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Retirees' Knowledge of Living in a Ventilated Apartment as a Measure for Healthy Ageing Promotion

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Abstract
Living apartment is an integral component of healthy ageing promotion particularly in old age. The present study aimed at determining the retirees' knowledge of living in a ventilated apartment as a measure for healthy ageing promotion. The study was guided by three research questions and one null hypothesis. The normative survey research design was adopted for the study. A sample size of 80 respondents was purposively selected and used for the study. Data was generated through a researcher-designed questionnaire. Mean score, standard deviation and t-Test statistical tools were used for data analysis. The result showed that the retirees' knowledge of the basic requirements and benefits of living in a ventilated apartment as a measure for healthy ageing promotion is high. The study also revealed that the female retirees' knowledge on the benefits of living in a ventilated apartment as a measure for healthy ageing promotion is high while their male counterparts is low. Statistically, the study indicated significant difference between the male and female retirees' knowledge on the benefits of living in a ventilated apartment as a measure for healthy ageing promotion at 0.05 level of significance. It was therefore concluded that the retirees possess adequate knowledge of living in a ventilated apartment as a measure for healthy ageing promotion. Efforts, therefore, should be directed towards knowledge sustainability and its applications.
Keywords: Knowledge, Retirees, Gender, Ageing, Promotion

Introduction

Living in a ventilated apartment is an integral component of healthy ageing promotion particularly in old age. Research indicates that in health and ageing, there is always a strong link between the elderly person and his immediate living environment (Ekoja & Tor-Anyiin, 2004). This suggests that the quality of life of an elderly individual, to a great extent, depends on his living apartment. However, it is an established fact that persons within the ages of 65 years and above are the most vulnerable groups to multiple health-related problems - musculoskeletal, cardiovascular, pulmonary, neurological and psychiatric, which need to be managed or adapted to (Moss-Morris, Weinman, Petrie, Cameron and Buick, 2002). Similar reviews (Maja, Ann, Hannah, Anne & Ronan, 2007; Ugwu, 2016) supported that common health-related problems such as over-weight, bone problems, muscle cramps, loss of strength and balance, painful joints, sleeplessness, heart diseases, ear loss, poor vision, depression, anxiety, foot problems, respiratory disorder, back pains among others are inevitable in old age. Therefore, living in a simple and well-ventilated apartment is considered as one of the appropriate measures in managing age-related problems. Kado, Haung and Karlamangla (2013) added that good living apartment also helps to reduce falls, fracture, disabilities and domestic accidents that are common in old age.

Poor living conditions could be detrimental to health and ageing. It is associated with increased cases of air-borne diseases, visual problems, zoonotic diseases, emotional health disorders, loneliness, retarded mental alertness and impaired functional health. This understanding and realization suggests that the home or living apartment of the elderly person should be constructed to meet a particular standard. It is hoped that a well ventilated

apartment would not only ensure free flow of fresh air but also promotes health and ageing. Literarily, the concept of ventilation denotes a system or means of providing fresh air within the environment or in human system.

Contextually, ventilated apartment according to Ugwu (2015) is a house or a living place that has all the basic requirements such as good air ways, spacious rooms, good water supply, functional drainage system, adequate lighting, proper control of vector and rodent, and well-fixed conveniences. A living apartment should be constructed to provide all the needed comforts, hospitalities and services for optimum health promotion and wellness especially in old age. Old age is a blessing to the family, friends, well-wishers, relatives, society and the world at large. The elderly persons are respected and honoured in every setting due to their present status and wealth of experiences in life. They are indispensible in every society and form the integral part of every community. In times of difficulties and doubts, the retirees/ elderly persons are always consulted for directions, wisdom, settling of disputes, counseling and good advice. Although a few of them are suffering from functional limitations and dependency, yet a close observation showed that a greater number of them are in state of health - healthy.

Ageing is a natural and inevitable process of life. Healthy ageing is desired by all and has remained the centre of life satisfaction particularly on retirement. It entails the maintenance of physical and mental functions and continued involvement in social activities and relationships throughout life (Kennedy, 2000). As a process, healthy ageing involves slowing down, physically and cognitively while resiliently adapting and compensating in order to optimally function and participate in all areas of life satisfactorily (Hansen (2005). While Akubue (2009) sees healthy ageing as the ability to maintain independent living for as long as possible in old age, Ugwu (2016) considered it as the maintenance of functional independent as long as possible after retirement. This is because of the fact that humans are created to be vigorous, healthy and strong throughout life and as a necessity, live in a well ventilated apartment for safety and survival.

