



## Satisfaction with Life among Senior Citizens in Pokhara Metropolitan City

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### Abstract:

Every life period brings success, happiness, and enjoyment in life, but unfortunately aging brings failures and distress. The descriptive cross-sectional study was conducted in Pokhara Metropolitan City, which was selected purposively. The overall objective of the study was to assess the life satisfaction among senior citizens. Cluster sampling method was used to obtain the 325 sample size from 17 clusters of Pokhara Metropolitan City. Data collected through life satisfaction index-A (LSITA) from the period of 25th May to 21st July, 2019.

The findings were analyzed by using descriptive (frequency, percentage, mean standard deviation and inferential (chi-square and logistic regression) in statistical package for social science (SPSS) version 16. Findings revealed that 53.5% respondents were not satisfied with their life. Regarding its subscale majority 61.2% respondents were not satisfied with self concept. Life satisfaction was statistically significant with age, sex, education, present income source, family income (OR=4.391, CI=2.019,9.551), money for expenditure (OR=2.370, CI=1.362,4.123), being married, state of health and role in family decision making (OR=2.001, CI=1.055,3.793).

Based on the study findings, it is concluded that more than half of the respondents were not satisfied with their life. Financial state, state of health and role in family decision making are the main predictors of life satisfaction. Therefore, it is the responsibility of the policy maker to develop the policy regarding improving socio-economic status of these senior citizens to achieve good health, confidence, and increase self-acceptance.

### Biography:

Mrs. Ranjita Karmacharya has completed Master of Nursing (Adult Nursing) in 2014 and completed Master degree in Humanities and Social Science in 2015 from Tribhuvan University Nepal. She started her nursing career since 2000 AD. She is working as a Faculty Member of Tribhuvan University, Institute of Medicine, Pokhara Campus, Pokhara since April, 2015.



She has published three articles in peer review journal of Nepal and has taken lots of training related to research.

### Recent Publications:

1. Banjare, P., Dwivedi, R., & Pradhan, J. (2015). Factors associated with the life satisfaction amongst the rural elderly in Odisha, India. *Health and quality of life outcomes*, 13(1), 201.
2. Bjørnskov, C., Dreher, A., & Fischer, J. A. (2008). Cross-country determinants of life satisfaction: Exploring different determinants across groups in society. *Social Choice and Welfare*, 30(1), 119-173
3. Chehregosha, M., Bastaminia, A., Vahidian, F., Mohammadi, A., Aghaeinejad, A., Jamshidi, E., & Ghasemi, A. (2016). Life Satisfaction Index among Elderly People Residing in Gorgan and Its Correlation with Certain Demographic Factors in 2013. *Global journal of health science*, 8(8), 41.
4. Ghimire, S., Baral, B. K., Karmacharya, I., Callahan, K., & Mishra, S. R. (2018). Life satisfaction among elderly patients in Nepal: associations with nutritional and mental wellbeing. *Health and quality of life outcomes*, 16(1), 118.
5. Jan, M., & Masood, T. (2008). An assessment of life satisfaction among women. *Studies on Home and Community Science*, 2(1), 33-42.