

**HEALTH PROBLEMS AND SOCIAL SUPPORT OF
ELDERLY IN NYAUNGLAYPIN TOWNSHIP**

KAY KHAING KAUNG NYUNT

M.B.,B.S

**Master of Public Health
University of Public Health
Yangon
2013**

ABSTRACT

A cross-sectional descriptive study was carried out in Nyaunglaypin Township aiming to describe the common health problems and social support of elderly in urban area, aged 60 years and above. Total of 207 respondents were interviewed using semi-structured questionnaires and collected data about socio-demographic characteristics, social network and support and common health problems of elderly. Findings revealed that females were predominant consistently in all age groups, 60-69 years, 70-79 years, and 80 years and above. There was gender difference in marital status, educational level and occupational status. The nuclear family (43%) was the most common form of family. The health risk behaviors such as smoking (18.36%), betel chewing (38.64%) and no regular exercises (64.25%) were still significantly high. There were less social problems among the elderly and majority of them had satisfied their present life. More than half of the elderly received high social support and network and about half of the elderly received financial support. This reflects the Myanmar culture of having good social network and participating in social activities. Nearly 80% had perceived good health although 66.8% reported one or more health problems. Hypertension and musculoskeletal diseases were most frequently reported diseases. Although hearing status of elderly was good, vision and oral health status were not good. More than half of the respondents consulted the doctors and 23% were basic health staff and traditional medicines for their health problems. The majority depended on their relatives and family members for their survival in terms of physical, mental, financial and social support. In this study, significant associations were found between the social network and depression, social support and depression, social support and self-rated health. It can be concluded that strong social ties and support should be encouraged by promoting their social roles to reduce depression and enhance their perception of self-rated health.