Previous study showed that living in a ventilated apartment is beneficial to health and ageing in that diseases, visual problems, risks of emotional challenges, loneliness, poor personal and environmental hygiene and psychological problems are prevented (Ugwu, 2016). Although, it is still unknown whether individuals especially the retirees, whom we place on high esteem in the society, know and understand the benefits of living in a ventilated apartment to health and ageing. Thus, the need for the present study which provided answer to the following question: "What is the retirees' knowledge of living in a ventilated apartment as a measure for healthy ageing promotion?" The choice of the retirees was based on societal recognitions, placement and honour to the senior citizens as people of multiple experience, and good reputation.

Knowledge is the sum total of perception, understanding, awareness, views and proposition that have been established and tested as correct reflections as far as they are objective realities. In a nutshell, it is a prerequisite to any health practice, action, or behaviour. The concept of knowledge as considered in the previous study is a sense of perception, the reality of which is proven beyond mere acquisition of facts to establish testing and its consequent use in human endeavours (Comforth, 1986). This implies that knowledge can be perceived or recalled. In the context of the present study, retirees' knowledge refers to awareness and understanding of living in a ventilated apartment as a measure for healthy ageing promotion. The retirees, in the context of the present study, are individuals within the chronological ages of 65 years and above, who have been withdrawn from active service (Ugwu, Nwala & Ene, 2013).

However, a positive shift in the normal curve of life expectancy, worldwide, is an indication that people now live longer after retirement. This remarkable achievement in longevity has been attributed to advancement in technological development, improved access to medical services and reduced health cost. According to Central Intelligence Agency -CIA (2012), it is reported that the average life expectancy at birth worldwide in 2009 was 70.7 years (68.2 years for males and 73.2 years for females). The United Nations World Population Prospects (UNWPP) (2012) added that there was a slight increase to 71.0 years (68.5 years for males and 73.5 years for females) between 2010 and 2013. In Nigeria, a rapid increase was recorded by world health organization -WHO in 2013, showing a progress from 46.94 to 53 years (52 for males and 54 for females). With the recent advancement in life expectance and longevity, a lot of expectations were raised by individuals on whether the Nigerian government, in addition to the welfare packages of her retirees, would provide a better living apartment. Unfortunately such expectations are not feasible, thus the need for the present study.

Purpose of the study

The purpose of this study is to determine the retirees' knowledge of living in a ventilated apartment as a measure for healthy ageing promotion. Specifically, the study focused on:

1. Determining the retirees' knowledge of basic requirements for a ventilated apartment as a measure for healthy ageing promotion.
2. Ascertain the retirees' knowledge on the benefits of living in a ventilated apartment as a measure for healthy ageing promotion.

3. Find out the retirees' knowledge on the benefits of living in a ventilated apartment as a measure for healthy ageing promotion according to gender.

Research Questions

The following research questions guided the study:

1. What is the retirees' knowledge of basic requirements for a ventilated apartment as a measure for healthy ageing promotion?
2. What is the retirees' knowledge on the benefits of living in a ventilated apartment as a measure for healthy ageing promotion?
3. What is the retirees' knowledge on the benefits of living in a ventilated apartment as a measure for healthy ageing promotion according to gender?

Hypothesis

1. There is no statistically significant difference between the male and female retirees' knowledge on the benefits of living in a ventilated apartment as a measure for healthy ageing promotion at 0.05 level of significance.

Methodology

The normative survey research design was adopted for the study. A sample size of 80 respondents comprising both male and female was purposively selected from the retirees accessing recreation centers in Enugu Urban of Enugu State. The choice of purposive selection was to ensure that only the retirees within the chronological ages of 65 years and above were used for the study. The informed consents of the respondents were fully sorted and obtained after properly explaining the purpose of the study to them during their leisure hours at the recreation centres.

A four-point knowledge scale questionnaire developed by the researchers based on extensive literature review was used for data collection. The instrument was subjected to face-validation by five experts, two from Department of Health and Physical Education and three from the Department of Psychology, all from University of Nigeria, Nsukka. This is in line with the opinion of Kraska-Miller (2014) which stated that face validation is established by a panel of experts and therefore concurs that an instrument has face validity when the items on the questionnaire measure the intended concept (Rubin & Bellamy, 2012).

Mean Scores, Standard Deviation, and t-Test were the statistical tools used for data analyses and testing of the null hypothesis at 0.05 level of significance. The cut-off point for the weighted mean was 2.50 accrued from four-point response options, hence any item that weighed 2.50 and above signifies high knowledge while any item less than 2.50 implies low knowledge of the subject matter.

