

# Quality of Life of Physically Disabled Adults at Thi Qar Rehabilitation Center in Al-Nasiriyah City

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**Abstract:** ***Objectives:** The present study aims to evaluate the Quality of Life (QoL) of adults with physical disability at Thi Qar Rehabilitation Center; and to identify the relationship between quality of life and socio-demographic characteristics of physically disabled such as: gender, age, marital status, educational level, residential area, occupation, degree of disability, causes of disability and duration of disability. **Methodology:** A descriptive analytical study design, in which assessment approach is applied in order to achieve the earlier stated objectives. The study was initiated from October 10<sup>th</sup>, 2016 to June 10<sup>th</sup>, 2017. A purposive "non-probability" sample of 100 adult disabled individuals were selected in this study. Data were collected using a self-administered questionnaire. Data were analyzed through the application of descriptive and inferential statistical approaches by using statistical package for social science (SPSS) version 20.0. **Results:** The study revealed that most common age was 20-29 years, most gender male who were married (57%) with primary school education (30%) who were (55%) of them are doesn't working and mostly live in urban area. Most Physical disability caused by acquired causes with duration between (1-5) years and the severity of physical disability was impaired in most of sample. The study indicates that physically disabled are having moderate level of quality of life. The result shows no significant relationship between total QoL and demographic variables including (age, gender, marital status, education level, occupation and residence) while there is high significant between QoL and severity of disability. There is significant relationship between QoL and causes and duration of disability. **Conclusions:** The study concluded that physical disabled adults have the ability to cope with their disabilities reflected by their moderate level of quality of life; the QoL for adults with physical disability was not influenced by their characteristics such as age, gender, educational level, marital status, residence and occupation.*

**Keywords:** Quality of Life, Physical disability

## 1. Introduction

The number of disabled people in the world is significantly increased, particularly in recent years, regarding various changes that are happened through the life span, today, the disability rate in the world has increased to the equivalent of 13.5% of the total world population at the beginning of the twentieth and twenty first centuries, it is possible that up to 15%. Based on the number of disabled people in the world today as many as 900 million people will be more than 80% of them from Third World countries and developing countries<sup>(1)</sup>. The term 'Disability' includes many aspects such as functional impairment, limitations of activity and participation restriction<sup>(2)</sup>.as well as, disability has a various meanings which referred by burden and loss of health, where the concept of health is recognized by capacity of functioning in a different set of health domains<sup>(3)</sup>.Individuals with disability would experience various levels of difficulty related to 'normal' activities and, as a sequence would lose the capacity to achieve normal social functions<sup>(4)</sup>. Physical Disability among adults' individuals is not just a health problem, but also, it refers to the difficulties that are experienced by those individuals which include the interaction between physical movements and their society<sup>(5)</sup>.Disability is usually identified as a social structure that influenced by society's attitudes towards disabled people<sup>(6)</sup>. because of these influences, the participation in social activities will be restricted among individuals with physical disabilities which involving in poor quality of life as result for these restriction in their daily living activities<sup>(7)</sup>.Quality of Life is Concept refers to the state of presence or absence of symptoms in medical and nursing field, while those in

physical or occupational therapy, might evaluate the ability to complete functional tasks of daily living. Within psychology, the researchers focus on subjective assessments of well-being or happiness or how individuals perceive their own lives, goals, achievements, and subjective evaluations<sup>(8)</sup>.Individual with physical type of disability often experience pain, which strongly affects their quality of life<sup>(9)</sup>. Pain caused the negative perception of quality of life dimensions: general health, physical, emotional, and social functioning<sup>(10)</sup>.

## 2. Methodology

**Design of the Study:** A descriptive analytic study design, an assessment approach has been applied for the purpose of achieving the earlier stated objective. The study was initiated from 10<sup>th</sup> October, 2016 to 23<sup>th</sup> July, 2017.

**Administrative Arrangements:** The permission has been granted from Thi-Qar Health Directorate to Thi Qar Rehabilitation Centre. These consents facilitated the researchers' entrance to the Rehabilitation Centre and meeting the disabled people.

