

ORIGINAL ARTICLE

Attitudes to ageing and their relationship with quality of life in older adults in TurkeyGülbahar KORKMAZ ASLAN¹,¹ Hülya KULAKÇI ALTINTAŞ,² İlgin ÖZEN ÇINAR¹ and Funda VEREN²

¹Department of Nursing, Faculty of Health Sciences, Pamukkale University, Denizli and ²Department of Nursing, Faculty of Health Sciences, Bülent Ecevit University, Zonguldak, Turkey

Correspondence: Dr Gülbahar Korkmaz Aslan PhD, Pamukkale University Faculty of Health Sciences, Pamukkale Üniversitesi, Sağlık Bilimleri Fakültesi, Kınıklı Kampüsü, Denizli/Türkiye.
Email: gorkmazaslan@gmail.com

Disclosure: The authors have no conflicts of interest to declare.

Research Projects Unit of Pamukkale University

Received 12 December 2017; revision received 17 August 2018; accepted 27 August 2018.

Key words: ageing, attitudes, older adults, quality of life.

INTRODUCTION

The world's population is ageing; virtually every country in the world is experiencing a growth in the number and proportion of older adults in their population.¹ In Turkey, the proportion of individuals aged 65 and older was 8.3% in 2016. It is estimated that this proportion will increase to 10.2% by 2023 and 20.8% by 2050.^{2,3} Given this background, studying older adults and understanding how they can have healthier lives has become a priority.

Increased life expectancy has led to greater interest in improving the quality of life (QOL) of individuals and in the concepts associated with attitudes to ageing.⁴ Ageing is often characterized as being about loss, and

Abstract

Aim: With the increase in life expectancy, it has become necessary to expand our knowledge of how older individuals perceive their own ageing and how ageing affects their quality of life. The aim of the study was to determine older adults' attitudes towards ageing and the relationship between attitudes and quality of life among community-dwelling older adults in Turkey.

Methods: This cross-sectional and correlational study was conducted in Zonguldak, Turkey. The sample included 999 community-dwelling older adults, who were selected from five family health centres. The data were collected between April and June 2015 by using the Attitudes to Ageing Questionnaire and the World Health Organization Quality of Life Instrument-Older Adults Module. A hierarchical multiple regression analysis was conducted to test the predictive value of attitude to ageing on quality of life.

Results: Multiple regression analysis revealed that the subscales of Attitudes to Ageing Questionnaire (psychosocial loss ($\beta = -0.289$), physical change ($\beta = 0.296$), and psychological growth ($\beta = 0.279$)) were statistically significant predictors of quality of life. Attitudes to ageing explained 46.6% of the quality of life among community-dwelling older adults in Turkey ($R^2 = 0.466$).

Conclusion: The significant impact of attitudes to ageing on quality of life suggests the need for better recognition of attitudes to ageing in older adults.

many misleading myths and misconceptions about ageing are treated as facts and truths.⁵ Negative ageing stereotypes and attitudes towards old age are common.^{6,7} Stereotypes of ageing include assumptions and generalizations about how people of a certain age should behave and what they are likely to experience, without regard for individual differences or unique circumstances.⁸ Stereotypes of ageing are social constructs that are culturally and historically situated, as well as individually interpreted.⁹

Ageing self-stereotypes give rise to negative expectations and attitudes towards being old.^{6,9} Older adults' own attitudes about ageing can affect their behaviours with very little influence from external sources.¹⁰ Low *et al.* defined the attitudes as