Results

Table 1:

Data Showing Mean Responses on Retirees' Knowledge of Basic Requirements for a Ventilated Apartment as a Measure for Healthy Ageing Promotion (N = 80)

S/N.	Basic Requirements for a Ventilated Apartment	$\bar{x}$	SD	Decision
1.	Good air ways	2.66	.856	High
2.	Spacious rooms	2.37	.911	Low
3.	Good water supply	2.51	.902	High
4.	Functioning drainage system	2.54	.057	High
5.	Adequate lighting in and around the building	2.62	.011	High
6.	Maximum of two adults per room	2.30	.048	Low
7.	Proper control of vector and rodent	2.58	.010	High
8.	Well-fixed conveniences	2.61	.914	High
	Average Mean	**2.52**	**.464**	**High**

From Table 1, it is found that the average mean score of 2.52 and standard deviation .464 is above the cut-off point of 2.50 indicating high knowledge. Thus, this implies that, the retirees' knowledge of basic requirements for a ventilated apartment as a measure for healthy ageing promotion is high. Available data in the Table also indicated that the mean response values of the majority of the items (1, 3, 4, 5, 7 and 8) on basic requirement for a ventilated apartment as a measure for healthy ageing promotion were above the cut-off point of 2.50 indicating high knowledge. Low knowledge were shown on "Spacious rooms (2.37, SD =.911) and Maximum of two adults per room (2.30, SD =.048) since their mean response scores were below the cut-off point of 2.50.

Table 2
Data Showing Mean Responses on Retirees' Knowledge on the Benefits of Living in a Ventilated Apartment as a Measure for Healthy Ageing Promotion (N = 80)

S/N.	Benefits of Living in a Ventilated Apartment	$\bar{x}$	SD	Dec
1.	Air-borne diseases are prevented	2.56	.096	High
2.	Visual acuity in old age is improved	2.47	.161	Low
3.	Zoonotic diseases are prevented and controlled	2.52	.292	High
4.	Competent ageing is achieved and sustained	2.51	.011	High
5.	Emotional health in old age is enhanced and promoted	2.49	.031	Low
6.	Risks of emotional health challenges in old age are reduced	2.45	.018	Low
7.	Visitors are attracted; loneliness in old age are prevented	2.68	.360	High
8.	Personal and environmental hygiene are enhanced and improved	2.70	.284	High
9.	Mental alertness in old age is promoted	2.57	.081	High
10.	Optimum wellness and function health in old age are promoted	2.44	.022	Low
	Average Mean	**2.54**	**.136**	**High**

Available data in Table 2 shows that the average mean score of 2.54 and standard deviation .136 is above the cut-off point of 2.50 implying high knowledge. Thus, this implies that, the retirees' knowledge on the benefit of living in a ventilated apartment as a measure for healthy ageing promotion is high. From the Table, it was also found that the retirees' knowledge of "Visual acuity in old age is improved (2.47, SD =.161); Emotional health in old age is enhanced and promoted (2.49, SD =.031; Risks of emotional health challenges in old age are reduced (2.45, SD =.018); and Optimum wellness and function health in old age are promoted (2.44, SD =.022) were low since their mean response values were below the cut-off point of 2.50. However, high knowledge were indicated on items 1, 3, 4, 7, 8 and 9 since their mean response values were above the criterion mean of 2.50.

Table 3
Data Showing Mean Response Values of the Retirees' Knowledge on the Benefits of Living in a Ventilated Apartment as a Measure for Healthy Ageing Promotion according to Gender (N = 80)

S/N.	Benefits of Living in a Ventilated Apartment	Male (42)		Female (38)	
		$\bar{x}$	SD	$\bar{x}$	SD
1.	Air-borne diseases are prevented	2.41	.811	2.51	.109
2.	Visual acuity in old age is improved	2.42	.135	2.77	.918
3.	Zoonotic diseases are prevented and controlled	2.44	.033	2.71	.971
4.	Competent ageing is improved and sustained	2.18	.315	2.85	.010
5.	Emotional health in old age is enhanced and improved	2.32	.114	2.50	.046
6.	Risks of emotional health challenges in old age are reduced	2.36	.077	2.66	.500
7.	Visitors are attracted; loneliness and isolation in old age are prevented	2.51	.218	2.88	.041
8.	Personal and environmental hygiene are enhanced and improved	2.14	.013	2.71	.142
9.	Mental alertness in old age is improved	2.52	.810	2.42	.002
10.	Optimum wellness and function health in old age are promoted	2.63	.001	2.37	.049
	Average Mean	**2.39**	**.252**	**2.64**	**.279**

Available data in Table 3 reveals the mean response values of the retirees' knowledge on the benefits of living in a ventilated apartment as a measure for healthy ageing promotion according to gender. As contained in the Table, it is obvious that the mean response values of the female retirees' knowledge on the benefits of living in a ventilated apartment as a measure for healthy ageing promotion (2.64, SD =.279) is above the cut-off point of 2.50 while their male counterparts is below. This suggests that the female retirees possess high knowledge on the benefits of living in a ventilated apartment as a measure for healthy ageing promotion while the males had low knowledge. The Table further revealed that the mean response values on female retirees' knowledge on "Mental alertness in old age is improved (2.42, SD =.002) and Optimum wellness and function health in old age are promoted (2.37, SD =.049) were below the cut-off point of 2.50 indicating low while others indicated high knowledge since their mean response values were above the cut-off point of 2.50. The Table also showed that the mean response values of all the items of the male retirees' knowledge on the benefits of living in a ventilated apartment as a measure for healthy ageing promotion were below the criterion mean score of 2.50 suggesting low knowledge except for items 9 and 10 which were above the cut-off point of 2.50 implying high knowledge.

