



Social Connectedness, Physical Activity, and Sleep Quality in Thai Older Adults



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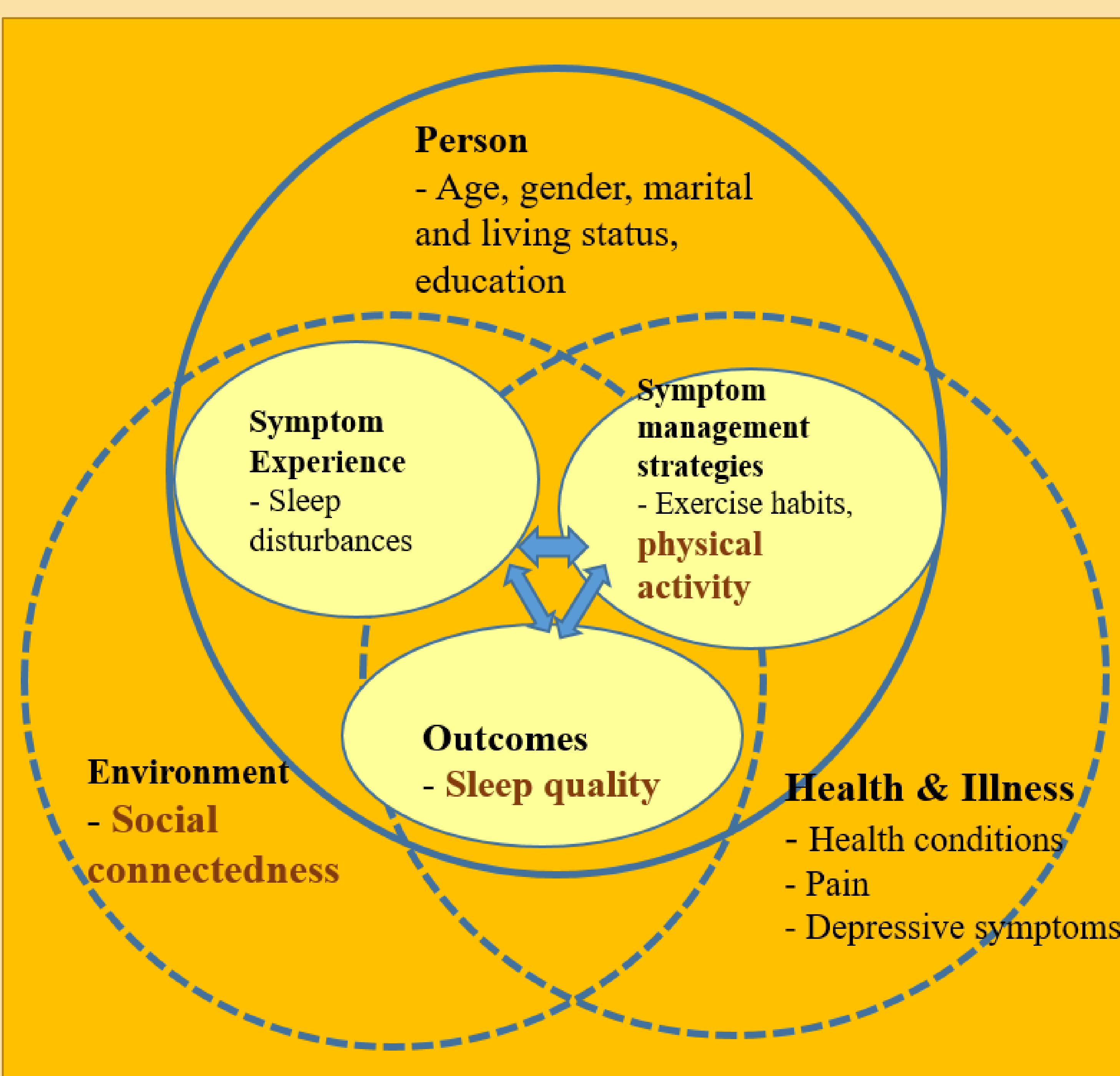
Introduction

- Older age is associated with social disconnection and sedentary lifestyle that have been found detrimental health and mental well-being¹⁻².
- Thus, staying socially connected and active may promote sleep quality, a component of well-being, in older adults.

Objective

- This study explored relationships among social connectedness, physical activity, and sleep quality in community-dwelling Thai older adults.

The Symptom Management Model³



Methods

- **Design:** A cross-sectional, correlational design
- **Sample:** 180 cognitively intact older adults from senior centers and the community in Songkhla, Thailand
- **Instruments**
 - **Social connectedness:** Social network and social support scales
 - **Sleep quality:** The Pittsburg Sleep Quality Index (PSQI) and the Insomnia Severity index (ISI)
 - **Physical activity:** The Self-Report Physical activity questionnaire (SPAQ)

Table 2. Mean, Standard Deviation, Median, and Range of Study Variables

Variable	Mean (SD)	Median	Range
Social Connectedness			
Social Network (0-30)	19.12(5.45)	19	3 – 30
Social Support (0-44)	22.76(9.13)	23	2 - 24
Sleep Quality			
PSQI (0-21)	5.34 (3.52)	4	0 – 15
ISI (0-28)	3.69 (3.93)	2	0 – 22

Note. MET/Week = Metabolic Equivalent per Task, PSQI = Pittsburg Sleep Quality index; ISI = Insomnia Severity Index

Results

Table 1. Demographic Characteristics of the Sample (N = 180)

Variable	Frequency (%)
Gender	
Female	140 (77.8)
Male	40 (23.2)
Marital Status	
Single	11 (6.1)
Married	114 (63.3)
Divorced	9 (5.0)
Widowed	46 (25.6)
Living Status	
Alone	14 (7.8)
Children	53 (29.4)
Spouse or partner	20 (11.1)
Spouse and children	93 (51.7)
	Mean (SD)
Age (years)	69.41 (6.63)
Education (years)	6.56 (4.42)

Table 3. Spearman's Rho among Study Variables

Variable	ISI	PSQI
Social Connectedness		
Social Network	-.144	-.179*
Social Support	.083	.100
Physical Activity (MET/Week)	-.260**	-.259**

Note. * = p < .05; ** = p < .001, MET= Metabolic Equivalent per Task

References

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- ² Thanakwang, K., & Soonthorndhada, K. (2011). Mechanisms by which social support networks influence healthy aging among Thai community-dwelling elderly. *Journal of Aging & Health*, 23(8), 1352-1378. doi:10.1177/0898264311418503
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Conclusion

- A larger network size and a higher physical activity level is associated with sleep quality in older adults.
- Results should be viewed with caution due to convenience sampling and self-report questionnaires
- Future research using objective measures of sleep and physical activity is needed to better understand their relationships to social connectedness in the older Thai population.