

## Relationship of Physical Status and Quality of Life in Stroke Survivors

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### Abstract

**Aim:** The purpose of this study was to examine the relationship between physical status and quality of life in stroke survivors. **Material and Method:** Participants for this study were 50 stroke survivors belonging to Amritsar district. 22 males and 28 females were recruited for this study. The patients are categorized into three categories: mild, moderate and severe according to their level of severity. Various standardized tools used to measure the physical disability in stroke survivors were: Functional independence measure (FIM), Structured questionnaire and WHO disability schedule. Quality of life was assessed using Stroke-specific quality of life (SS-QOL). The mean scores were calculated and correlation between physical status and quality of life in the three categories of stroke survivors were calculated using Pearson's correlation method. The correlation of musculoskeletal deformities, physical disability, degree of dependency and functional abilities with quality of life was calculated. **Results:** The results of the study depicted that quality of life in mild group of patients demonstrated a significant relationship with dependency in females and rural patients ( $r=0.723$  and  $r=0.679$  respectively,  $df=16$ ,  $p<0.01$ ) and in males ( $r=0.474$ ,  $df=16$ ,  $p<0.05$ ) and with functional abilities in males, females and rural patients ( $r=0.526$ ,  $r=0.483$  and  $r=0.581$  respectively,  $df=16$ ,  $p<0.05$ ). The moderate group also observed a significant relationship with physical disability and dependency in total groups ( $r=0.590$  and  $r=0.498$ ,  $p<0.01$  and  $p<0.05$  respectively). Whereas in severe group, a significant relationship existed with musculo-skeletal deformities, physical disability, dependency and functional abilities ( $r=0.580$ ,  $r=0.675$ ,  $r=0.664$  and  $r=0.584$ ,  $p<0.05$  respectively). **Conclusion:** The conclusions drawn from the study predict that quality of life is more impaired in severe group of patients as compared to mild and moderate. There is a significant relationship between quality of life and physical status in terms of physical disability, dependency and impairment in functional activities in the severe group, whereas in moderate group, a significant relationship is observed between quality of life and 2 domains of physical status, i.e., physical disability and dependency. On the other hand, the quality of life is not significantly impaired in the mild group. The results predict that females have poorer quality of life post-stroke as compared to males. Similarly, quality of life in rural patients is more affected compared to urban patients suffering from stroke.

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