Table 4
Summary of t-test Statistical Analysis of No Significant Difference on teacher self-efficacy in teaching profession in secondary schools in Nsukka urban based on gender

Key	Gender	N	$\bar{x}$	SD	t-cal	P-value
Retiree's	Male	35	2.20	.073		
knowledge	Female	45	2.72	.130	.512	.011

From Table 4, it is found that differences exist on the mean responses of male and female retirees' knowledge on the benefits of living in a ventilated apartment as a measure for healthy ageing promotion. As shown in the Table, the mean score of the female retirees (2.72, SD =.130) is higher than their male counterparts (2.20, SD =.073) with a t-calculated value of .512. Thus, $H0_1$ is rejected since the P-value of 0.011 is less than .05 level of significance. That is to say that, there is statistically significant difference between the male and female retirees' knowledge on the benefits of living in a ventilated apartment as a measure for healthy ageing promotion.

Discussion

From Table 1, it is found that the retirees' knowledge of basic requirements for a ventilated apartment as a measure for healthy ageing promotion is high. The finding is quite expected and encouraging. Thus, this could be attributed to the fact that a good number of the respondents are educated and highly experienced in life. A close observation can also prove that the respondents have traveled to different parts of the world, which is in agreement with the general saying that a traveler is wiser. However, such exposure might have contributed immensely to their knowledge of the basic requirements for a ventilated apartment for healthy ageing promotion. The finding is in line with Ekoja & Tor-Anyiin (2004) whose study revealed that in health and ageing, there is always a strong link between the elderly person and his immediate living environment.

Available data in Table 2 indicates that the retirees' knowledge on the benefit of living in a ventilated apartment as a measure for healthy ageing promotion is high. This is an expected finding and could be attributed to the nature and standard of buildings as evidenced in the environment. The finding is in accordance with Kado, Haung and Karlamangla (2013) who noted that good living apartment helps to reduce falls, fracture, disabilities and domestic accidents that are common in old age. The result also agrees with the previous study who showed that living in a ventilated apartment is beneficial to health and ageing in that diseases, visual problems, risks of emotional challenges, loneliness, poor personal and environmental hygiene and psychological problems are prevented (Ugwu, 2016).

As contained in Table 3, the quantitative data analyzed reveals that differences exist on the retirees' knowledge on the benefits of living in a ventilated apartment as a measure for healthy ageing promotion according to gender. The female retirees' knowledge on the benefits of living in a ventilated apartment as a measure for healthy ageing promotion was high while the males had low knowledge. The finding is quite expected and could be attributed to the fact that the females enjoy more comforts that the male counterparts. It is general phenomenon that women are desperate and desirous of pleasure and luxury more than the men irrespective of socio-demographic differences. The results of the t-Test analysis as contained in Table 4 indicated that the null hypothesis of no significant difference was rejected. That is to say that, there is statistically significant difference between the male and female retirees' knowledge on the benefits of living in a ventilated apartment as a measure for healthy ageing promotion.

Conclusion

In a simple surface and quantitative measure, this paper has attempted to establish the retirees' knowledge of living in a ventilated apartment as a measure for healthy ageing promotion. However, high knowledge possessed by the respondents on both the basic requirements and the benefits of living in a ventilated apartment as a measure for healthy ageing promotion is an indication that the experiences gathered during the working years are commensurate to their expected standard of living on retirement. Although, knowledge alone cannot comprehensively convince the researchers that the expected practices are maintained in their various house. It is hoped that their high level of knowledge on the key concept of the study will contribute immensely in promoting health and ageing. Thus, efforts should be directed towards knowledge sustainability and improvement in practice. The female retirees' knowledge on the benefits was high while the male counterparts were low, implying that emphasis should be on creating awareness and public health education on the health and ageing benefits of living in a ventilated apartment.

Recommendations

Based on the conclusions of this study, the following recommendations were made:

- The present study is very crucial in that it revealed the retirees' knowledge of living in a ventilated apartment as a measure for healthy ageing promotion. Thus, there is need to formulate policies and strategies by the employers of labour to enhance and sustain such knowledge.
- This study is very significant in that it revealed that the female retirees' knowledge on the benefits of living in a ventilated apartment as a measure for healthy ageing promotion is high while the male counterparts is low. Thus, efforts should be geared towards improving the male retirees' knowledge of living in a ventilated apartment as a measure for healthy ageing promotion.

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