

## RELATIONSHIP BETWEEN SPIRITUAL WELL-BEING AND QUALITY OF LIFE AMONG ELDERLY PEOPLE RESIDING IN KAHRIZAK SENIOR HOUSE

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**Background and aim:** Regarding the increasing number of elderly people, their quality of life.

Becomes more important. Spiritual health is one of the important aspects of health status that is often neglected. This study aims to identify the relationship between spiritual well-being and quality of life among elderly people residing in Kahrizak Senior House.

**Material and methods:** It was a descriptive, correlational study. The sample included 141 elderly people residing in Kahrizak Senior House who recruited by convenience sampling. Data was collected by Spiritual Well-Being Index (SWBI) and Short Form Quality of Life (SF36) and analyzed by Pearson correlation coefficients, ANOVA, and t-test using SPSS-PC (v-16).

**Results:** The mean score of quality of life was  $(50.36 \pm 11.3)$ . Women's quality of life was significantly lower than men ( $P=0.000$ ). The mean score of spiritual well-being was  $(96.26 \pm 17.93)$ . There was a positive correlation between spiritual well-being and quality of life ( $P=0.008$ ).

**Conclusion:** Regarding the lower levels of quality of life especially in women elderly, more.

Attention should be paid to this group of society. Awareness of the importance of spiritual well-being in caring of these people is recommended.