

Understanding Active Aging:
HOW COOL DO YOU THINK
IS IT TO AGE?

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Research Outline



PROBLEM

Assessing difference in perception of ageing in sub urban Indian and US residents



RESEARCH METHOD

Thematic Network Analysis- *Attitude towards Ageing Questionnaire*;
Thematic Analysis



TARGET POPULATION

Men and women from India and US aged **45 -75** years



SAMPLE SIZE

25 participants
11 Interviewees

Research Questions

Is there a difference between the perception of NRIs and NRIs regarding the experience of active aging?

How many people across both categories perceive “activeness” as an important aspect of aging?

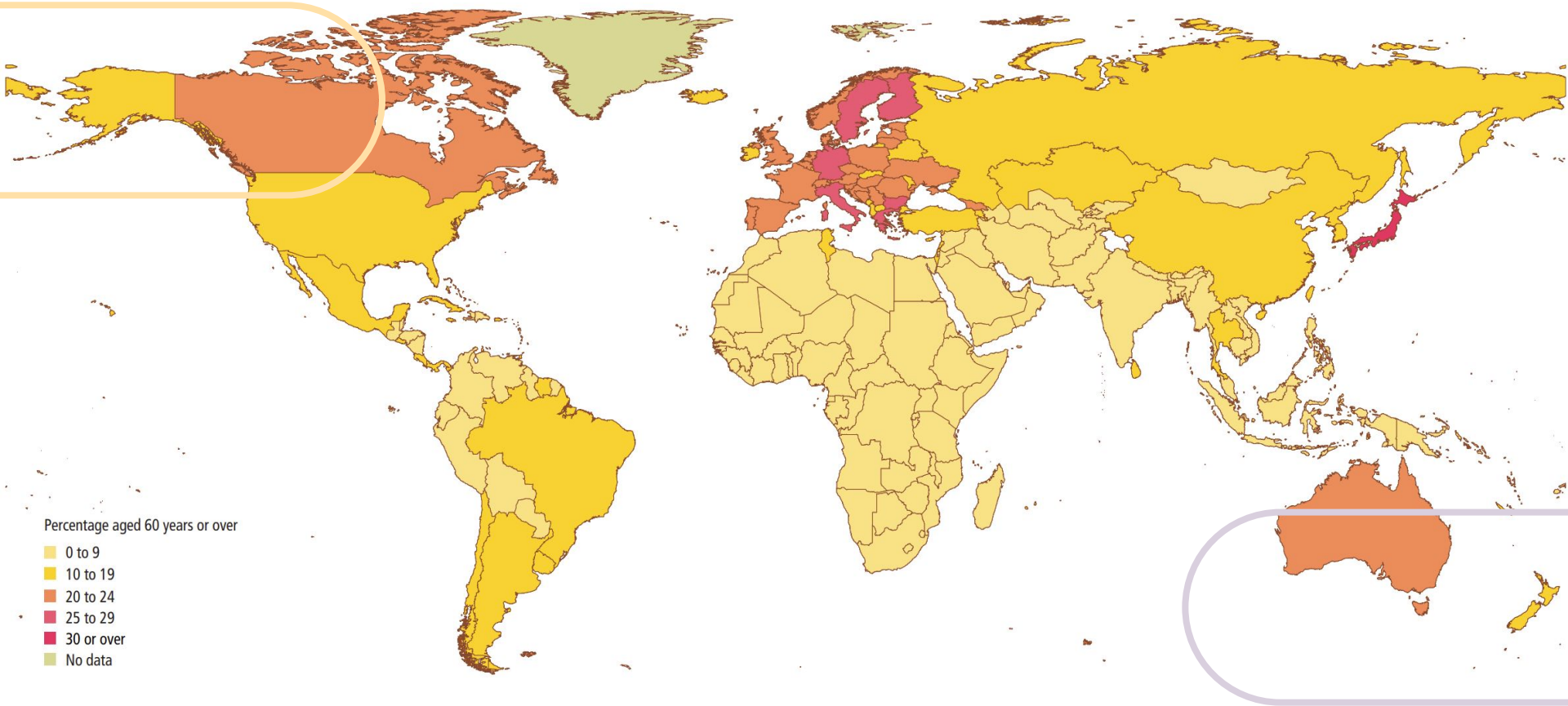
What do they define “activeness” with?

How does aging affect self perception in both the categories? Is there a difference?

REVIEW OF LITERATURE

- There exists **a huge knowledge gap** in studying positive aspects of Aging like Joy, productive initiatives like Active Aging, particularly the influence of culture on it **(Godwin, Taylor and others, 2023)**
- If the human-environment interaction is studied in the context of the demands made on the humans by their individual environments, one can see that there is **a joint occurrence of both growth and decline in an adaptive capacity (Baltes et al, 1987)**
- Self concept of older population is severely threatened by the aging process which leads to normative age-related bodily and functional declines and **numerous social challenges (Cotter & Gonzalez, 2009)**