**Ethical Consideration:** The first ethical consideration was approved by the Ethical Committee in the College of Nursing, University of Baghdad on the study questionnaire; the second ethical consideration was related to agreement of disabled people for participation in this study.

**Setting of the Study:** The study has been conducted at Thi Qar Rehabilitation Centre/ Thi Qar Health Directorate which located in Thi Qar Governorate, Al Nasiriyah City, Iraq. The

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centre is specialized for providing rehabilitative services for people who have got physical disability.

**Sample of the Study:** A non-probability Sample (Purposive) of (100) physically disabled adult people who are attending Thi Qar Rehabilitation Centre.

**Instrument of the Study:** The instrument designed and constructed by the researcher were used for data collection and measuring the variable under the study. The final instrument is consisting of three parts: The first part is includes the covering letter to obtain the agreement of the respondents and their demographic variables. The second part is related to variables of physical disability. The Sheehan Disability Scale (SDS) was used to measuring the severity of disability impairment. And the third part is related to quality of life for adult's people with physically disability. the researcher was used the World Health Organization Quality of Life – BREF Scale (WHOQOL- BREF) that composed of 26 items that designed to assess or evaluate several aspects of quality of life

**Validity of Questionnaire:** Content validity for the instrument was determined through the use of panel experts to investigate the clarity, relevancy, and adequacy of the questionnaire in order to achieve the present study objectives. In addition to the experts' responses, their suggestions were taken into consideration. So far, modifications were employed and the final copy of the constructed instrument was completed to be an appropriate tool for conducting study.

**Pilot Study:** A pilot study was carried out for the period from 19<sup>th</sup> to 30<sup>th</sup> December, 2016, and conducted on ten subjects who were selected purposively.

**Reliability of the Questionnaire:** The internal consistency of the instrument was determined through the pilot study and the computation of alpha correlation coefficient (Cronbach's alpha). The result of the reliability for the questionnaire was excellent ( $r = 0.91$ ), which mean statistically, that the questionnaires had adequate level of internal consistency and equivalence measurability.

**Data Collection:** The data were collected through Self-administrative questionnaire, by using the Arabic version of the questionnaire for all those subjects who were included in the study sample. The data collection process has been performed from 20<sup>th</sup> January, 2017 to the 28<sup>th</sup> February, 2017 after permission obtained from the centre. An average, each interview spent approximately (15-25) minutes to complete the questionnaire.

**Data Analysis:** Statistical analyses were conducted by using statistical package for social science (IBM SPSS) version 20.0. Data analysis was employed through the application of descriptive and inferential statistical approaches.

### 3. Results

**Table 1:** Distribution the Sample according to the Socio-demographic Characteristics

No.	Demographic Characteristics	F	%	
1	Age group:	20-29 years	32	32.0
		30-39 years	27	27.0
		40-49 years	24	24.0
		50 ≤ years	17	17.0
		Total	100	100
2	Gender:	Male	77	77.0
		Female	23	23.0
		Total	100	100
3	Marital status:	Single	31	31.0
		Divorced	4	4.0
		Married	59	59.0
		Widowed	6	6.0
		Total	100	100
4	Educational level:	Illiterate	24	24.0
		Read and write	18	18.0
		Primary school	30	30.0
		High school	20	20.0
		Institute/collage	7	7.0
		Higher education	1	1.0
		Total	100	100
5	Occupation:	Working	31	31.0
		Doesn't work	55	55.0
		Others	41	41.0
		Total	100	100
6	Residence:	Rural	33	33.0
		Urban	67	67.0
		Total	100	100

No: Number, F: Frequency, % Percentage

The analysis of this table shows that physically disabled are with age group 20-29 years old (32%). 77% of them are male who were married (57%) Regarding educational level, the highest percentage was reported with primary school education (30%). 55% of them are doesn't working and 31% of them are working. More than half of them are resident in an urban area (67%).

