



HOW TO MEASURE THE IMPACT OF PARTICIPATION IN THE VOLTO JÁ PROJECT ON THE SENIORS' QUALITY OF LIFE?

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One of the aims of the Volto Já project (Oliveira et al., 2019) is to improve:

- Quality of life
- Satisfaction with life
- Happiness
- Emotional well-being



This research aims to explore the ways how that quality of life can be measured in the context of the Volto Já project.



Quasi-experimental design



Without control group



For measuring the impact in the quality of life of the seniors' through the participation in the Volto Já project we used the following measures:

- **quality of life** (EUROHIS-QOL-8 of Power, 2003)
- **Satisfaction with life** (Diener, 1985)
- **single item of happiness** (Abdel-Khalek, 2006)
- **emotional well-being** (European Social Survey, cited by Michaelson et al., 2009).



Versões originais e traduzidas dos itens

1. Como avalia a sua qualidade de vida? [*How would you rate your quality of life?*]
 2. Até que ponto está satisfeito(a) com a sua saúde? [*How satisfied are you with your health?*]
 3. Tem energia suficiente para a sua vida diária? [*Do you have enough energy for everyday life?*]
 4. Até que ponto está satisfeito(a) com a sua capacidade para desempenhar as actividades do seu dia-a-dia? [*How satisfied are you with your ability to perform your daily living activities?*]
 5. Até que ponto está satisfeito(a) consigo próprio(a)? [*How satisfied are you with yourself?*]
 6. Até que ponto está satisfeito(a) com as suas relações pessoais? [*How satisfied are you with your personal relationships?*]
 7. Tem dinheiro suficiente para satisfazer as suas necessidades? [*Have you enough money to meet your needs?*]
 8. Até que ponto está satisfeito(a) com as condições do lugar em que vive? [*How satisfied are you with the conditions of your living place?*]
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Source: Power (2003). Portuguese version: Pereira et al. (2011)

Power, M. (2003). Development of a common instrument for quality of life. In A. Nosikov & C. Gudex (Eds.), *EUROHIS: Developing Common Instruments for Health Surveys* (pp. 145-163). Amsterdam: IOS Press.

Pereira, M., Melo, C., & Gameiro, S. (2011). Estudos psicométricos da versão em Português Europeu do índice de qualidade de vida EUROHIS-QOL-8. *Laboratório de Psicologia*, 9(2), 109-123. doi:<https://doi.org/10.14417/lp.627>



Table 1
SWLS Items and Factor Loadings

Item	Factor Loadings	Item-Total Correlations
1. In most ways my life is close to my ideal.	.84	.75
2. The conditions of my life are excellent.	.77	.69
3. I am satisfied with my life	.83	.75
4. So far I have gotten the important things I want in life.	.72	.67
5. If I could live my life over, I would change almost nothing.	.61	.57

Note: n = 176. SWLS = Satisfaction With Life Scale.

“The Satisfaction With Life Scale (SWLS) was originally developed by Diener, Emmons, Larsen, and Griffin (1985), and was intended as a brief assessment of an individual’s general sense of satisfaction with their life as a whole. Although the SWLS includes only five items, it has demonstrated good psychometric characteristics (Pavot & Diener, 1993).” (Pavot & Diener, 2008)

Source: Diener et al. (1985). Portuguese version: Neto (1993)

Diener, E., Suh, E. M., Lucas, R. E., & Smith, H. L. (1999). Subjective well-being: Three decades of progress. *Psychological Bulletin*, 125(2), 276-302. doi:10.1037/0033-2909.125.2.276

Neto, J., Lima, C. A. G., Gomes, M. C. S., Santos, M. C. D., & Tolentino, F. M. (2012). Bem estar subjetivo em idosos praticantes de atividade física. *Motricidade*, 8(2), 1097-1104



The Self-Rating of Happiness A single self-rating scale was used to assess happiness on the basis of the following question: “Do you feel happy in general?”. Following this question a series of numbers from 0 to 10 was written horizontally on one line with equal intervals. The research participants were instructed: (a) to imagine their global estimation and general feelings (not their present states), (b) taking note that 0 is the minimum, and that 10 is the maximum score, and (c) to circle a number which best seems to describe their feelings.

