

Perceived Community Environment and Health-Related Quality of Life among Chinese Older Adults: The Mediating Role of Sedentary Behavior

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ABSTRACT

This study aimed to investigate the relationship between perceived community environment, sedentary behavior, and health-related quality of life (HRQoL) among Chinese older adults. Cross-sectional data from the 2021 China General Social Survey was utilized (N = 1,566). Exploratory factor analysis was applied to measure perceived community environment, causal steps approach and bootstrap method were used to test the mediating role of sedentary behavior in the indirect effect of perceived community social environment (PCSE) and perceived community physical environment (PCPE) on HRQoL, with a focus on middle- and old-aged comparison by heterogeneity test. The results indicated that both PCPE and PCSE were significantly associated with HRQoL. The mediation effect of sedentary behavior was only observed in the relationship between PCSE and HRQoL. Furthermore, age heterogeneity was observed in the indirect effects of PCSE and PCPE on HRQoL. The mediation effects of sedentary behavior were found in the impacts of both PCSE and PCPE on HRQoL among older adults, while this effect only existed in the relationship of PCSE and HRQoL in middle-aged populations. It is crucial to consider subjective community environments in the development of age-friendly community policies aimed to enhance the quality of life of Chinese older adults, with a particular focus on the variations in environmental reliance brought about by age.

Keywords: Sedentary Behavior; Perceived Community Environment; Health-Related Quality of Life

How to Cite

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