathmandu District over a period of 4 weeks from 2nd July to 28th July 2017 through non-probability purposive sampling technique. Life Satisfaction among senior citizens was assessed by semi structured interview. Data was analyzed by using SPSS 16. Descriptive statistics such as mean, standard deviation and inferential statistics: chi square test was used.

Results and Discussion: The results of this study showed that most (82.7%) of the senior citizens were satisfied with overall satisfaction level. There was significant association between overall life satisfaction and good economic status, ownership of property (p=0.019) and having good family income (p=0.001) and having sufficient financial support (p=0.004).

Conclusion: This study concluded that most of the senior citizens were satisfied with their life and only few senior citizens were dissatisfied. Hence, this study suggested that efforts should be directed towards enhancement of life satisfaction of senior citizens through providing sufficient financial support, having good family income, and having ownership in property.

**Keywords:** Senior citizens; Life satisfaction; Community

**Introduction**

Life satisfaction among the elderly has become an important issue in geriatric care. Life satisfaction amongst the elderly is still rated highly despite growing discomfort. A study on maintaining life satisfaction at old age in the face of physical decline carried out in Netherlands by Puvill [1] showed that older people were more satisfied with their lives than is often believed, even when they experienced health issues. Change in life styles, demanding jobs, a shift to nuclear family structures have led to increased neglect of the elderly by families and community [2]. Having more education and better physical and psychological health, social support, and economic satisfaction were predictors of a higher life satisfaction trajectory and maintaining good physical and emotional health, having a spouse, and having better economic satisfaction were associated with an increase in life satisfaction over time [3].

A comparative study was done in India on life satisfaction of elderly in families and old age homes showed that 90.2% and 62.7% of the elderly were satisfied with life among those living in families and old age home respectively. Similarly, 03.9% in each group were very satisfied with their life where as 33.3% of them living in old age homes are dissatisfied with life and only 5.9% of them living in families were dissatisfied [4].

A descriptive cross-sectional study done in Kangwha, South Korea on life satisfaction and mortality in elderly people showed that 34% of the senior citizens stated adequately satisfied in their lives, 38% stated averagely satisfied and 27% stated poorly satisfied [5]. Another study done in Malaysia showed that 59% had an average life satisfaction, 30.5% had below average life satisfaction and 8.5% had dissatisfaction with their life [6].

**Research Methodology**

Descriptive cross-sectional research design was used. Tarakeshwar Municipality was selected purposively. Three areas were selected randomly among seven areas of this municipality by lottery method for collecting data. Sample size was 150. Non-probability, purposive sampling technique was used to select the sample of the study. Data was collected by semi Structured face to face interview. Interview questionnaire was consisted of three parts.

**Part I: Questionnaire**

This portion include questionnaire related to socio-demographic variables, such as age, sex, marital status, occupation, economic status etc.
Part II: Satisfaction level among senior citizens

This portion includes present satisfaction level among senior citizens. Satisfaction related to living condition, present health status, basic activities like feeding, bathing, dressing, transferring, continence and intermediate activities like shopping, walking, doing simple household activities were asked. Also, satisfaction related to relationship with family member like satisfaction with spouse, children, grandchildren, satisfaction with communication, friends, and relatives. Comparing with own aged person, satisfaction with social activities, religious activities and economic status was assessed.

