

Abstract

Introduction and goal: Considering the importance of old age and the growing trend of this group in the country and the importance of functional status and self-esteem and social support in the elderly and its effect on various physical, psychological and social dimensions of their health, this study aims to determine the relationship between social support and understanding. It was done with the functional status and self-esteem of the elderly in Khorramabad in 1400.

Materials and methods: The present study was a descriptive-analytical study that was performed on 340 elderly people in Khorramabad. The sampling method was cluster random. The instruments used in this study included ATM Cognitive Status Questionnaire, Zemit Social Support Questionnaire, Rosenberg Self-Esteem Questionnaire, Daily Life Activities (ADL) and Instrumental Life Activities Questionnaire (IADL). Data were collected into SPSS 22 software. After confirming the normality of the data using Kolmogorov-Smirnov test, independent t-test, ANOVA, Pearson correlation, univariate and multivariate linear regression were used to analyze the data. . Significance level was considered less than 0.05.

Results :

The mean and standard age deviation of the elderly was 69.51 7 7.55. In terms of gender, 175 of them (51.5%) were women. Most of the 235 people (69.1%) were married. The results of the study showed that the variables of social support had a statistically significant relationship with self-esteem ($P<0.001$) and functional status ($P<0.001$). Also, there was a statistically significant relationship between self-esteem and functional status ($P<0.001$). Significant was observed.

Conclusion: According to the findings of this study, family, friends and important people for the elderly are recommended to increase social support to increase self-esteem and functional status of the elderly, thereby reducing psychological, economic factors and the burden of disease in this period. be.

key words: social support- Functional status- Self-esteem- Elderly