

## Qualitative Study for Health Condition and Satisfaction in Life of Elderly A-bomb Survivors

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**Summary:** From the analysis of a questionnaire to male elderly A-bomb survivors of 70s years old, it became clear that the proportion of survivors having consciousness of good health condition was smaller than of controls. The proportion of survivors well satisfied in life and that of having social pleasure were larger than of controls.

### Introduction

As 45 years have passed after atomic bombing, A-bomb survivors become elderly, and it is important to consider and support their living to make them healthy and happy. Some studies have reported on happiness and satisfaction<sup>1-4)</sup> and activity of daily life<sup>5,6)</sup> of elderly people. For the elderly A-bomb survivors, a survey on their life was performed in 1983,<sup>7)</sup> though limited to those who lived alone with troubles. This time, the survey on elderly A-bomb survivors living in Nagasaki City was repeated for their condition of life and health.<sup>8)</sup> A statistical analysis of their consciousness for health condition and satisfaction in daily life was performed.

### Materials and Methods

One thousand and five hundreds persons were sampled randomly from 52,302 persons who were more than 65 years old and living in Nagasaki City in 1989. A questionnaire was sent to them in November 1989. The questionnaire was composed of 59 items. The items related to health condition and satisfaction of life were used for the present analysis. A question to consciousness for health condition consisted of 3 grades; good, slightly good and bad. A question to condition being satisfied in daily life consisted of 4 grades; well, slightly well, slightly not and not. A questionnaire to pleasure in daily life was given to reply in following 7 pleasures; watching TV and/or listening to radio, reading newspaper and/or books, visiting their child (ren) and/or their grand child (ren), having a time with family, having a time with friends, having a time with

relatives and joining clubs. Multiple replies were admitted.

The replied questionnaire was collected from 1,329 persons; the response rate was 88.6%. In order to analyse the typical elderly people in A-bomb survivors, 259 males in 70-79 years old were selected; 93 A-bomb survivors who hold 'hibaku-sha techo' or the A-bomb health book and 166 controls. The age was limited to 70s for the analysis. Before the age of 70 years old, people generally have their occupation and after that are they are easy to have diseases or to lose functions of body which young and healthy people retain. The age of 70s is a period when people can have their own time to spend a whole day, and it has a big change in their life after retirement of their active occupation. Females were excluded from the analysis because their large population stayed at home without occupation from young ages.

### Results and Discussion

The proportion of A-bomb survivors replied for different grades of health condition is shown in Fig. 1. For the grade

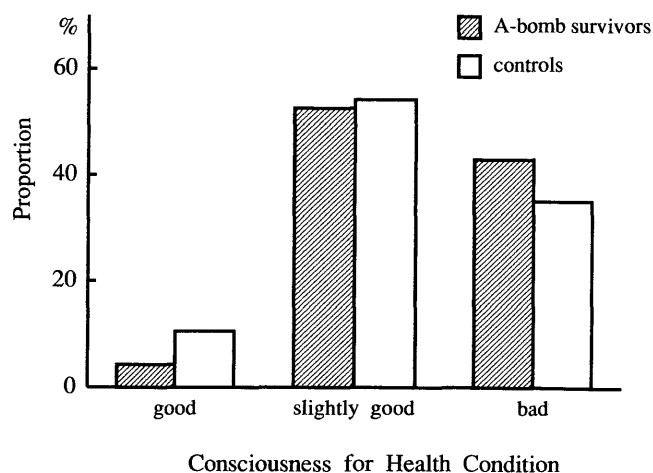


Fig. 1. Proportion of A-bomb survivors replied for consciousness for health condition.

of very good health, the proportion of A-bomb survivors was smaller than of controls. The proportion of A-bomb survivors for the grade of bad health was larger than of controls.

In Fig. 2 the proportion of A-bomb survivors replied for 4 different grades of satisfaction in daily life is shown. A larger proportion of A-bomb survivors replied being well satisfied than of controls. The proportion replied being slightly not and not satisfied was small for A-bomb survivors as well as for controls.