<table>
<thead>
<tr>
<th>Variables</th>
<th>Very Dissatisfied [n (%)]</th>
<th>Not Satisfied [n (%)]</th>
<th>Neutral [n (%)]</th>
<th>Satisfied [n (%)]</th>
<th>Very Satisfied [n (%)]</th>
</tr>
</thead>
<tbody>
<tr>
<td>Living condition</td>
<td>3 (2.0)</td>
<td>15 (10.0)</td>
<td>10 (6.7)</td>
<td>101 (67.3)</td>
<td>21 (14.0)</td>
</tr>
<tr>
<td>Health status</td>
<td>2 (1.3)</td>
<td>32 (21.3)</td>
<td>7 (4.7)</td>
<td>97 (64.7)</td>
<td>12 (8.0)</td>
</tr>
<tr>
<td>Basic activities</td>
<td>2 (1.3)</td>
<td>12 (8.0)</td>
<td>5 (3.3)</td>
<td>119 (79.3)</td>
<td>12 (8.0)</td>
</tr>
<tr>
<td>Intermediate activities</td>
<td>1 (0.7)</td>
<td>20 (13.3)</td>
<td>7 (4.7)</td>
<td>111 (74.0)</td>
<td>11 (7.3)</td>
</tr>
<tr>
<td>Feeling of cared</td>
<td>0 (0)</td>
<td>6 (4.0)</td>
<td>63 (42.0)</td>
<td>67 (44.7)</td>
<td>14 (9.3)</td>
</tr>
<tr>
<td>Comparing with co – age</td>
<td>1 (0.7)</td>
<td>10 (6.7)</td>
<td>9 (6.0)</td>
<td>108 (72)</td>
<td>22 (14.7)</td>
</tr>
<tr>
<td>Social activities</td>
<td>0 (0)</td>
<td>15 (10.0)</td>
<td>17 (11.3)</td>
<td>98 (65.3)</td>
<td>20 (13.3)</td>
</tr>
<tr>
<td>Religious activities</td>
<td>2 (1.3)</td>
<td>10 (6.7)</td>
<td>5 (3.3)</td>
<td>89 (59.3)</td>
<td>44 (29.3)</td>
</tr>
<tr>
<td>Economic status</td>
<td>4 (2.7)</td>
<td>15 (10.0)</td>
<td>9 (6.0)</td>
<td>114 (76.0)</td>
<td>8 (5.3)</td>
</tr>
<tr>
<td>Relationship within family</td>
<td>2 (1.3)</td>
<td>12 (8.0)</td>
<td>11 (7.3)</td>
<td>101 (67.3)</td>
<td>24 (16.0)</td>
</tr>
<tr>
<td>Relationship outside family</td>
<td>2 (1.3)</td>
<td>11 (7.3)</td>
<td>18 (12.0)</td>
<td>100 (66.7)</td>
<td>19 (12.7)</td>
</tr>
</tbody>
</table>

Table 1: Respondent's level of satisfaction.

Table 1 shows that more than two third (67.3%) of the respondents were satisfied with their living condition, 64.7% were satisfied with their present health status, 79.3% and 74% of them were satisfied with their ability to involve in basic as well as intermediate activities. Similarly, 44.7% of them were satisfied with the care provided by family members, 72% were satisfied while comparing them with their age friends, 65.3% were satisfied with their abilities of involving in society, 59.3% were satisfied with their abilities of involving in religious activities and 76% were satisfied with their economic status. Likewise, 67.33% of them were satisfied with their family relationship status and 66.77% were satisfied with their relationships with friends and relatives.

Table 2 reveals that 82.7%, 5.0% and 11.3% of the respondents were satisfied, neither satisfied nor dissatisfied and dissatisfied respectively. Mean ± SD of the overall life satisfaction of the respondents were 37.42 ± 4.14 (range of score was 26–48 out of 55 Score).
Similarly, there was no statistically significant association between overall life satisfaction of senior citizens with their age, sex, ethnicity, religion, education, living status, family types, family roles status and occupations at p>0.05. Table 3 shows that there was statistically significant relationship with their overall life satisfaction and their status of property ownership (p=0.019), sufficient family income for (p=0.001), and financial support (p=0.004) of the respondents at p value < 0.05 respectively. There is no statistical association between overall life satisfaction with care provided as needed and but significant relationship with financial support (p=0.008) for them at p value <0.05.

Table 3: Association of overall life satisfaction with economic status and pattern of health care among respondents.

Discussion

Life satisfaction of senior citizens

In this study, most (88.6%) of the senior citizens were satisfied with their life, while 11.3% were dissatisfied. This finding is consistent with the findings of a study done on life satisfaction of elderly in between families and age homes by Vijayakumar et al. [4] in India found that about 90.2% in those living in families were satisfied. Similarly, a study conducted on an investigation on predictors of life satisfaction among the elderly by Eshkoor et al. [8] among non-institutionalized Malaysian elderly found that 90.4% of the elderly people were satisfied with their current life. Likewise, the study done on elements of life satisfaction amongst elderly people living in institutions in Malaysia by Dahlan et al. [6] found that 34% of them were satisfied, 38% reported neither satisfied nor dissatisfied and 27% reported dissatisfied.

