

# Influences on quality of life: A qualitative investigation of ethnic differences among older people in England

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**Key Words:**

CALD, Quality of Life, Comparative study, UK

**Research aim:**

The starting point of this research was the concern that the circumstances, let alone quality of life, of those who migrated to England during the postwar period and who are now progressing into early old age and retirement, have only recently become an issue for research and policy. The study treats quality of life as a phenomenon (comprising the domains control, autonomy, pleasure, and self-realisation) distinct from its potential influences.

**Results/Conclusion:**

Qualitative interviews with respondents from four ethnically homogeneous groups (Jamaican Caribbean, Gujarati Indian Hindu, Punjabi Pakistani, and white English) identified six factors that influenced their quality of life: having a role, support networks, income and wealth, health, having time, and independence. Findings suggest that while both the influences on quality of life and the domains of quality of life were consistent across the ethnic groups, it was the ways in which they played out in people's lives that revealed ethnic variations.

**Implications:**

**Cultural Group(s):**

Jamaican Caribbean, Gujarati Indian Hindu, Punjabi Pakistani, and white English

**Location of study:**

United Kingdom

**Age group:**

60-74 years

**Number included in study:**

73 in-depth interviews

**Type of participants:**

The sample for this study was selected from among those who had participated in the Fourth National Survey of Ethnic Minorities (FNS), which was a large representative survey of ethnic minority and white people living in England and Wales, conducted in 1993-94.

**Research approach:**

Qualitative

**Type of data:**

Primary

**Secondary data sources used:**

**Specific scales or analytical techniques used:**

**Implications/ Recommendations:**

**Notes:**