Source: Abdel-Khalek (2006)

Abdel-Khalek, A. M. (2006). Measuring happiness with a single-item scale. *Social Behavior and Personality: an international journal*, 34(2), 139-150. doi:10.2224/sbp.2006.34.2.139

METHOD: Scale – Emotional well-being



Question	Component (subcomponent)	Aligned scale
How much of the time during the past week were you happy?	Emotional well-being (<i>positive feelings</i>)	1–4
How much of the time during the past week have you enjoyed life?	Emotional well-being (<i>positive feelings</i>)	1–4
How much of the time during the past week have you felt depressed?	Emotional well-being (<i>absence of negative feelings</i>)	1–4 (inv)
How much of the time during the past week have you felt sad?	Emotional well-being (<i>absence of negative feelings</i>)	1–4 (inv)

Source: European Social Survey, cited by Michaelson et al. (2009).

Michaelson, J., Abdallah, S., Steuer, N., Thompson, S., Marks, N., Aked, J., . . . Potts, R. (2009). National Accounts of Well-being: bringing real wealth onto the balance sheet. Retrieved from New Economics Foundation, London: [http://roar.uel.ac.uk/603/1/Michaelson,%20J.%20et%20al%20\(2009\)%20nef.pdf](http://roar.uel.ac.uk/603/1/Michaelson,%20J.%20et%20al%20(2009)%20nef.pdf)



As the control variables used:

Katz index of independence in activities of daily living (Katz, 1963; Katz et al., 1070)

Satisfaction with the Volto Já activities.



The measures were applied twice to seniors:

Before and **after** participating in the Volto Já activities.



6 institutions

- SCM Santarém
- SCM Santiago do Cacém
- SCM Chamusca
- SCM Sines
- APAVTMN
- CSCRBE

24 elderly



Age

- Mean: 78.6
- SD: 10.4

Gender

- Feminine: 14 (58.3%)
- Masculine: 10 (41.7%)

Marital status

- Widowed: 12 (50%)
- Single: 8 (33.3%)
- Married: 4 (16.7%)

Schooling

- 4 years: 14 (58.3%)
- Illiterate: 5 (20.8%)
- 5 or more years: 5 (20.8%)

METHOD: Scale reliability (Cronback's Alpha)



Quality of life

- Before: 0.70
- After: 0.75

Satisfaction with life

- Before: 0.85
- After: 0.74

Single item of happiness

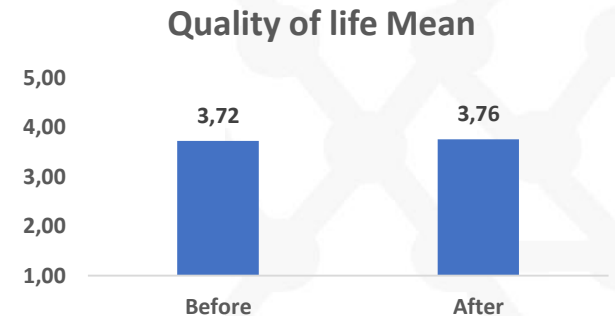
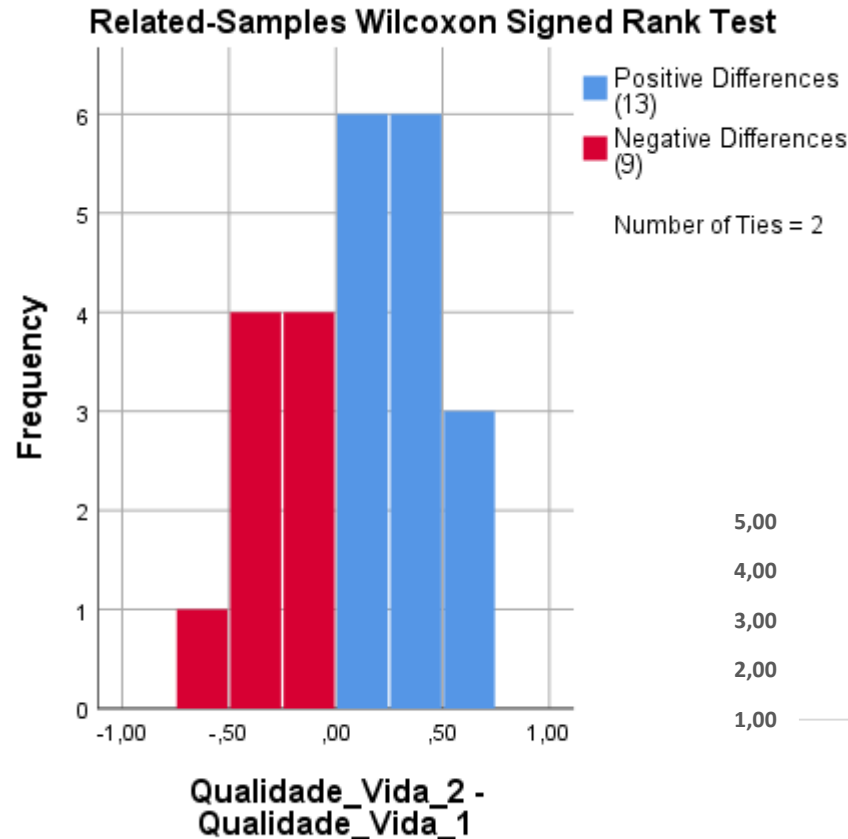
- Not aplicable

