Positive Aging Through Behavioural Interventions: Promoting Health and Well-being Among Elderly Population in Kerala

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Abstract

With advancement in the medical field, there is a considerable improvement in the expectancy of life. With medical aid, older adults can be more resilient, socially engaging and can involve in their families and communities positively (WHO, 2016; Hill, 2005; Williamson et al., 2009). However there exists extensive disparities in the way people experience aging and its physical and cognitive impairments (Bar-Tur, 2019; Jacobzine et al., 2002). To a large extent, ageing successfully depends on effective coping with age-related life events. Studies on successful aging through the lenses of positive psychology highlights six dimensions of positive functioning: self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life, and personal growth (Ryff, 2016). The present study focuses on developing a validating a culturally relevant preventive intervention outside the clinic for the elderly population in Kerala. According to the India Aging Report 2023 (UN Fund for Population Activities, 2023), the state's elderly population in 2021 was 16.5% and it is reported to become 22.8% by 2036.

This intervention study employ a random assignment of elderly participants to either experimental or control group after a convenience sampling in the phase I. A minimum of 100 participants each, will be considered in one group. A positive aging intervention consisting of five independent factors: health, cognition, activity, affect, and physical fitness will be administered to the experimental group for a minimum of 6 months. Improvements on various factors including quality of sleep (Friedman et al, 2017; Cesetti et al., 2017), better working memory (Cantarella et al., 2017), decreased anxiety (Ramírez et al., 2014), higher levels of overall mindfulness (Turner et al., 2017), and improvements in self-reported feelings of depression and depressive symptoms will be monitored after each phase of the study.

Estimated Budget for the study

Heads of Expenditure	Number	Months	Rate	Amount (in $)
1. Research Staff: Full time/part time/ Hired services (***please see Guidelines at 6.4***)				
(a) Research Associate	3	8	530	12,720
(b) Research Assistant				
(c) Field Investigator	4	8	300	9600
2. Field work		12	5,000	60,000
3. Research Equipment and study material (Computer, Printer etc.)	-	8	3000	24,000
4. Contingency	-	8	1,000	8000
Total				1,14,320
5. Workshop/ Seminar/ Publication	-	3	3000	3000
Grand Total				1,17,320

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