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Comparative Analysis of Quality of Life among Older Adults: Care Facilities vs. Family-based Living Arrangements in Zamboanga City

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Abstract

This study compares the quality of life of older adults aged 60 and above in Zamboanga City, focusing on care facilities versus family-based living. Understanding the impact of living environments on physical, social, and environmental well-being is crucial for sustainable elder care. This study used a cross-sectional comparative design with 30 older adults, 15 from care facilities and 15 from family-based settings. The World Health Organization Quality of Life Brief Version assessed physical health, social relationships, and environmental factors. Descriptive statistics and t-tests compared quality of life scores. Results revealed a mean quality of life score of 66.49 for family-based living arrangements and 64.65 for care facilities, both falling under the 'moderate' category. The independent t-test showed no significant difference in quality-of-life scores between the groups ($t = -0.333$, $p = 0.741$). Family-based settings scored higher in social relationships, reflecting stronger interpersonal support, while care facilities showed better physical health outcomes due to structured care and access to medical services. However, the findings suggest that living arrangements alone do not critically impact the quality of life, highlighting the importance of individual care needs and social support systems in determining well-being. Further studies should include a larger sample, involve private care institutions, and assess psychological health. Enhancing social support and improving care environments for both family-based and institutional settings are essential in improving older adults' overall QoL. Emphasizing community and family engagement in elder care policies is also recommended.