

"Even though We Are Running Out of Time...": The Quality of Aging among Silesian Seniors

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ABSTRACT

The aim of the study was to compare the quality of aging among Silesian seniors depending on: attending classes at Universities of the Third Age and the occurrence of sleep disorders and body mass index (BMI). The study involved 631 (100%) seniors. To conduct the study, the author's questionnaire and the Polish version of the Successful Aging Scale (SAI) and the Athens Insomnia Scale questionnaire were used. The Mann-Whitney U test showed the occurrence of statistically significant differences between point obtained by seniors participating and not participating in the activities of Universities of the Third Age in total points value of Successful Aging Scale ($p < 0,001$). Sperman's test proved existence of negative correlation between number of points in the SAI domains: "Sense of security" and "Retrospective factors" and the number of points in the Athens Insomnia Scale ($\rho = -0.245$; $p < 0.001$ and $\rho = -0.264$; $p < 0.001$). Similar correlations were observed taking into account BMI value, proving the negative impact of excess body weight on the quality of aging. Participation in Universities of the Third Age had a positive impact on the quality of aging among Silesian seniors, while the occurrence of sleep disorders and increased body mass index had a negative impact. It is necessary to conduct multidirectional activities that mobilize seniors to participate in various social activities, as well as preventive and therapeutic activities that improve the quality of their aging.

Keywords: aging, quality, Universities of Third Age, sleep disorders, body mass index