

## The Health Factors Affecting the Longevity of Elderly Living in the Community: Analysis with SOC and QOL

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### Abstract

Japan has an aging society. Antonovsky has discussed the possibility that humans lead an energy abundant life, and created the sense of coherence (SOC) test, which consist of 29 items. This time, focusing on the elderly living in the community, we examined their SOC and QOL as well as cognitive and behavioral characteristics such as health factors affecting the longevity of elderly living in the community. Using a shorter 13 items SOC test created by Prof. Yamazaki of Tokyo Uni. Using the 40 items QOL test created by Dr. Mandai of Japanese Society of Quality of life Research. Clarification of the behaviors of elderly living in the community and research the correlation between QOL and SOC. The sample consisted of residents who showed minor dementia and could communicate by conversation. Cognitive, behavioral and life characteristics of elderly living in the community were analyzed. We extracted a total of 56 cases, they were females. It was a coefficient alpha of 0.806. This shows significantly higher levels of SOC were seen in subjects in the elderly living in the community. Upon researching the levels of QOL and SOC in the elderly living in the area. It was discovered that subjects with high levels of QOL often showed high levels of SOC. Subject in the elderly living in the community kept high levels of QOL, high ability to deal with stress, high positivity, and high ability to overcome the various difficulties in their lives.

**Keywords:** Health Factors, QOL, SOC, Elderly Living in the Community

### Introduction

Japan has an aging society. It is inevitable that the elderly have to cope with aging and diseases [1]. Antonovsky as discussed the possibility that humans lead an energy-abundant life, and described the sense of coherence (SOC), which harmonizes well with aging. This time, focusing on the elderly who reside in the community, we examined their SOC and QOL as well as cognitive and behavioral characteristics such as health factors affecting the longevity of elderly residents in the community.

### Purpose

Clarify the behaviors of elderly residents in the community, and thus to verify the relationship of cognitive and behavioral characteristics as health factors affecting longevity based on the SOC test and QOL test.

### Method

1) The study was conducted employing a short 13-item version of the sense of coherence (SOC) test, which Antonovsky first advocated and Yamazaki et al [2]. A survey using the QOL test (Japan-QOL questionnaires) was also conducted to the same target audience.  
2) The test results were taken from the SPSS.ver.22 analysis software (the correlation between QOL levels and SOC levels).

### About SOC test

SOC is said to be also 'power to live life through,' 'ability to cope with stress,' and 'power to generate health.' T constitutes the core concept of Autogenesis. The SOC is said to be a measure of someone's own capability to cope well with difficulties in life. This depends on and it is closely related to the mental health level, social health level, and QOL the subject. The study was conducted employing a short 13-item version of the sense of coherence (SOC), which Antonovsky first advocated and Yamazaki al. (five-point scale; full score coming to: 65pt)

### About QOL test

A formal definition of QOL has not been set. There are many methods of evaluating QOL, some of the main methods being SF-36 and WHO QOL. Whether or not QOLests/examinations should include subjective items/questions is a highly debated point.

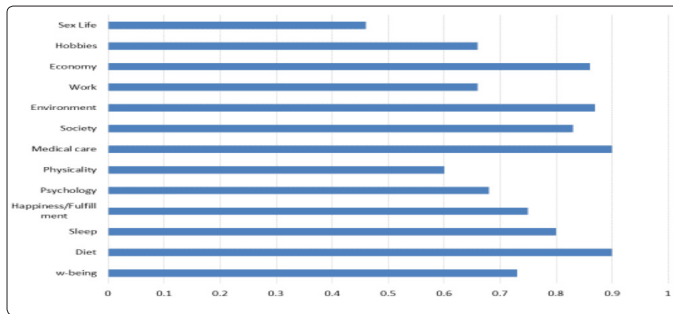
In this study, we used the 40-item QOL test created by Dr. Mandai of the Japanese society of quality of life research [3]. This QOL test includes subjective item/questions within the evaluation (Full score coming to: 400pt).

### Results

We extracted a total of 56 cases (females: 56). The ages average 80 years old. They were minor dementia and could communicate by conversation and ADL was independent. The results showed an

average of 52pt (score rate: 80%) on the SOC test. The SOC test has a coefficient alpha of 0.806. The results showed an average of 299pt (score rate: 75%) on the QOL test. The QOL test has a coefficient alpha of 0.816.

With the total QOL level according to the domain, 8 items (Economy, Well-being, Diet, Sleep, Happiness/fulfillment, Medical care, Society, Environment) showed high score rates of more than 70% (Figure 1).



**Figure 1:** QOL comparison according to the domain

It was discovered that subjects with high levels of QOL often showed high levels of SOC. (correlation coefficient: 0.404) the correlation between QOL levels and SOC levels was equilateral.

### Discussion/ Conclusion

Upon researching the levels of SOC in the elderly living in the community conducted by Motoe et al on Japanese subjects over 80 years of ages, residing at home resulted in SOC test average levels of 70, 30%. This shows significantly higher levels of SOC (80.0%) were seen in subjects in the elderly living in the community [4].

It was discovered that subject with high levels of QOL often showed high SOC (correlation coefficient: 0.404) Yamasaki states that people with high SOC have the ability to deal with manageability stress. The results of the three components of the SOC showed the following scores for comprehensibility, which is concerned with comprehension of the situation, was high in the three subjects; that manageability was also high because they showed flexibility in coping with difficulties at different times in life; and also, that meaningfulness was high because they led a worthwhile life and felt that every day was meaningful and appreciated it [5-10].

Erikson considered the senile developmental stage as “Wisdom”, the positive aspect as “Integration” and the negative aspect as “Despair”. As Antonovsky stated that, the concept of the SOC was similar to that of Erikson [11, 12]. These three subjects did not exhibit an attitude of regretting or bothering themselves with past events, which they had gotten over, difficult, or sad past experience. They showed a common trait of being positive toward “living” and hoping “to live longer”. Many of most of the elderly living in the community had a very positive outlook on their life.

It was discovered that subjects with high levels of QOL often showed high levels of SOC. Subject in the elderly living in the community kept high levels of QOL, high ability to deal with stress, high positivity, and high ability to overcome the various difficulties in their lives.

Subject in the elderly living in the community kept high levels of QOL, high ability to deal with stress, high positivity, and high ability to overcome the various difficulties in their lives. However, it is thought that this result was an elderly person who participated in a classroom named the woman class in the region, and the woman who was interested in a healthy life and the exercise etc. It is necessary to investigate attitudes toward the elderly living in the different environments.

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