

Assignment Title: Component 1:

Written Assignment (Research Proposal)

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Module Title: Introduction to Independent
Research Skills

Module Code: (BMHP5019_BIRM)

Research Proposal

Title: The Impact of Chronic Illness on Quality of Life in Elderly People

1. Topic Focus and Objectives

This research will discuss the effect of chronic diseases on the quality of life of the elderly population with reference to physical, psychological, and social health. It addresses the increasing burden of chronic diseases in the ageing populations and the multidimensional impact of the same.

Aim:

To establish the relationship between chronic illness and quality of life among the older generation, using scoping reviews of new peer-reviewed articles on the topic.

Objectives:

- To identify how some chronic illnesses affect the physical aspects, mental and social lives of the elderly.
- To examine the moderating quality of life to include such factors as: multimorbidity, sleep quality, and depression.
- To identify the existing research about support measures and interventions to Promote wellbeing in older adults with chronic illnesses.

2. Rationale and Importance of the Study

The world has been experiencing increasing cases of elderly ageing population, hence there is a need to understand how the ageing population will impact the quality of lives. The elderly experience functional impairments, emotional distress, and reduced autonomy because of chronic illnesses. It has been revealed that multimorbidity and the psychological conditions of the elderly such as depression have led to a reduction in the Quality of life needed by this group of people (Akyurek et al., 2025). In addition, issues with sleeping, as well as health literacy, are also discovered as the significant mediators of the effect of chronic illness on wellbeing (Wu et al., 2025; Zhang et al., 2025). These Relations apply to the understanding to provide a greater number of healthcare interventions, healthy ageing, and policy formulation, which can assist in the improvement of the wellbeing of older adults.

3. Methodology and Research Approach

The study will be in the form of a scoping review that will facilitate mapping existing literature that is related to the impact of chronic illness on the quality of life in elderly people. Academic databases (PubMed, Scopus, and CINAHL) will be used to select peer reviewed articles that were published in 2018 or later. Such keywords as chronic illness, quality of life, elderly, multimorbidity, and older adults will be used. The inclusion criteria will be limited to the studies that investigate elderly groups of people and the correlation between the quality of life and chronic disease, and non-peer reviewed articles will be eliminated. The identification of common patterns and important conclusions in the chosen studies will be carried out with a thematic analysis approach (Adhikari et al., 2025).

4. Ethical Considerations

This study will be conducted using secondary data and will not involve the participation of any human being. The concept of ethical principles will be ensured because the findings are going to be accurately represented, no bias will be considered, and all the sources will be properly referenced, according to the algorithm of academic integrity. Data will be handled responsibly, and all literature used will be credited to promote transparency and credibility.

References

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