

Quality of life among Muslim adults of Jammu in context of age and gender

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Abstract

The research was conducted to study the quality of life among Muslim adults of Jammu city in context of age and gender. The sample comprised of 120 young and older adults of Jammu city i.e. 60 young and 60 older adults and out of these 30 males and 30 females in the age group of 20-35 and 60+. Tools used were interview schedule and Quality of Life Scale. Results revealed that most of the respondents had higher level of satisfaction with their quality of life. With regard to age, quality of life of the younger adults were more satisfactory than older adults on various dimensions i.e. health, goals and values, play, learning, creativity, relatives, neighbourhood and community. The aspects of life with which older adults seemed more satisfied were their self-esteem, money, work, help, love, friends, children and home. However with regard to gender, females were more satisfied than males on various dimensions and there was a significant difference on various dimensions like health, self-esteem, money, play, love, neighbourhood and community. Males were more satisfied only on two dimensions.

Keywords: Quality of Life, Muslim Adults, Age and Gender

1. Introduction

Adulthood is the period in the human life span in which full physical and intellectual maturity has been attained. It is a period in the life of an organism that is marked by the stoppage of physical growth and reached its full growth and becomes capable of sexual reproduction. In adulthood person becomes responsible for themselves and it is the longest period in life which for the purpose of clarity has been broken into three periods. The three stages of adulthood are young (21-35 years), middle (35-65 years) and older (65 years and above). (Abdullah, 2011) ^[1].

Quality of life is an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns. It is a broad ranging concept affected in a complex way by the person's physical health, psychological state, personal beliefs, social relationships and their relationship to salient features of their environment.

The term quality of life (QOL) refers the general well-being of individuals and societies. The term is used in wide range of contexts including the fields of international development, health care, and politics. It should not be confused with the concept of standard of living, which is based primarily on income. Instead standard indicators of quality of life include not only wealth and employment but also the built environment, physical and mental health, education, recreation and leisure time and social belonging. Quality of life term is used to describe wellness. An individual with quality of life (QOL) can enjoyably do the activities of life with little or no limitation and can function independently. Individual quality of life requires a pleasant and supportive community.

The following objectives were formulated,

- 1) To study the Quality of life among young and older Muslims adults of Jammu.
- 2) To compare the Quality Of Life of the sample adults in context of
 - a) Age
 - b) Sex

2. Material and methods

The sample of the study comprised of 120 Muslim adults (60 young and 60 older). Out of which 30 males and 30 females in each age group of 20-35 and 60+ of Jammu District were selected. Purposive sampling technique was used to select different urban areas dominated by Muslims of Jammu city and to select the sample as both young and older adults were from same family. The tools used for data collection was Interview schedule, and Quality of Life Scale developed by Frish (1994) ^[2]. It assess an individual quality of life through self-report of the importance they attach to each of 16 life domain (on a 3-point rating scale) as well as their current satisfaction with each domain (on a 6-point rating scale). Statistical techniques like mean, Standard deviation, mean scores and t-test were applied to derive the results of the present study.

3. Results and discussion

The results of the study revealed that majority of the young adults were students and older adults were retired personnel. It was found that majority of the sample were from extended families. Most of the young adults were post graduates and older adults were higher secondary.

4. Tables

Table 1: Overall Quality Of Life of younger and older adults

Levels	Young Adult Males		Young Adult Females		Total		Older Adult Males		Older Adult Females		Total	
	N=30	%	N=30	%	N	%	N=30	%	N=30	%	N	%
High	26	87	23	77	49	82	19	63	25	83	44	73
Average	3	10	5	17	8	13	2	7	4	14	6	10
Low	-	-	2	6	2	3	3	10	-	-	3	5
Very Low	1	3	-	-	1	2	6	20	1	3	7	12

Overall, quality of life of the younger and older adults ranged from high to very low as depicted in the table 1. Results reveal that majority of the young adults both males and females (82%) and older adults both males and females (73%) had obtained high scores. This indicates that respondents scoring in high range are extremely happy and fulfilled, very successful in getting what they want out of life and able to get their basic needs met and achieve their goals in every area of life that they Value. 13% of young adults both males and females and 10% older adults males and females had average scores indicating that they are generally successful in getting what they want out of life, and they are able to get their basic needs met and achieve their goals in most, though not all, important areas of life. Results further revealed that older adult males and females 12% had very low quality of life as compared to younger adults.

