

THE RELATIONSHIP BETWEEN ACTIVITIES OF DAILY LIVING AND QUALITY OF LIFE AMONG OLDER ADULTS IN MAKASSAR: TOWARD AN AGE-FRIENDLY CITY

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BACKGROUND: The increasing proportion of older adults in Makassar, from 8.34% in 2010 to 9.62% in 2023, reflects a demographic shift toward an aging society. This trend raises concerns regarding the health, independence, and well-being of older adults. Activities of Daily Living (ADL), which represent the ability to perform essential self-care tasks such as eating, bathing, and dressing, are closely associated with well-being and overall life satisfaction. However, limited studies have examined this relationship in the context of urban older adults in Makassar.

METHOD: This cross-sectional study involved 44 older adults aged 60 years and above living in several districts of Makassar. Data on ADL were collected using the Katz Index, while well-being was assessed through the WHO-5 Well-Being Index. Statistical analysis was performed using Pearson correlation and multiple regression to identify relationships between ADL scores and well-being levels.

RESULTS & DISCUSSION: The findings revealed a significant positive correlation between ADL and well-being ($r = 0.62$, $p < 0.01$), indicating that higher functional independence contributes to better well-being among older adults. Regression analysis showed that ADL explained 38% of the variance in well-being. The results suggest that maintaining daily functional ability is crucial for promoting psychological and social well-being in the aging population. These findings highlight the importance of community-based programs and policy initiatives that enhance functional independence as part of age-friendly city strategies.

CONCLUSION: ADL significantly influences the well-being of older adults in Makassar. Strengthening programs that support physical function, self-care skills, and social participation can improve the overall well-being of the elderly and align with Makassar's goal of becoming an age-friendly city by 2030.

KEYWORDS: activities of daily living, well-being, older adults, functional independence, age-friendly city.