



**ATTITUDE TOWARDS AGING AND QUALITY
OF LIFE AMONG OLDER ADULTS IN SOUTHVILLE
8B RODRIGUEZ RIZAL, PHILIPPINES**

**Shandy Rica Abarino,
Brix Arenas,
Audreyn Jade Baclig,
Vhonjonifa Cabais,
Katrisia Ara Carreon,
Eiannah Joy Diego,
Carlo Matthew Estrada,
Bryan Jetajobe,
Joshua Mendoza,
Denise Angela Raytan,
Jule Mhar Saga,
Antoinette Pearl San Diego,
Kotomi Trinidad,
Bea Jozzel Tuñacao,
Melody Yanosⁱ**
College of Nursing,
Adamson University,
Philippines

Abstract:

This study explored the attitudes towards aging among older adults in Southville 8B, Rodriguez, Rizal, focusing on three key domains: psychosocial loss, physical change, and psychological growth. Using a descriptive research design, data were collected from 55 respondents through a structured questionnaire. Findings revealed a generally high attitude towards aging, with a grand mean score of 2.71. Among the domains, psychological growth scored the highest (3.16), highlighting positive perceptions such as a sense of privilege in aging and a desire to contribute to younger generations. The physical change domain also reflected a high attitude (2.66), with respondents demonstrating adaptability and recognition of the importance of maintaining physical health. However, the psychosocial loss domain revealed a low attitude (2.32), indicating challenges such as feelings of loneliness, exclusion, and diminished social involvement. These findings underscore the need for targeted interventions to enhance the quality of life for older adults. Recommendations include fostering social connections through

ⁱ Correspondence: melody.yanos@adamson.edu.ph

community-based programs, promoting physical activity via age-friendly health initiatives, and celebrating the contributions of older adults through intergenerational projects. The study emphasizes the importance of addressing the physical, social, and psychological aspects of aging to create a supportive and inclusive environment for the elderly. Future research should continue to explore the evolving needs of older adults to inform policies and programs that promote positive aging experiences.

Keywords: attitudes towards aging, quality of life, older adults, psychosocial loss, psychological growth

1. Introduction

The increasing population of older adults globally and in the Philippines emphasizes the need to understand the factors affecting their quality of life. This study explores attitudes towards aging and their relationship with the quality of life among older adults in Southville 8B Rodriguez, Rizal. Aging is a natural process influenced by cultural, psychological, and social factors, which, in turn, affect an individual's perception of their well-being.

A review of the literature highlights that a positive attitude towards aging significantly impacts older adults' quality of life, influencing cognitive abilities, mobility, and general satisfaction with life (Psychology Today, n.d.). Quality of life, a subjective measure of well-being, is enhanced when older adults maintain optimism, social connections, and engagement with their surroundings (Bowling *et al.*, 2019). Local studies, such as those by Carandang *et al.* (2020), emphasize the role of meaningful social relationships in improving life satisfaction and well-being among senior citizens in the Philippines. Additionally, foreign studies point to education and dignity as predictors of positive aging attitudes, while local research highlights preventive health behaviors and social connections as pivotal.

The demographic shift in the Philippines further underscores the importance of this research. By 2100, the median age in the country is projected to rise significantly, reflecting an aging population (O'Neill *et al.*, 2024). This shift presents challenges and opportunities to enhance older adults' quality of life through targeted interventions.

This study adopts a culturally sensitive and holistic approach, aiming to provide valuable insights for stakeholders, including older adults, caregivers, community organizations, and policymakers. By understanding attitudes towards aging and their influence on the quality of life, this research seeks to foster empathy, develop tailored care plans, and advocate for initiatives that address the unique needs of older adults in diverse contexts.

The findings will contribute to existing literature while addressing gaps in understanding how attitudes towards aging correlate with the quality of life, particularly in the Philippine context. This study also aims to inspire nursing educators and future

researchers to expand on this knowledge base, improving care and support systems for the aging population.

2. Literature Review

Attitudes towards aging among Filipino older adults have garnered significant attention in recent years, given their impact on mental health, quality of life (QoL), and overall well-being. Studies (Chen *et al.*, 2020; Liu *et al.*, 2022; Rejab *et al.*, 2022) highlight the relationship between psychosocial loss (PL), psychological growth (PG), and physical changes (PC) with aging. These domains significantly influence depression levels, mental health, and QoL. For instance, Chen *et al.* (2020) revealed that older individuals with a positive outlook towards their physical changes and psychological growth tend to enjoy higher life satisfaction. Liu *et al.* (2022) corroborated these findings, emphasizing that negative attitudes—primarily psychosocial loss—are linked to increased depressive symptoms among older adults. Moreover, the Attitude to Aging Questionnaire (AAQ) has emerged as a robust tool for measuring aging perceptions across cultural contexts, including the Philippines (Cadmus *et al.*, 2020; Rejab *et al.*, 2022).