deserving and held positive image about themselves. On Money dimension mean scores of older adults were higher (3.90 ± 1.43) than young adults (2.73 ± 2.12). This implies that older adults were more satisfied with their money status and felt that they earned well and felt secured about their future Results on the Work dimension reveals that older adults have higher mean scores (3.65 ± 2.12) and were more satisfied of their work status than younger adults (3.16 ± 2.38). These young adults felt that they had to work for long hours but still not paid adequately and they also wanted to earn more and go up in job status. With regard to Play dimension, young adults having high mean scores (2.65 ± 1.99) and were more satisfied with their play than older adults having mean scores (1.23 ± 1.41). Those adults who were not highly satisfied felt that they did not have adequate time and avenues to relax. Further findings shows that on helping dimension mean scores of older adults (4.90 ± 1.67) were higher than the younger adults. This indicates that older adults were more satisfied of their ability of helping others as compared to young adults. These respondents felt that they were capable of helping others in their time of need and mostly felt happy about their ability to help others. With regard to Love dimension, older adults with mean scores (4.15 ± 1.89) seems more satisfied of their love status than younger adults with mean scores (2.81 ± 2.29). These respondents were able to form relationships with people of opposite sex and had feelings of being loved and cared for and being understood. In Neighbourhood dimension mean scores of younger adults (3.21 ± 2.30) were higher than older adults. They felt that their neighbourhood were quite helpful and adjusting. Community refers to the whole city, town or rural areas where you live. It includes how nice the areas look, the amount of crime, how well you like the people. It also includes the place you go for fun like parks, sporting events and restaurants. Findings reveal that younger adults have higher mean score on Community dimension (3.30 ± 2.68) than the older adults. This indicates that young adults were more related with community. This again implies that most adults were happy about this community and its features. They felt that their city was good enough and people are quite supportive. Also highly significant difference were seen on various dimensions i.e. Health, Self-esteem, Money, Play, Neighbourhood and Community. Results further revealed that mean score of younger adults were higher than older adults on various dimensions i.e. Goals and Values, Learning, Creativity, Relatives and on other hand older adults had higher mean scores on Work, Helping, Friends, Children, Home and no significant differences were seen.

Dimensions	Young adults mean sd	Older adults mean sd	t scores
Health	4.36±1.68	.883 ±3.532	6.89**
Self esteem	3.80±1.98	4.03 ±2.38	-.582**
Goals and values	4.10±1.82	3.83 ±2.14	.734
Money	2.73±2.12	3.90±1.43	-3.52**
Work	3.16 ±2.38	3.65±2.12	-1.17
Play	2.65±1.99	1.23 ±1.41	4.49**
Learning	3.33±2.50	.616 ± 1.89	6.69
Creativity	3.21±2.07	1.36 ±2.02	4.94
Helping	4.86±1.44	4.90 ±1.67	-.117
Love	2.81±2.29	4.15 ±1.89	-3.47*
Friends	3.03±2.57	3.28 ±2.39	-.551
Children	3.25±2.28	4.53 ±1.86	-3.37
Relatives	4.18±2.01	3.91 ±2.26	.682
Home	5.06±1.42	5.23 ±1.24	-.684
Neighbourhood	3.21±2.30	2.11 ±1.79	2.92**
Community	3.30±2.68	1.53 ±1.67	4.32**

** Significant at 0.01 level

Table no 2 depicts mean and t scores on various dimensions of quality of life of respondents with regard to age. Results reveal that mean score on Health dimension of young adults were higher (4.36 ± 1.68) than older adults ($.88 \pm 3.53$), indicating that young adults were highly satisfied with their health as compared to older adults. They felt that they were physically fit. Self-esteem is a confidence in one's ability to think and to cope with the basis challenges of life. On Self-esteem dimension older adults having higher mean scores (4.03 ± 2.38) and seem highly satisfied with their self-esteem than young adults. This indicates that older adult respondents were confident about themselves, they felt they were worthy and

Table 3: Mean and t-score on various dimensions of Quality of life of the respondents with regard to gender

