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**Successful Aging and Social Support Among Older
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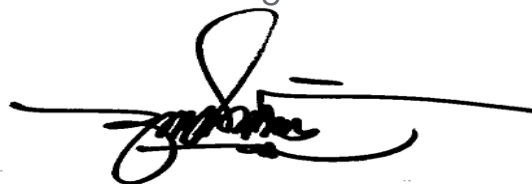
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Successful Aging and Social Support among Older People Living in the Community

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INTRODUCTION

- ♦ Malaysia is experiencing a rapid increase in this population. The population of 60 and over increased to 3.6 million (11.2%) in 2021 compared to 3.5 million (10.7%) in 2020.
- ♦ It is projected to rise to around 32% by 2050 (Department of Statistics Malaysia Official Portal, 2020).

INTRODUCTION

- ♦ An increase in the population of older people can raise the burden of dependence on families, communities, and the government (Ulfa & Sartika, 2019).
- ♦ To reduce dependence, older people need to be physically, mentally, and socially healthy, for example, undergoing successful ageing

INTRODUCTION

- ♦ Perceived social support is one of the important factors of successful ageing for older people to achieve a quality of life.
- ♦ Several studies examined social support and its related factors in older people, and some reported a high level of social support among older people (Yuvakgil et al., 2021; Unsar et al., 2016; Sarla et al., 2020).

PROBLEM STATEMENTS

- ♦ There is only one published study regarding the successful aging among older people in Malaysia, the results shown only 13.8% of Malaysian older adults were classified as successful agers (Aizan Hamid et al., 2012).
- ♦ There is no study yet conducted between social support level and successful aging level in Malaysia

RESEARCH OBJECTIVE

To investigate the relationship between successful aging and social support among older people in the community.

METHOD AND MATERIALS

Type & Design	Quantitative, Cross-sectional
Settings	Kuantan, Pahang
Sampling	Convenience
Participants	200 older people in Kuantan, Pahang
Questionnaire	<input type="checkbox"/> The Multidimensional Scale of Perceived Social Support (MSPSS) (Score Range: 12 - 84) <input type="checkbox"/> Successful Aging Inventory (SAI) (Score Range: 0 - 80)
Approval	<input type="checkbox"/> Kulliyyah of Nursing Postgraduates Research Committee (KNPGRC) <input type="checkbox"/> IIUM Research Committee (IREC) <input type="checkbox"/> Voluntary participation, rights to withdraw and confidentiality of identity have been adhered to in this study.
Data analysis	Statistical Package for Social Sciences (SPSS) version 23.0 <input type="checkbox"/> Descriptive: Frequency & Percentage <input type="checkbox"/> Non-Parametric test: Pearson's Chi-Square & Fisher's Exact Test

RESULTS

Table 1 Sociodemographic characteristics of older people (N = 200)

N = 200	Variables	Frequency (n)	Percentage (%)
Age (year)	60-69	141	70.5
	70-79	42	21.0
	80+	17	8.5
Gender	Male	86	43.0
	Female	114	57.0
Ethnicity	Malay	176	88.0
	Chinese	7	3.5
	Indian	9	4.5
	Others	8	4.0
Marital status	Unmarried	17	8.5
	Married	183	91.5
Level of education	No formal education	32	16.0
	Primary	51	25.5
	Secondary/Tertiary	117	58.5
Living arrangement	Living alone	26	13.0
	Living with spouse	115	57.5
	Living with children	59	29.5
Household income	<RM 2500-RM 4849	157	78.5
	RM 4849-RM 10959	40	20.0
	RM 10960-RM 15039	3	1.5
Chronic illness	Yes	159	79.5
	No	41	20.5
Number of chronic illnesses	0	44	22.0
	1-3	148	74.0
	4+	8	4.0

‡ Table 2 Successful ageing level among older people (N=200)

Variables		Frequency (n)	Percentage (%)	Mean	Standard Deviation (SD)
Successful Ageing	<i>Total score</i>			69.87	9.744
Low level of Successful Ageing	0-40	3	1.5		
High level of Successful Ageing	41-80	197	98.5		

‡ **Table 3 Perceived social support level among older people (N=200)**

Variables		Frequency (n)	Percentage (%)	Mean	Standard Deviation (SD)
Multidimensional Scale of Perceived Social Support (MSPSS)	Total score			69.34	12.125
Low Perceived Support	12-35	2	1.0		
Medium Perceived Support	36-60	48	24.0		
High Perceived Support	61-84	150	75.0		

