

**Abstract**

**Original Paper**

**Social Support and Quality of Life Among Older Adults**

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**Abstract**

**Background:** The number of older people is increasing in Turkey and in the world year by year and changes in demographic structure bring problems related with decrease in quality of life and social support of elderly.

**Aim:** To investigate the social support and quality of life of Turkish older adults and to determine the relationship between social support and quality of life.

**Methods:** This was a descriptive, cross-sectional study. The sample included 108 adults who were older than 60 years admitting two family health clinics in Edirne. Data were collected through a survey including sociodemographic characteristics of participants, EuroQol Five Dimension Scale and Multidimensional Scale of Perceived Social Support. Non-parametric tests were used in statistical analyses.

**Results:** The mean age of the group was  $68.0 \pm 5.90$ , mean quality of life scale score was  $0.78 \pm 0.20$  and total social support score was  $58.01 \pm 20.01$ . Positive correlations were found between quality of life score and social support total score, social support scale's subgroups of family, friends and special friend scores respectively. There was a negative correlation between number of daily medications and quality of life. Quality of life of men and married participants were better than the others. Participants living with their spouse and children had better social support family subgroup scores compared to ones living alone.

**Conclusions:** A positive correlation was found between social support and quality of life of older adults. Future studies researching other factors affecting quality of life and social support levels of older adults and the impact of nursing interventions could be suggested.

**Keywords:** Older adult, Turkish, Social support, Quality of life..