

## Chronic Morbidity Pattern and Quality of Life among Geriatric Fisherman Population in Pondicherry-An Explanatory Sequential Mixed Method Study

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### Abstract

**Background:** Almost half of the geriatric population in India has chronic morbidity. Health status is an important factor that has a significant impact on the quality of life of an elderly population. **Objectives:** To find out the pattern of chronic morbidities and to explore the coping skills among the Geriatric Population. **Methodology:** The study was Explanatory Mixed Methods study design, where a quantitative phase (Survey) followed by the qualitative phase (In depth interviews [IDI]) is used. A total of 450 patients aged 60 and above from the coastal villages were studied and analysed. Socio Demographic details, Morbidity Patten and the treatment taken. **Results:** For the 5 item General Health Questionnaire among the 254 Young old 92 (36.2%) were positive and among the 216 Older/Oldest population about 88 (40.7%) were positive which is statistically significant (p value 0.0224) comparing the two age categories Regarding Alzheimer's disease – 8 item questionnaire positive there is statistically very significant (p value 0.0003) difference among the Young old 44 (17.6%) and for Older/Oldest population about 64 (29.6%). **Conclusion:** Hence it is prudent to screen the elderly population for these General health, Alzheimer's diseases spread knowledge, awareness and self-care advice to them among the fisherman community though their food pattern and physical activity is on positive note. This will help to create “the society for ages” and to promote the concept of active and healthy ageing.

**Keywords:** Elderly, Quality of Life, Chronic morbidity, Geriatrics, Fisherman