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## Quality of Life of the Elderly Women and It's Influential Factors in Xi'an

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Quality of life is a generic concept reflecting concern with the modification and enhancement of life attributes. This study was designed to investigate quality of life and explore the possible factors among older women individuals. It was conducted in Xi'an, China. This is a cross-sectional study. A total of 810 female individual, 60 years and older were selected by stratified random cluster sampling. Self- designed questionnaire was used which contained the general information questionnaire, health problems questionnaire, the 36-item Short-Form Health Survey Questionnaire( SF-36). Results comparison of SF-36 total scores with career before retire, regular income, main source of income, savings deposits and filial piety from children showed no statistical significance( $P>0.05$ ). But the elderly with different educational level, age, marital status, fertility quantity, life burden, physical exercise, material assistance, spiritual assistance and history of chronic disease presented statistically significant SF-36 total scores( $P<0.05$ ). The results of the binary logistic regression analysis indicated that age, physical exercise, spiritual assistance and history of chronic disease were associated with QOL in elderly women. For this reason, encouraging exercise, providing emotional support and treating chronic disease may be helpful to improve quality of life in elderly women in Xi'an.

### Biography

Ting Xiao is a postgraduate student from Department of Nursing, the Fourth Military Medical University, Xi'an, China. Her director is Sha Sha Xu, the director of Department of Nursing, the Fourth Military Medical University, who has devoted herself to nursing education and the nursing for the aged.

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