Determination of The Loneliness and Sleep Quality Levels and The Associated Factors of Elders Living at Home

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Abstract

Statement of the Problem: The world's population is gradually aging. Previous studies revealed that loneliness has a negative effect on sleep quality. Decrease in sleep quality, which is a physiological problem, could also be frequently encountered in the old age.

.Methodology & Theoretical Orientation: This descriptive study was conducted on 700 individuals in order to determine the loneliness level, sleep quality level and associated factors of elders living at home in the Kırşehir province. The data were collected through face-to-face interview by using a questionnaire, UCLA loneliness scale (ULS), and Pittsburgh sleep quality index (PSQI) between 03 and 31 December 2015. In order to conduct the study; Ethics Committee approval (no:2015-04/04) and institutional permission were obtained. Findings: 46.7% of the elders who participated in the study felt moderately alone and 70.4% had a poor sleep quality. A positive and very weak correlation was determined between the scores obtained from the elders by using the UCLA loneliness scale (ULS) and the Pittsburgh sleep quality index (PSQI) ($p<0.01$) ($\rho=0.208$). It was determined that levels of loneliness were affected by age, gender, income status and smoking; whereas the sleep quality was affected by gender, educational level, state of having children and taking naps in the daytime ($p<0.05$).

.Conclusion & Significance: According to these results, it is suggested to conduct studies that plan support programs for the purpose of decreasing the loneliness levels of the elders and enhancing the sleep quality.

Recent Publications

1. Bilgili N, Kitiş Y, Ayaz S (2012) Assessment of loneliness, quality of sleep and affecting factors in elder. Turk J Geriatr 15:81-8.
2. Khorshid L, Eşer İ, Zaybak A, Yapucu Ü, Arslan GG, Çınar Ş (2004) The evaluation of loneliness level of elderly individuals residing in rest home. Turk J Geriatr 7:45-50.
3. McHugh JE, Casey AM, Lawlor BA (2011) Psychosocial correlates of aspects of sleep quality in community-dwelling Irish older adults. Aging Ment Health 15:749-55.
4. McHugh JE, Lawlor BA (2013) Perceived stress mediates the relationship between emotional loneliness and sleep quality over time in older adults. Br J Health Psychol 18:546-55.
5. Kurina LM, Knutson KL, Hawkley LC, Cacioppo JT, Lauderdale DS, Ober C. (2011) Loneliness in associated with sleep fragmentation in a communal society. Sleep 34:1519-26.



Biography

Gökçe DEMİR received her Ph.D from Erciyes University Institute of Health Sciences in 2012. She is currently working as a, Assoc. Prof in Kırsehir Ahi Evran University, Faculty of Health Sciences, Department of Public Health Nursing.

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