Association of senior citizens' life satisfaction and selected socio-demographic variables

In this study, there was no statistically significant association with senior citizens’ life satisfaction and education (p=0.080). A study carried out in Malaysia on an investigation on predictors of life satisfaction among the elderly also found that education (p=0.833) were not significant predictors of their life satisfaction [8]. This finding was also supported by an 8 years longitudinal study, done in Central of France by Gana et al. [9]. In contrast, a study conducted by Gautam et al. [10] on correlates of life satisfaction among Nepalese older adults living with a son in urban elderly of Kathmandu found that life satisfaction was significantly associated with education (p=<0.05). Contrast result might be seen due to different setting and different population with this study.

In this study, though, there was no statistically significant association between overall life satisfaction with age (p=0.654), the number of high-level satisfactions was high in age group 60-70 years.
However, aging process may affect senior citizens' life satisfaction. Life satisfaction among them decreases as age increases beyond 65 years of age on a study conducted by Chen [11] on aging and life satisfaction. In contrast with the finding of this study, the study done by Won et al. [12] on life satisfaction and depression of among elderly living in the single-household in Korea, the level of life satisfaction was related to age (p=0.012).

Similarly, the finding of this study shows that there was no statistically significant association (p=0.100) of overall life satisfaction of senior citizens and gender. This finding was supported by various studies conducted on retired elderly on Croatia [13], on Portugal [14], and on Gorgan City [15]. This study revealed that there was no statistically significant association (p=0.141) of their life satisfaction and religion. This finding was supported by a study conducted on life satisfaction of adults in retirement age in Portugal [14] as p value 0.127.

This study findings revealed that there was no statistically significant association of overall life satisfaction of senior citizens and their living status (p=0.949). This finding was supported by the study done on life satisfaction among elderly in Croatia conducted by Brajkovic et al. [13] and another study done in Malaysia on predictors of life satisfaction among elderly by Eshkoor et al. [8] showed that there were no statistically significant association of their life satisfaction and living status. Likewise, the finding of this study shows that there is no statistically significant association of life satisfaction and occupation (p=0.808) which was similar to the study carried out in Russia on socio-economic determinants of life satisfaction in later life by Kolonitsyna et al. [16] as p value 0.1402.

The finding of this study shows that there was statistically, significant association of overall life satisfactions of senior citizens and economic status especially with property ownership (p=0.019) and income sufficient for at least one year (p=0.001). Similar finding was found in the study conducted on life satisfaction of older adult in Portugal by Britillier et al. [14] (p=0.010). In a contrast, the study done on factors associated with the life satisfaction among the rural elderly in Odisha, India showed that there was no statistically significant association with ownership. Likewise, a study on health and quality of life outcomes conducted in India by Banjare et al. [17] found that the variables viz. ownership of house, ownership of land, monthly income negligibly influence the level of life satisfaction.

The finding of this study shows that there was no statistically significant association on overall life satisfaction and major care providers (p=0.102) while there was statistically significant association of overall life satisfaction of senior citizens and available financial support (p=0.004). Similar results were found on studies conducted by Ng et al. [18], Li et al. [19] in China and Freund et al. [20] in Zurich on senior citizens found that financial dependence on offspring was declared as an influential factor to the life satisfaction of elderly people. Having higher socioeconomic status, adequate family support, higher level of satisfaction with one's living environment/condition and staying on their own house among the senior population plays a crucial role in achieving life satisfaction [17].

The finding of this study shows that the level of life satisfaction is not statistically significant with demographic variables. This finding was supported by the studies done by Dahlain et al. [6] on elements of life satisfaction among elderly people living in institutions in Malaysia and study done by Joseph et al. [21] in Chandigarh on Life satisfaction among inhabitants of selected old age homes.

**Conclusion**

This study concluded that most of the senior citizens were satisfied with their life, only few of them were dissatisfied. Similarly, the study found significant statistical significance with good economic status, ownership of property (p=0.019) and having good family income (p=0.004) and having sufficient financial support (p=0.001). Hence, this study suggested that efforts should be directed towards enhancement of sufficient financial support, good family income, and property ownership to improve life satisfaction of senior citizens.

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**Limitations**

This is a cross sectional study and results may change over time. The study is confined to Tarakeshwor only which made it difficult for the researcher to generalize the findings.

**Conflicts of Interest**

There are no conflicts of interest for the present study.

**References**


