Functional mobility, self-efficacy, and their impact on health-related quality of life among residents of selected elderly homes in the Kurunegala District

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As populations age rapidly, improving health-related quality of life is crucial for preserving autonomy. While functional mobility is vital in maintaining independence, self-efficacy motivates older adults to stay active. Sri Lanka, with its growing elderly population, lacks sufficient data on how these factors affect quality of life. This study aims to investigate the relationship between functional mobility, self-efficacy, and health-related quality of life (HRQoL) in elderly residents in Kurunegala District. A cross-sectional study was conducted at selected elderly homes in Kurunegala District in August 2024, using a non-probability convenience sampling method among individuals aged 60 years and above. Self-efficacy and functional mobility were evaluated using General Self-efficacy (GSE) scale and Timed Up and Go (TUG) test, respectively. The HRQoL was measured using the 36-item Short Form Health Survey (SF-36). Spearman's rank correlation test was used to identify the correlation between variables in SPSS version 22 software. One hundred twelve older adults (n=112: age 75 ± 8.05 years), including 71 (63.4%) females, were recruited in the study. The GSE scores (30.58 ± 6.5) showed a statistically significant positive correlation with physical component summary (PCS) of SF-36 (r_s=0.560, $p<0.001$). In contrast, TUG time (20.62 ± 12.4 seconds) was significantly negatively correlated with PCS (r_s= -0.498, $p<0.001$). No statistically significant correlation was found between either TUG time or GSE scores with mental component summary (MCS) of SF-36. However, TUG time and GSE scores were significantly correlated with most domains of HRQoL. The findings suggest that higher self-efficacy and better functional mobility are significantly associated with improved physical HRQoL among older adults. While no significant associations were found with mental health components, the strong links observed between self-efficacy, mobility, and multiple domains of quality of life highlight the importance of promoting both psychological resilience and physical function to enhance overall well-being.

Keywords: *Functional mobility*, *Self-efficacy*, *Timed up and go test*, *Elderly*; *Quality of life, General self-efficacy scale*