Emotional well-being

- Before: 0.82
- After: 0.84



The related-samples Wilcoxon Signed Rank Test (*) indicated that Quality of Life after the Volto Já project **was not statistically significantly higher** than the Quality of Life before the Volto Já project ($Z=139.0$, $p=0,68$).

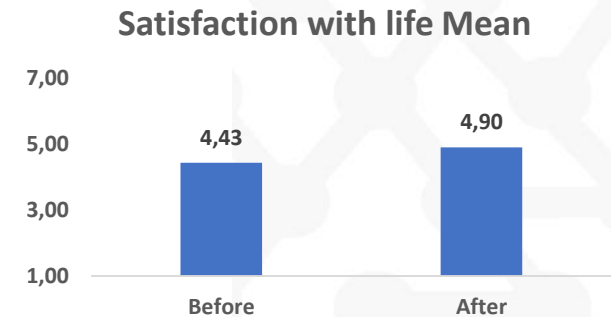
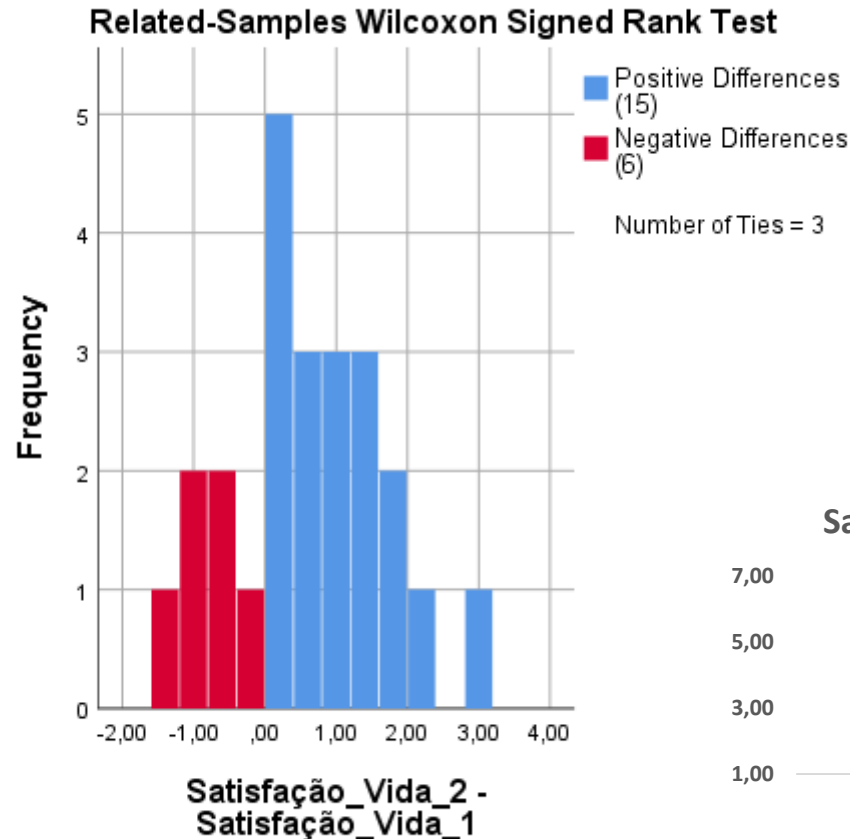


