

Quality of life in the perceptions of the elderly through the scenarios of the subjectivities and objectivities experienced



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The aging process is a progressive phenomenon that has increasingly demanded multidisciplinary knowledge, so that it can be understood as multidimensional and not just as a natural or physical event.

Regarding the population aging process, it is important to understand, conceptually and dynamically, the factors that help in healthy aging, as well as the conditions that favor a better experience of quality of life (QoL) in the psychological relationships of mental health established between elderly and the aging process.

Thus, the concept of QoL is a multidimensional construct because its use occurs both associated with perceptions of objective aspects (above all, related to health, economy, education, environment, sanitation and transport, among others) and associated with subjective perceptions (self-knowledge, self-perception, feeling of fullness, self-esteem, satisfaction, happiness, among others).

Thus, it is possible to notice the concept linked both to the general satisfaction with the individual's life, and linked to categorical components or specific segments of life.

In another definition, it is clear that the concept of QoL is a subjective and objective multidimensional construct of assessment derived from what is perceived individually or collectively, covering aspects related to psychological health such as functional capacity (physical and psychological), social interaction, satisfaction with life, socioeconomic status, intellectual activity, self-care, family support, health status, cultural values, religiosity, lifestyle, satisfaction with employment and/or daily activities and environment in which you live.

In this sense, the perceptions described in the literature point to two relevant axes of definitions for the field of psychology, namely: Objective and Quantifiable: where QoL is a multifactorial construct based on the analysis of individual and/or collective

objective understandings of access to basic conditions of life such as health, housing, basic sanitation, employment, education. It is the objective, quantifiable assessment of the living conditions of individuals in terms of access to essential services that guarantee the general quality of life.

And the axis is related to the subjective emphasis on which QoL is guided as a multidimensional construct that includes individual subjective perceptions of satisfaction with life, health and happiness, determined by the physiological, psychological, emotional and spiritual dimensions, considering the sociocultural aspects experienced by the subject, mediated by their previous experiences in relation to their health conditions.

Finally, the concepts of QoL directed to the mental health context of the elderly are presented in the literature as being multidimensional and multifactorial, influenced by objective, quantifiable and subjective aspects of assessment. ■

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