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Psychosocial work conditions as a predictors of quality of life at the beginning of older age.

Objectives

The purpose of this study was to assess the impact of psycho-social nature of previous work activity on different dimensions of subjective health and life satisfaction in the beginning of old age.

Methods

The cross-sectional study was performed in the simple random sample of 65 years cohort of community-dwelling citizen of Krakow. All of 733 participants (412 women, 321 men) were interviewed face to face in their households.

Two separate models have been developed to analyse indicators of health-related quality of life: in the first model the influence of divergences between psychological job demands and perceived job control and rewards (adjusted to job physical demands) have been assessed. In the second model the impact of divergences between job efforts on job control and rewards (adjusted to psychological demands) have been explored.

Results

High physical job demands combined with low job control lowered job satisfaction in women. High physical job demands increased well-being of male respondents while low psychological efforts combined with low rewards lowered well-being in women. High physical job demands/efforts combined with low control/reward decreased self-rated health scores.

Contrary to expectation in model I high demand vs high control has been related to decrease of self-rated health in women. Self-rated health was also lower in men with low effort and low reward. Contrary to expectations high psychological job demands combined with low job control lowered the risk of chronic diseases in women. High physical job demands/efforts combined with low job control/rewards increased the functional independence in both genders.

Conclusions

Psychosocial conditions of work significantly influenced health-related quality of life at the beginning of old age and different patterns of influence of psycho-social work conditions between men and women was observed.