Abstract

Objectives Assessing the quality of life (QOL) of elderly women attending the University of the Third Age (UNATI) at the Federal University of Goiás in Brazil. Methods This was a descriptive, observational study of 38 elderly women aged 60 or older. A socio-demographic information form and the WHOQOL-BREF and WHOQOLOLD questionnaires were applied for QOL assessment. Results Most women were aged 60-69 (58.8 %). The WHOQOL-BREF QOL scores in the physical, psychological, social relationships and environmental domains bore no statistical relevance; however, the general QOL before (67.86±2.91) and after (60.71±8.71) attending UNATI had p=0.049 significance. As for the WHOQOL-OLD, only the sensorial functioning domain (before: 61.84±20.74; after: 71.38±17.66; p=0.014) and the death and dying domain were significant (before: 56.36±25.48; after: 67.27±25.35; p=0.001). Conclusions The elderly women demonstrated typical socio-demographic characteristics and their concerns to stay healthy within possible income, socialisation and health delivery service patterns were considered good. The WHOQOL-BREF revealed that the general domain played a major role compared to other domains. The sensorial functioning and the death and dying domains on the WHOQOL-OLD characterised this particular population's anxieties, wishes and gender needs.

Keywords

Quality of life, women, aged.