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学位論文題名

Factors Associated with Activity Limitations among Elderly People in Bangladesh
バングラディッシュにおける高齢者の活動制限に関連する因子

学位の種類: 修士 (作業療法学)

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Aim/Objectives: Elderly people frequently face difficulties in performing daily activities because of socio-demographics and health factors. Therefore, this research aimed to identify the activity limitations and the associated factors with them among frail elderly people in Bangladesh.

Method: In total, 75 frail participants were included from elderly care home in Gazipur, Bangladesh, by cluster sampling. Data were collected in a cross-sectional survey using a self-administered sociodemographic questionnaire and standardize questionnaire entitled ACTIVLIM, which we then input for online Rasch analysis (RUMM laboratory) to identify activity limitation. Variables were analyzed by the Mann-Whitney *U* test and Pearson correlation analysis before performing stepwise multiple regression to identify the factors associated with activity limitations. Significance was set to $P < .05$.

Result: Activity levels ranged from -0.11 to -2.36 logits in most participants (56%), indicating difficulty in executing activities; by contrast, 44% ($n = 38$) had scores ranging from 0.3 to 2.76 logits, indicating that they had fewer difficulties in performing activities. The Mann-Whitney *U* and Pearson's correlation tests showed that the activity limitation score varied with marital status, regular physical inactivity, pain, fall history, mobility, osteoporosis, hypertension, other chronic conditions, sleep duration, and number of chronic conditions. Finally, the stepwise regression model explained 39% of the variance in the activity limitation score, but with only number of chronic conditions, physical inactivity, poor mobility, marital status, and osteoporosis contributing significantly to the model.

Conclusion: At least half of the frail elderly people in this study had difficulties performing daily activities, and these were associated with five factors. Proper steps should be taken by health professionals to provide the elderly with better support. Occupational therapists, in particular, can promote and facilitate continued engagement in daily activities as our population ages.