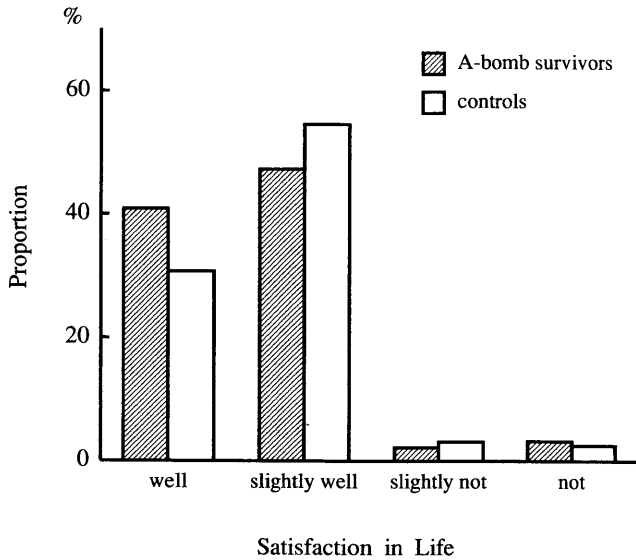


Fig. 2. Proportion of A-bomb survivors replied for satisfaction in life.

Health condition, human relation, having hobbies and financial condition are related to satisfaction in life.<sup>2,3)</sup> The replied frequency of pleasure in daily life is shown in Fig. 3. The A-bomb survivors had daily pleasures of visiting

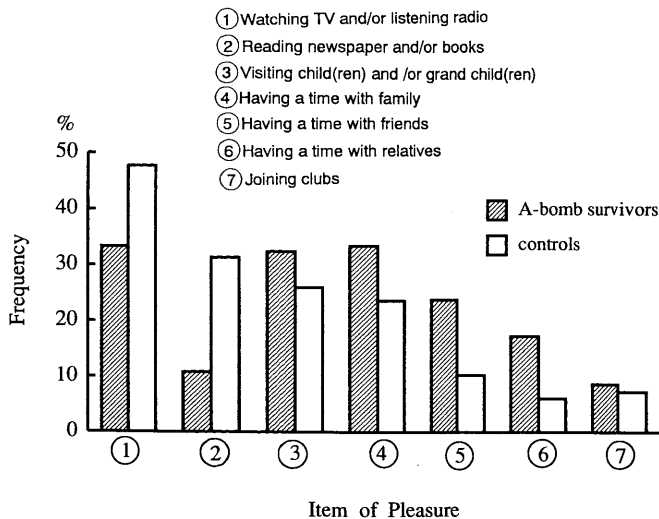


Fig. 3. Frequency replied for pleasure in daily life.

child (ren) and/or grand child (ren), having a time with family, having a time with friends and having a time with relatives, in larger frequency than controls. Daily pleasures were grouped into two groups; individual pleasure and social pleasure. The personal pleasure includes watching TV and/or listening to radio and reading newspaper and/or books, the social pleasure visiting child (ren) and/or grand child (ren), having a time with family, having a time with friends, having a time with relatives and joining clubs. A larger proportion of A-bomb survivors had social pleasure than personal pleasure, while, controls had personal pleasure in larger proportion than social pleasure.

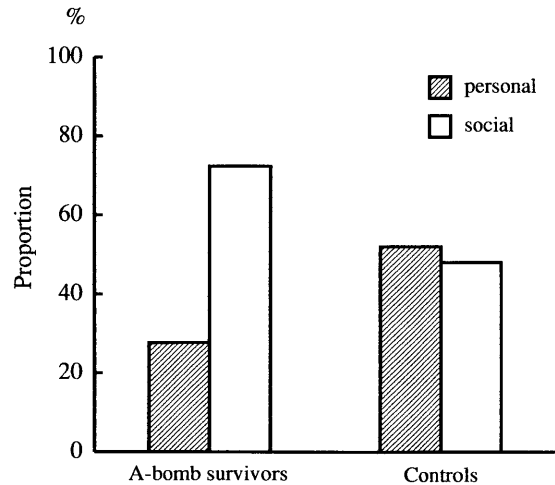


Fig. 4. Proportion of personal and social pleasures.

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