**Table 2:** Distribution the Sample according to the Physical

No.	Disability variables	F	%	
1	Causes:	Acquired	52	52.5
		Congenital	12	12.0
		Pathological	36	36.0
		Total	100	100%
2	Duration:	1-5 years	52	52.0
		6-10 years	6	6.0
		11-15 years	5	5.0
		16-20 years	10	10.0
		20 ≤ years	27	27.0
		Total	100	100%
3	Severity level:	unimpaired	4	4.0
		Moderate impaired	38	38.0
		impaired	58	58.0
		Total	100	100%

No: Number, F: Frequency, % Percentage

This table reveals the variables related to physical disability; about half of sample is associated with physical disability caused by acquired causes (52.5%). The duration of physical

disability is ranging between 1-5 years (52%). The severity of physical disability is impaired among those adult (58%).

**Table 3: Quality of Life among Physically Disabled Adult**

Characteristics	F	%	M.S	SD
Physical	Low	33	33.0	1.77 0.617
	Moderate	57	57.0	
	High	10	10.0	
	Total	100	100.0	
Psychological	Low	41	41.0	1.64 0.578
	Moderate	54	54.0	
	High	5	5.0	
	total	100	100.0	
Social	Low	12	12.0	2.19 0.631
	Moderate	57	57.0	
	High	31	31.0	
	Total	100	100.0	
Environmental	Low	13	13.0	1.95 0.458
	Moderate	79	79.0	
	High	8	8.0	
	Total	100	100.0	
QoL	Low	38	38.0	1.63 0.506
	Moderate	61	61.0	
	High	1	1.0	
	Total	100	100.0	

No: Number, F: Frequency, % Percentage, M.S: Mean of score, S.D: Standard deviation

This table indicates that physically disabled are having moderate level of quality of life (79%), the sub-domains of quality of life are all shows a moderate level among those with physical disability

**Table 4: Relationship between Quality of Life and Socio-demographic Characteristics**

Characteristics	Sources of Variance	Sum of Square	df	Mean Square	F	P≤ 0.05	Sig.
AGE\ QOL	Between Group	.231	3	.077	.295	.829	N.S
	Within Group	25.079	96	.261			
	Total	25.310	99				
gender\ QOL	Between Group	.129	1	.129	.501	.481	N.S
	Within Group	25.181	98	.257			
	Total	25.310	99				
Marital\ QOL	Between Group	1.487	4	.372	1.482	.214	N.S
	Within Group	23.823	95	.251			
	Total	25.310	99				
Education\ QOL	Between Group	.665	5	.133	.507	.770	N.S
	Within Group	24.645	94	.262			
	Total	25.310	99				
Occupation\ QOL	Between Group	.538	2	.269	1.054	.352	N.S
	Within Group	24.772	97	.255			
	Total	25.310	99				
Residence\ QOL	Between Group	.221	1	.221	.863	.355	N.S
	Within Group	25.089	98	.256			
	Total	25.310	99				

This table indicates that there is no significant relationship between quality of life among physical disability and socio-demographic Characteristics that include (age, gender, marital status, education level, occupation and residence)

**Table 5: Relationship between Quality of Life and Disability variables among Physically Disabled Adults**

Characteristics	Sources of Variance	Sum of Square	df	Mean Square	F	P≤ 0.05	Sig.
Causes\ QOL	Between Group	2636.75	2	1318.376	7.383	.001	H.S
	Within Group	17322.2	97	178.580			
	Total	19959.0	99				
Duration\ QOL	Between Group	2402.61	4	600.654	3.250	.015	S
	Within Group	17556.3	95	184.804			
	Total	19959.0	99				
Severity\ QOL	Between Group	8.681	2	4.341	25.320	.001	H.S
	Within Group	16.629	97	.171			
	Total	25.310	99				

This table indicates that there is high significant relationship between quality of life among physical disability and both causes of disability and severity of disability while there is significant between quality of life and duration of disability