(*) Non-parametric test

RESULTS : Satisfaction with life



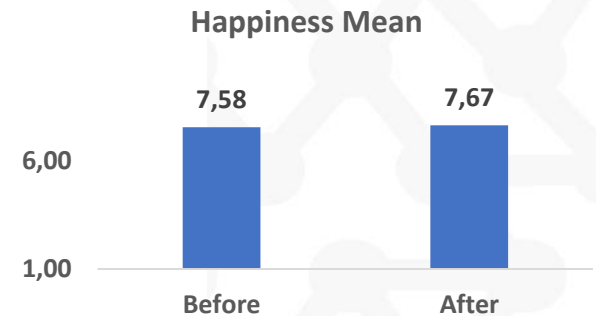
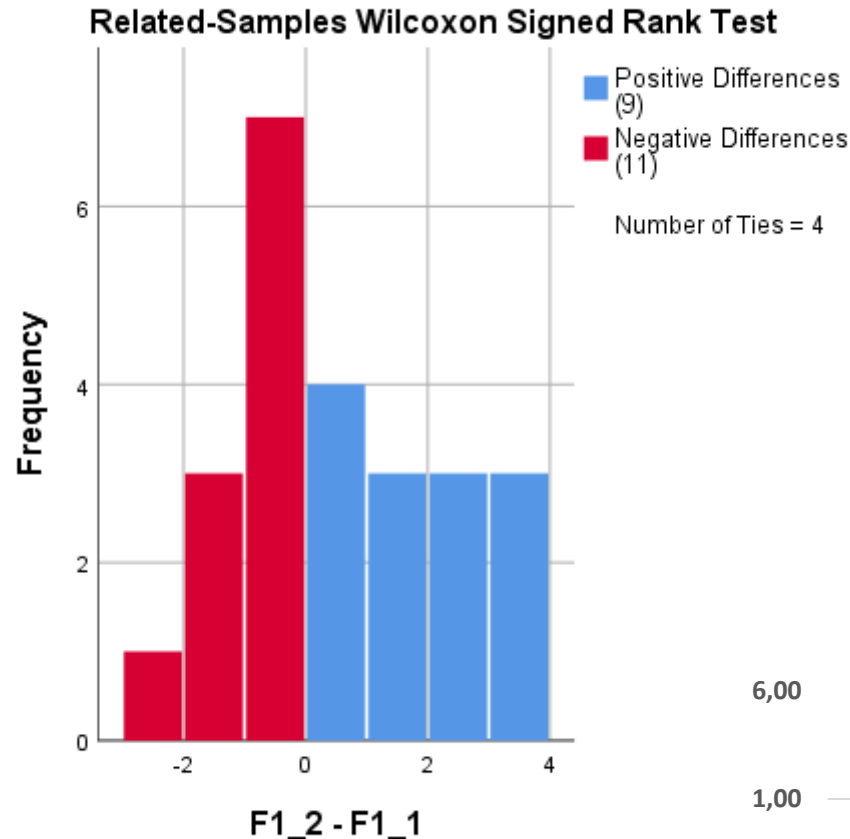
The related-samples Wilcoxon Signed Rank Test (*) indicated that Satisfaction with life after the Volto Já project **was not statistically significantly higher** than the Satisfaction with life before the Volto Já project ($Z=168.5$, $p=0,065$).



(*) Non-parametric t



The related-samples Wilcoxon Signed Rank Test (*) indicated that Happiness after the Volto Já project **was not statistically significantly higher** than the Happiness before the Volto Já project ($Z=112.5$, $p=0,775$).