2012

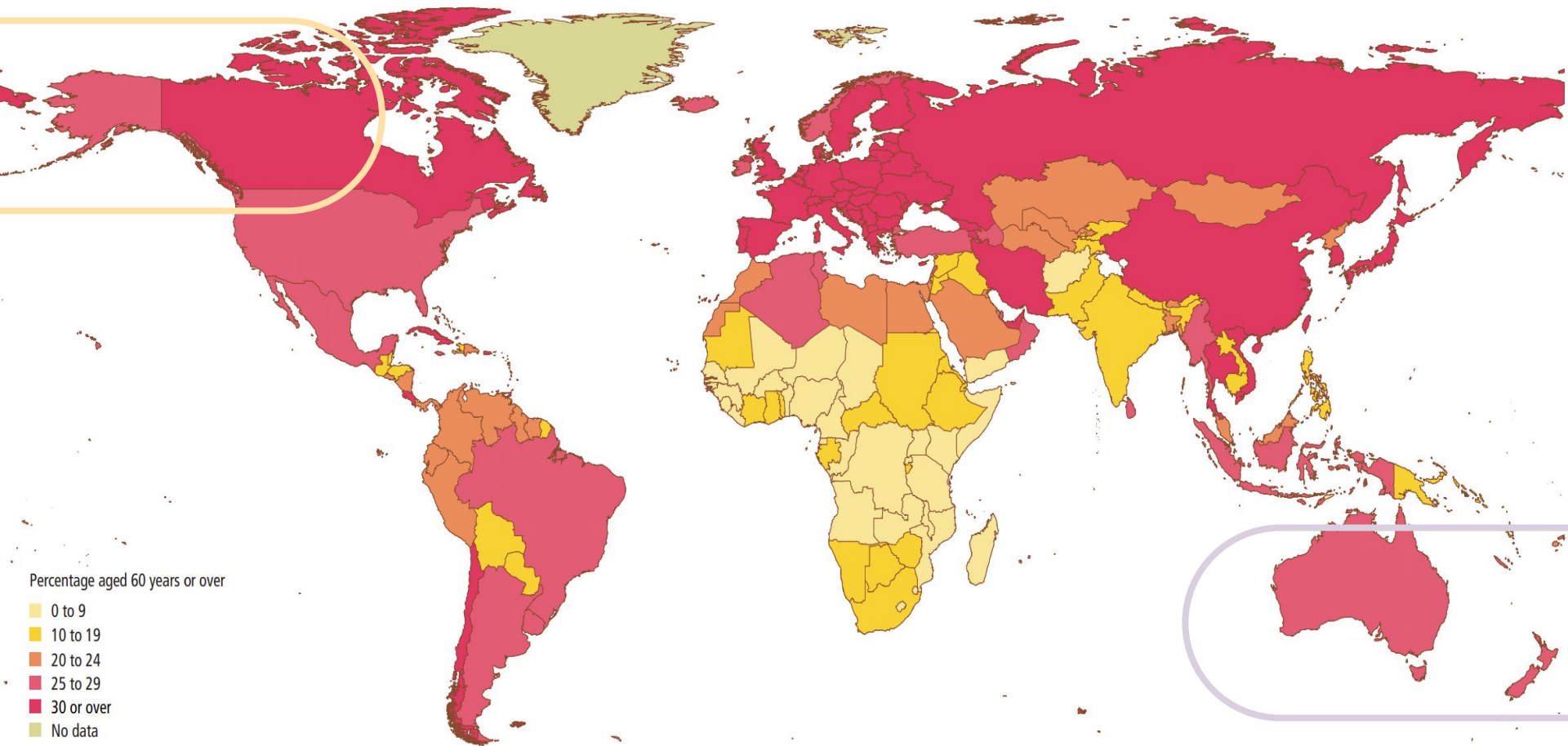


Percentage aged 60 years or over

- 0 to 9
- 10 to 19
- 20 to 24
- 25 to 29
- 30 or over
- No data

SOURCE: United nations, population ageing and development 2012, wall chart

2050



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- 0 to 9
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INTRODUCTION

By 2050, 1 in 5 persons will be above 60. At that point, older persons will outnumber the population of children (0-14 years) **for the first time in human history.**

This age is generally perceived as **Negative**

WHO coined **Active aging** as *the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age*

CULTURE | GENDER | FAMILY SUPPORT | SELF PERCEPTION | GOVERNMENT

The AIM of my research is to **study the perception towards aging based on the lived experiences**

Research Design

THE USA

AAQ Test- 18 Participants
Interviewees- 6 persons



INDIA

AAQ Test- 7 Participants
Interviewees- 5 persons

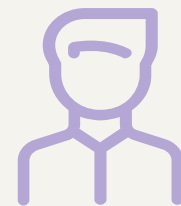
Sampling: Convenience sampling, non-probability method

Methodology: Thematic Network Analysis- **AAQ**; Thematic Analysis- **Interview**



16 females

9 males



INTERVIEW- THEMATIC ANALYSIS

Physical & Cerebral Utility of Self

- Retirement
- Physical Activity/Inactivity as an part of “Active” Ageing

Ageing as a subjective experience

- Experience of age-ing
- Anxiety and worry around aging

Aging as a responsibility of systems around us

- Role of Children
- Workplace
- Role of Peers

AAQ- THEMATIC NETWORK ANALYSIS

AAQ is a 24 item questionnaire that analyzes 3 aspects of Aging—*Psychological Growth, Physical Change, Psychosocial Loss*.

- Only 40% participants scored to receive a “positive” tag for their attitudes towards aging. They admitted to have been **affiliated to a community circle**
- 44% of our participants (11 out of 25) demonstrated **negative attitudes towards Psychosocial Loss**
- 7 out of this particular group of 11 also showed a **negative attitude in the Physical Change domain**

CONCLUSION

The study concluded there was *no significant difference* in attitudes between participants from suburban India and the US.

- However, those regularly engaged in **community activities** were more likely to have a positive evaluation of Psychosocial Loss, Physical Change, and Psychological Growth.
- **10** participants had an **overall positive attitude** toward Psychosocial Loss and demonstrated the ability to integrate both Physical Change and Psychological Growth.
- The results showed that **44%** of participants held **negative attitudes** toward Psychosocial Loss, but their attitudes toward Psychological Growth and Physical Change varied.

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