#### 4. Discussion

The study results were revealed in the table (1) that majority of sample of the study at age in two groups (20- 29) years that are accounted for (32) people with percent and (30-39) years that are accounted for (27) people with percent. This result agrees with Kuvalekar et al.,<sup>(3)</sup>. Regarding gender, it noticed that adult disabled people in the sample are 77% males and the remaining are females as the study by Al-Bahadli,<sup>(11)</sup>. In related to marital status, this study revealed that more than half of samples were married This result is similar to study of Sarah et al.<sup>(12)</sup>.in Scotland. Regarding Educational level, the study was showed that majority of the study sample with primary school, this result is similar to study done by Kuvalekar et al,<sup>(3)</sup>.The occupation variable indicates that the majority of the study sample was individuals who do not work This result can be compare with the study conducted in Nigeria by Kaka et al<sup>(13)</sup>.The residence variable showed that more than half of respondents were lives in urban areas agrees with study conducted by Pawłowska-Cypriasiak et al<sup>(14)</sup>. in Poland.

The study result was revealed in the table (2) that majority of sample of the study in related to causes of disability that of participants had acquired causes . Researcher is consider the acquired causes are include disabilities caused by wars, accidents at work and roads, this result may be caused by the security situation in Iraq and terrorist operations and the many wars in Iraq for more than 30 years, in addition to accidents at work and roads (Researcher). This result disagrees with Kuvalekar et al<sup>(3)</sup>. that conducted in India. In Related to duration of disability, this study was revealing that half of respondents are suffering from disability since (1-5) years This result agrees with the study of Atiyah and Mohammed<sup>(15)</sup>. that conducted in Iraq. The measurement for severity of disability founded that more than half of respondents were impaired this result agrees with the study conducted in Gaza by Salah<sup>(16)</sup>The study result was revealed in the table (3) that majority of sample of the study with moderate level for all domains of quality of life. Family support, The religious beliefs and Wheel chair and artificial limbs were have partially helped to reduce the impact of disability (Researcher). This result agrees with study conducted by Atiyah and Mohammed,<sup>(15)</sup> in Iraq.In Related

to Relationship between Quality of Life and Socio-demographic Characteristics the present study shows that there is no significant relationship between age and quality of life This result agrees with study conducted by Reki, <sup>(17)</sup>. The gender was statistically insignificant with quality of life among people with physical disability this result agrees with study conducted by Saeki and Hachisuka<sup>(18)</sup>There is no significant relationship between occupation and quality of life this result agrees with study conducted by Kaka et al <sup>(13)</sup> in Nigeria with same result. There is no significant relationship between quality of life with respect to marital status This result agrees with study conducted by Atiyah and Mohammed <sup>(15)</sup> in Iraq. There is no significant relationship between quality of life with respect to residence This result agrees with study conducted by Mohammed and Shebl, <sup>(19)</sup> in Egypt. The present study did not founded significant difference between total QOL and educational level, this result agree with study conducted by Kaka et al<sup>(13)</sup>In Related to Relationship between Quality of Life and Disability variables among Physically Disabled Adults the present study founded significant relationship between duration of disability and total Quality of Life This result agrees with the study conducted by Bakula et al<sup>(20)</sup> in City of Zagreb. There is high significant relationship between quality of life among physically disabled adults with causes of their disability this result can compare with results of Atiyah and Mohammed <sup>(15)</sup> also a high significant relationship is seen between quality of life among adults with physical disability with severity level of their disability this result can compare with study conducted by Bakula, et al <sup>(20)</sup> in City of Zagreb

## 5. Conclusions

The study concluded that physical disabled adult people have the ability to cope with their disabilities reflected by their moderate level of quality of life; the QoL for adults with physical disability does not influenced by their characteristics such as age, gender, educational level, marital status, residence and occupation. Evaluation of Psychosocial Problem related to Physical Mobility Handicap for those

Aged 9-16 years In Thi-Qar Rehabilitation Center.

## 6. Recommendations

Based on the study conclusions, the study can recommend that:

- 1) The Government agencies and Non-governmental organizations have to conduct training programs for physically disabled people in order to teach them new skills to found occupation and increase ability on social engagement.
- 2) The study recommends the Ministry of Education to give educational courses to people with physical disability for the purpose of Literacy and increase the awareness level.
- 3) The Ministry of Youth & Sport should provide recreational and sports facilities for people with special needs for help them to reintegration into society.

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