

## Quality of life of elderly population in Sri Lanka

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The ageing of Sri Lanka's population is one of the most serious socio-economic challenges in the coming decades. Although the Budget of 2015 recognized this to some extent, no significant steps have been taken to cope with the problems of an ageing population. Weak public finances, distorted prioritization of public expenditure and wasteful expenditure leave no fiscal space to address the needs of the elderly. The inability to reform the retirement age and retirement benefits compound the economic and social problems of an ageing society. Nevertheless it is important to highlight the emerging problems of the country's ageing population. Sri Lanka currently experiences a significant increase of aging population together with poverty and breakdown of various social and traditional bonds. This study therefore was undertaken to assess the background profile, pattern of morbidity and overall quality of life (QoL) of elderly population in Sri Lanka. Data were collected from 250 elderly people who were aged 60 and over from three villages of Matara district, Sri Lanka. Simple random sampling method was applied. A pre-structured questionnaire, in-depth interviews and observations were carried out to collect primary data. In addition, secondary data were also used. Collected data was analyzed by using SPSS. The results revealed that most common health complications are insomnia and eye problems. The highest QoL score ( $52.87 \pm 18.74$ ) was found in social relationship domain and least score ( $48.65 \pm 16.39$ ) was found in environmental domain. Elderly males show the highest mean domains score in all domains except overall QoL, whereas elderly females show the higher mean score in overall QoL domain. Again, elderly who are presently workless and live in joint families have better mean scores in physical and environmental domains respectively. To develop the QoL of the elderly, emphasis should be given to improve their financial condition and traditional family bond.

**Keywords:** Ageing population, socio-economic challenges, elderly population

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