

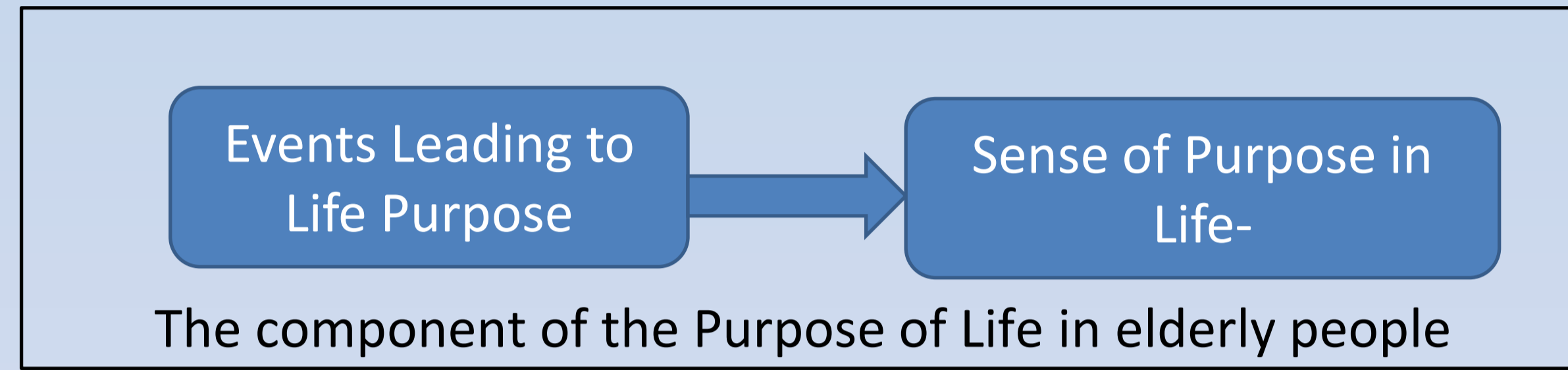
Comparison of Factors Related to Older Adults' Purpose of Life in Japan -Relation of the Events Leading to Life Purpose and Sense of Purpose in Life-

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INTRODUCTION

Improvement in elderly people's healthy life expectancy is required. To do so, the intervention which improves elderly people's Purpose of Life as Primary Health Care is required. However, it is not examined concretely which event leads to elderly people's Purpose of Life.



PURPOSE

Older adults' sense of purpose in life has been an important subject in Japan along with their well-being and healthy long life. The purpose of this research is to examine the effect of events leading to life purpose and sense of purpose in life in order to examine the factors relevant to older adults' sense of purpose in life in Japan.

RESULTS

Questionnaires were distributed to 250 older adults, and answers were collected from 244. After excluding missing values and outliers, data from 234 older adults (men: 49, women: 185) were used in the analysis. "Attitude toward own aging" was higher in younger than in older participants ($p < .05$). "Agitation" was higher in men than in women ($p < .05$). Number of events leading to life purpose showed positive correlation with "Agitation," "Lonely dissatisfaction," and "Attitude toward own aging" ($p < .05$). Specifically, events improving sense of purpose in life were "Educational and cultural enrichment activities," "Sports or recreational activities," "Volunteer activities," "Activities for an elderly's club," "Care of grandchildren and family get-together," and "Going for shopping or on a trip." Number of diseases showed negative correlation with sense of purpose in life ($p < .05$). Specifically, cardiopathy, fracture, liver disease, and dementia were diseases that reduced the sense of purpose in life.

Table 1: Difference of purpose of life by age

	The young-old population (N=146)		The old-old population (N=88)		t	p
	M	SD	M	SD		
Attitude toward own aging	3.11	1.37	2.65	1.45	2.45	**
Agitation	4.16	1.79	4.05	1.78	0.47	n.s.
Lonely dissatisfaction	4.90	1.42	4.77	1.34	0.66	n.s.
SUM	12.16	3.85	11.47	3.67	1.37	n.s.

** : $p < .01$ n.s. : non significant

Table 2: Difference of purpose of life by gender

	male (N=49)		female (N=185)		t	p
	M	SD	M	SD		
Attitude toward own aging	3.06	1.42	2.90	1.41	.697	n.s.
Agitation	4.71	1.70	3.96	1.77	2.681	**
Lonely dissatisfaction	4.98	1.28	4.82	1.42	.731	n.s.
SUM	12.76	3.60	11.68	3.81	1.782	*

** : $p < .01$ n.s. : non significant

Table 3: Relation of number of disease and Events Leading to Life Purpose and Sense of Purpose in Life

	Number of diseases	Number of events leading to purpose of life	Attitude toward own aging	Agitation	Lonely dissatisfaction	SUM
Number of diseases						
Number of events leading to purpose of life		-0.79				
Attitude toward own aging			-.314**	.303**		
Agitation			-.151*	.140*	.436**	
Lonely dissatisfaction			-.169**	.319**	.565**	.570**
SUM			-.251**	.296**	.786**	.846**

** : $p < .01$

METHODS

[Subjects]

Older adults (N = 250) aged 65 and over gathering in the Kakogawa public hall in Japan were asked to participate.