Dimensions	Males mean sd	Females mean sd	t scores
Health	1.98±3.42	3.26±2.98	6.89**
Self esteem	3.35± 2.20	4.48±2.03	-.582**
Goals and values	3.56± 2.06	4.36±1.83	.734
Money	3.08± 2.14	3.55±1.58	-3.52*
Work	3.15± 2.32	3.66±2.18	-1.17
Play	1.73± 1.74	2.15±1.96	4.49**
Learning	2.31± 2.43	1.633±2.73	6.69
Creativity	2.11± 2.29	2.46±2.19	4.94
Helping	4.63± 1.67	5.13±1.39	-.117
Love	2.65± 1.90	4.31±2.17	-3.47*
Friends	2.83± 2.49	3.48±2.43	-.551
Children	3.616± 1.95	4.166±2.35	-3.37
Relatives	3.76± 2.23	4.33 ± 2.01	.682
Home	5.15± 1.40	5.150 ± 1.27	-.684
Neighbourhood	2.98± 2.43	2.350 ± 1.72	2.92**
Community	2.88± 2.91	1.95 ± 1.64	4.38**

Table no 3 depicts mean and t-score on quality of life of respondents with regard to gender. Results reveals that mean scores on Health dimension of females (3.26±2.98) were higher than males. It indicates that females were highly satisfied with their health and feel that they were physically fit and have no chronic illness such as back pain or heart diseases and psychological disturbances such as depression, anxiety or alcohol or drug abuse .On self-esteem dimension females having mean score (4.48±2.03) seems highly satisfied with their self-esteem than males. With regard to Money dimension mean score of females (3.55±1.58) were higher than males, this implies that females were more satisfied with their money status and felt that they earned well and feel secure about their future .On Play dimension females having mean score (2.15±1.96) again were more satisfied with their play than males. This indicates that females were more engaged in their favourite hobbies or pastimes such as golf, reading or socializing. On Love dimension again females have higher mean scores (4.31±2.17) seems more satisfied of their love status than males. With respect to Neighbourhood dimension males having mean score (2.92± 2.43) were more satisfied than females. Further findings reveal that on Community dimension males (2.88±2.91) were having higher mean scores and were more satisfied than females. This indicates that males were more related with community and felt that their city was good enough and people were quite supporting and calculated t-score indicates highly significant difference on community dimension between and females (4.38**). And highly significant differences were seen on various dimensions. i. e. Health, Self-esteem, Play, Neighbourhood and Community. Results further showed that mean scores of females were higher than males on various dimensions i.e. Goals and values, Money, Work, Creativity, Helping, Friends, Children, Relatives, Home. Males had obtained higher scores only on Learning and Community dimension. This indicates that males feel that they could acquire new knowledge and could have new learning experiences. And no significant differences were seen on these dimensions.

5. Discussion and conclusion

Majority of the younger and older adults had high level of satisfaction with their quality of life, only few of them had low level of satisfaction with their quality of life. More females enjoyed higher quality of life than males. Manhas *et al* (2014)

revealed similar results that females scored higher than males on Quality of Life. Overall, with regard to age young adults had achieved higher scores than older adults on various dimensions namely health, goals and values, play, learning, creativity, relatives, neighbourhood and community. Also significant difference were seen on various dimensions i.e. health, self-esteem, goals and values, play, love, neighbourhood and community. Gretchen *et al* (2011) [3]. Also indicated that older adults had multiple impairment or health conditions than younger and frequency of leisure activity was significantly lower for the older adults as compared to the younger. In the present study the aspects of life with which the older adults seemed more satisfied were: money, work, help, love, friends, children and home. However with regard to gender females seems more satisfied than males on various dimensions namely health, self-esteem, goals and values, money, work, play, creativity, helping, love, friend, children, relatives, home, and neighbourhood whereas males seemed satisfied only on two dimensions i.e. learning and community. Significant differences on various dimensions like health, self-esteem, money, play, love, neighbourhood and community were observed. Similar findings were seen in the study of Imam *et al* (2006) [4]. Which indicated that female respondents were more satisfied than males and significant results were also found in terms of mean life satisfaction scores. Whereas another study by Sharma (2013) [6]. also found that females were highly satisfied with their Quality of life than males on various dimensions i.e. work, play, creativity, love, relatives, home and neighbourhood.

Overall it was revealed that most of the respondents had higher level of satisfaction with their quality of life. With regard to age, quality of life of the younger adults were more satisfactory than older adults on various dimensions and a significant difference was seen on various dimensions i.e. health, self-esteem, goals and values, play, love, neighbourhood and community. However with regard to gender, females were more satisfied than males on various dimensions and there was a significant difference on various dimensions like health, self-esteem, money, play, love, neighbourhood and community.

6. References

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