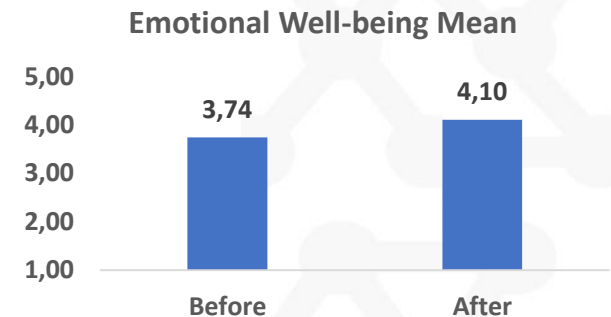
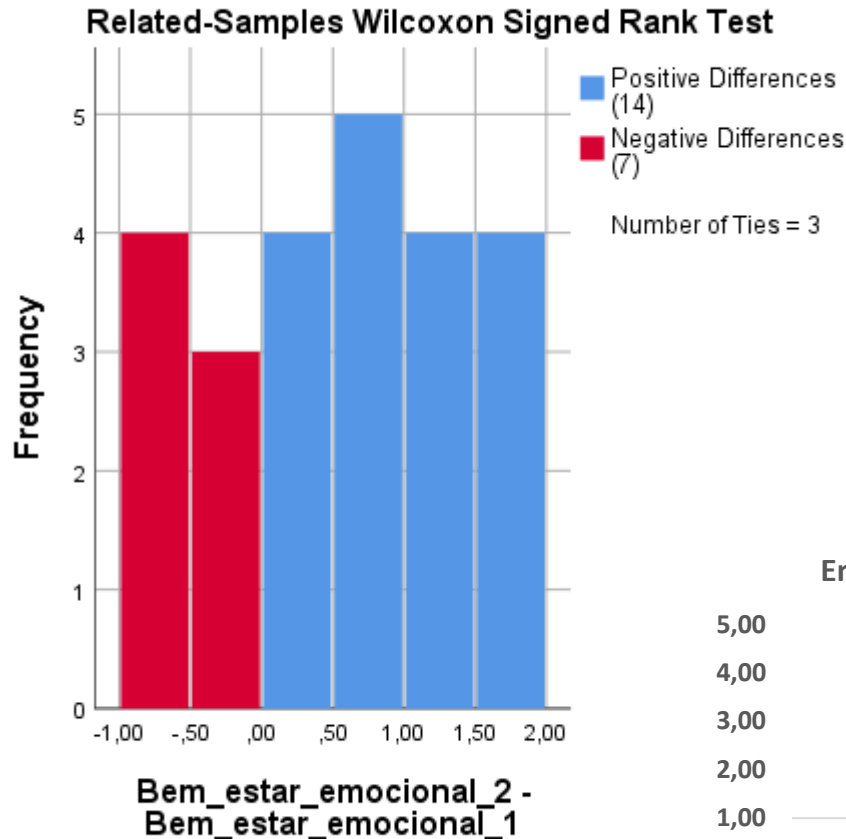


(*) Non-parametric test

RESULTS : Emotional well-being



The related-samples Wilcoxon Signed Rank Test (*) indicated that **Emotional well-being** after the Volto Já project was statistically significantly higher than the Emotional well-being before the Volto Já project ($Z=172.5$, $p=0,046$).



(*) Non-parametric test



There is evidence that participating in the Volto Já project has had a positive impact on the emotional well-being of the elderly.



There is no evidence that participating in the Volto Já project has a positive impact on the quality of life, satisfaction with life and happiness of the elderly.



Limitations

- Small sample
- Respondents may have a limited understanding of the questions asked
- The effect of the control variables has not yet been tested.
- The results should be complemented with a qualitative analysis (interviews).



“ Nunca me vou esquecer destes dias tão bem passados ”
- Felicidade Pereira



“ Durante 2 dias, fomos uma grande família ”
- Alexandre Silva



“ A minha vida passou a ter mais sentido, voltava a repetir! ”
- Zélia Domingos



“ Senti-me realizada. ”
- Irene Rego



“ As pessoas marcaram-me, não podia ter sido melhor! ”
- José Brissos



“ Foi uma experiência inesquecível ”
- Alberto Luís



COMPETE 2020



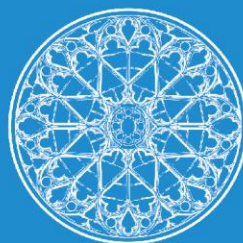
FCT Fundação para a Ciência e a Tecnologia





Measure is fundamental to **better understand and manage** the impact that the participation of seniors in touristic activities can have in their life and in variables that influence their quality of life.





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OBRIGADO | THANK YOU

NOME DE ORADOR / PALESTRANTE

CATEGORIA / DESIGNAÇÃO