Table 4 The relationship between sociodemographic characteristics and successful ageing level among older people (N=200)

Variables	Successful Ageing Level		n (%)	χ^2	p
	Low level of Successful Ageing (%)	High level of Successful Ageing (%)			
Age (year)					
60-69	1 (0.5)	140 (70.0)	141 (70.5)	3.027	0.116
70-79	1 (0.5)	41 (20.5)	42 (21.0)		
80+	1 (0.5)	16 (8.0)	17 (8.5)		
Gender					
Male	1 (0.5)	85 (42.5)	86 (43.0)	0.116	1.000
Female	2 (1.0)	112 (56.0)	114 (57.0)		
Ethnicity					
Malay	3 (1.5)	173 (86.5)	176 (88.0)	0.415	1.000
Chinese	0 (0.0)	7 (3.5)	7 (3.5)		
Indian	0 (0.0)	9 (4.5)	9 (4.5)		
Others	0 (0.0)	8 (4.0)	8 (4.0)		
Marital status					
Unmarried	1 (0.5)	16 (8.0)	17 (8.5)	2.415	0.235
Married	2 (1.0)	181 (90.5)	183 (91.5)		
Level of education					
No formal education	1 (0.5)	31 (15.5)	32 (16.0)	1.383	0.538
Primary	0 (0.0)	51 (25.5)	51 (25.5)		
Secondary/Tertiary	2 (1.0)	115 (57.5)	117 (58.5)		
Living arrangement					
Living alone	1 (0.5)	25 (12.5)	26 (13.0)	1.293	0.368
Living with spouse	1 (0.5)	114 (57.0)	115 (57.5)		
Living with children	1 (0.5)	58 (29.0)	59 (29.5)		
Household income					
<RM 2500- RM 4849	2 (1.0)	155 (77.5)	157 (78.5)	0.371	0.518
RM 4850-RM 10959	1 (0.5)	39 (19.5)	40 (20.0)		
RM 10960-RM 15039	0 (0.0)	3 (1.5)	3 (1.5)		
Chronic illness					
Yes	2 (1.0)	157 (78.5)	159 (79.5)	0.308	0.499
No	1 (0.5)	40 (20.0)	41 (20.5)		
Number of chronic illnesses					
0	2 (1.0)	42 (21.0)	44 (22.0)	3.565	0.233
1-3	1 (0.5)	147 (73.5)	148 (74.0)		
4+	0 (0.0)	8 (4.0)	8 (4.0)		

Note: *Significant at $p < 0.05$

Table 5 The relationship between social support level and successful ageing level among older people (N = 200)

Multidimensional Scale of Perceived Social Support (MSPSS) Level	Successful Ageing Level		n (%)	χ^2	p
	Low level of Successful Ageing (%)	High level of Successful Ageing (%)			
Low level of Perceived Social Support	1 (0.5)	1 (0.5)	2 (1.0)	36.435	0.002*
Medium level of Perceived Social Support	2 (1.0)	46 (23.0)	48 (24.0)		
High level of Perceived Social Support	0 (0.0)	150 (75.0)	150 (75.0)		

Note: *Significant at $p < 0.05$

DISCUSSIONS

- ♦ The participants in this study have a higher score of successful ageing because most are under the young age category and received secondary or tertiary education.
- ♦ Most older people have a high level of perceived social support, especially from family, friends, and significant others.
- ♦ This study showed no significant relationship between sociodemographic characteristics and successful ageing levels among older people. It could also be due to the homogeneity of the study participants which may contribute to these insignificant results of the study.

DISCUSSIONS

- ♦ Older people with a high level of social support will have a high level of successful ageing .
- ♦ Participants in this study have higher social support levels and successful ageing. It could be due to many participants having good social support, especially from their family, friends, and significant others.

CONCLUSIONS

- ♦ This study provided insight for promoting successful ageing by better understanding the perspectives of older people on successful ageing.
- ♦ These projections substantiate the importance of educating future generations of nurses in caring for older people to support them in the process of successful ageing.

CONCLUSIONS

- ♦ Adapting to the changes in old age is important for successful ageing. Therefore, nurses must regularly assess older people's social support systems to improve successful ageing.
- ♦ Determining and improving the family social support of older people should be an essential part of nursing practice.

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THANK YOU



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