[Evaluation index]

Personal factors associated with purpose of life in the elderly: Age, family structure, maintenance of healthy condition, circumstance of living arrangements, economic stability, and presence or absence of inter-generational exchange are inquired.

Events leading to purpose of life: Based on the study by Hasegawa et al. (2001), 19 items are examined: (1) Working; (2) Educational and cultural enrichment activities; (3) Sports or recreational activities; (4) Hobby activities; (5) Volunteer activities; (6) Activities for an elderly's club; (7) Interaction with neighbors, friends, and acquaintances; (8) Care of grandchildren, and family get-together; (9) Going for shopping or on a trip; (10) Activities in a community association; (11) Knowledge and skills acquired so far; (12) Spouse; (13) Children; (14) Grandchildren; (15) Health; (16) Pet; (17) Role at home; (18) Role in the society; (19) Others.

Measurement of purpose of life: It is measured by the Philadelphia Geriatric Center Morale Scale: "Agitation"; "Lonely dissatisfaction"; "Attitude toward own aging".

[Ethical considerations]

This study will be conducted after obtaining an approval of the ethical review board of the Hyogo University. We will submit a written and verbal request for the study to the person in charge at institutions where the study will be conducted.

RESULTS

Table 4: Relation of Events Leading to Life Purpose and Sense of Purpose in Life (multivariate logistic regression)

	(1) Working (N=24)		(2) Educational and cultural enrichment activities (N=79)			(3) Sports or recreational activities (N=73)			(4) Hobby activities (N=114)			(5) Volunteer activities (N=26)			(6) Activities for an elderly's club (N=37)			
	odd	95% Confidence Interval	odd	95% Confidence Interval	odd	95% Confidence Interval	odd	95% Confidence Interval	odd	95% Confidence Interval	odd	95% Confidence Interval	odd	95% Confidence Interval	odd	95% Confidence Interval		
Attitude toward own aging	1.06	0.73	1.54	1.30**	1.02	1.66	1.18	0.93	1.50	0.99	0.79	1.23	1.61*	1.13	2.29	0.81	0.61	1.07
Agitation	1.10	0.80	1.50	0.98	0.81	1.19	0.82*	0.68	1.00	1.08	0.90	1.29	1.14	0.86	1.52	1.03	0.83	1.29
Lonely dissatisfaction	1.23	0.76	2.00	1.00	0.76	1.32	1.52**	1.13	2.05	1.18	0.91	1.53	1.26	0.78	2.03	1.40	1.00	1.97
	(7) Interaction with neighbors, friends, and acquaintances (N=49)		(8) Care of grandchildren, and family get-together (N=104)			(9) Going for shopping or on a trip (N=38)			(10) Activities in a community association (N=24)			(11) Knowledge and skills acquired so far (N=12)			(12) Spouse (N=34)			
	odd	95% Confidence Interval	odd	95% Confidence Interval	odd	95% Confidence Interval	odd	95% Confidence Interval	odd	95% Confidence Interval	odd	95% Confidence Interval	odd	95% Confidence Interval	odd	95% Confidence Interval		
Attitude toward own aging	1.13	0.90	1.42	1.48*	1.06	2.06	1.11	0.89	1.40	0.93	0.64	1.34	1.30	0.77	2.19	0.98	0.71	1.35
Agitation	1.07	0.89	1.28	0.92	0.71	1.17	0.87	0.72	1.04	1.09	0.80	1.47	0.94	0.63	1.40	0.83	0.65	1.06
Lonely dissatisfaction	1.13	0.86	1.47	1.32	0.86	2.02	1.35*	1.03	1.75	1.15	0.74	1.79	0.99	0.54	1.81	1.43*	0.97	2.10
	(13) Children (N=34)		(14) Grandchildren (N=73)			(15) Health (N=54)			(16) Pet (N=18)			(17) Role at home (N=34)			(18) Role in the society (N=6)			
	odd	95% Confidence Interval	odd	95% Confidence Interval	odd	95% Confidence Interval	odd	95% Confidence Interval	odd	95% Confidence Interval	odd	95% Confidence Interval	odd	95% Confidence Interval	odd	95% Confidence Interval		
Attitude toward own aging	1.46*	1.02	2.09	1.20	0.94	1.54	1.33*	1.01	1.75	1.00	0.65	1.52	1.28	0.93	1.75	1.43	0.65	3.17
Agitation	0.78*	0.60	1.01	0.96	0.79	1.16	0.87	0.70	1.07	0.84	0.61	1.15	0.95	0.74	1.21	0.91	0.52	1.62
Lonely dissatisfaction	2.03**	1.20	3.45	1.31	0.97	1.78	1.13	0.82	1.55	1.57	0.91	2.71	1.07	0.74	1.55	1.68	0.53	5.36

* $p < .05$ ** : $p < .01$

CONCLUSION

In order to improve older adults' sense of purpose in life, it is important to intervene with the course of disease and not to increase the number of diseases. Moreover, study and activity have been shown to raise older adults' sense of purpose in life. Therefore, it is necessary to include elements such as disease prevention and study and activity in an intervention program to raise older adults' sense of purpose in life.