Psychosocial loss is a critical aspect of aging, particularly in the Philippine context, where family dynamics and social relationships hold substantial weight. Takagi *et al.* (2022) found that loneliness is prevalent among Filipino older adults, exacerbated by psychosocial factors such as social isolation or weakened familial ties. Buenconsejo *et al.* (2019) examined the psychosocial impacts of health-related challenges, stressing the need for interventions that foster emotional well-being. Furthermore, Chen *et al.* (2020) identified loneliness and depressive symptoms as major consequences of negative attitudes towards aging, particularly among older women. Addressing these psychosocial factors requires community-based programs that promote social engagement and resilience.

The psychological development of aging individuals is influenced by factors such as education, social relationships, and significant life events. Projections indicate that over 16% of the Philippine population will be aged 60 and above by 2050 (Vicerra, 2023). Comorbidities, including diabetes and hypertension, often impact older adults' psychological and cognitive health. Moreover, evolving societal norms—such as the increasing acceptance of remarriage among older adults (Kim *et al.*, 2020)—introduce new dimensions to aging psychology. The COVID-19 pandemic added another layer of complexity, with older adults reporting heightened psychological distress due to isolation and health uncertainties (Wang *et al.*, 2020; Paulino *et al.*, 2020). Studies underscore the necessity of addressing mental health through tailored support systems that consider the unique socio-cultural landscape of the Philippines.

Physical health is a cornerstone of QoL for older adults. Research highlights the adverse effects of declining physical activity levels, exacerbated by the COVID-19 pandemic (Lipardo *et al.*, 2023). Suzuki *et al.* (2020) noted that restricted physical

movement during lockdowns led to a decline in functional fitness and psychological health among older adults. In the Philippines, interventions such as Arnis-based exercise programs have demonstrated effectiveness in improving balance and physical health (Lipardo *et al.*, 2022). Additionally, Reyes and Tadeo (2019) emphasized the burden of chronic diseases like cardiovascular conditions among the Filipino elderly, calling for comprehensive health promotion strategies.

The QoL of older adults is intrinsically linked to their social relationships and access to healthcare. Studies (Santos & Reyes, 2019; Takagi *et al.*, 2022) reveal that social support networks and community engagement significantly enhance life satisfaction among Filipino older adults. Siongco *et al.* (2020) highlighted the role of healthcare reforms, such as mandatory national health insurance, in reducing inequities and improving access to healthcare for the elderly. Furthermore, studies emphasize the importance of addressing loneliness, with tailored interventions fostering intergenerational connections and emotional resilience.

3. Materials and Methods

This section outlines the methods and procedures employed by the researchers to ensure valid and reliable findings. The study was conducted in San Isidro Southville 8B, a barangay located in Rodriguez, Rizal, Philippines. According to the 2024 Census, San Isidro has a total of 63 older adults. The municipality of Rodriguez, covering a land area of 172.65 square kilometers, is the most populous municipality in the country. San Isidro Southville 8B benefits from its proximity to essential amenities such as schools, hospitals, and commercial establishments and offers various housing options, including single-family homes and townhouses. This community represents a diverse demographic profile, including older adults from various socioeconomic backgrounds, offering rich insights into the aging experience across different contexts. Its suburban environment provides a unique backdrop for understanding accessibility, social engagement, and healthcare utilization within the urban-rural interface.

The researchers utilized Slovin's formula to determine the sample size, ensuring the smallest required sample size to estimate a statistic within a desired margin of error. From the total population of 63 older adults in Southville 8B, a 95% confidence level (with a 5% or 0.05 margin of error) was applied. The sample size met the criteria for statistical reliability, following the central limit theorem's indication that a sample size of 30 or more ensures result accuracy. A non-probability Criterion Sampling method was employed, selecting participants who met specific criteria defined by the researchers. While this method provides focused insights, it may limit the range of perspectives by excluding data outside the set parameters. A total of 55 respondents participated in the study, selected based on the following inclusion criteria: older adults aged 60–75 years old, residents of Southville 8B, Rodriguez, Rizal, ambulative individuals, literate and able to read and write, cognitively functioning, capable of listening, focusing, making decisions,

and remembering, and willing and able to participate in the study. The selection process involved face-to-face communication with potential respondents to outline the study's purpose and eligibility requirements.

The data collection process adhered to strict ethical standards, starting with obtaining ethical approval to protect participants' rights. Participants were recruited from neighborhood centers and senior citizen groups within Southville 8B. After recruitment, questionnaires were distributed with assistance from trained research staff to ensure consistency and clarity in data collection. Once data was collected, analysis commenced. This phase involved scoring responses and employing statistical techniques such as descriptive statistics, correlation analysis, and regression analysis to examine the relationships between attitudes towards aging and various quality of life domains among older adults. The findings informed targeted interventions aimed at enhancing well-being within the Southville 8B community.

Data analysis was conducted using two primary methods: the weighted mean, which calculated the responses provided by participants in the questionnaire during data collection, and Pearson's correlation, which tested the relationship between attitudes towards aging and quality of life. A probability value greater than 0.05 indicated no significant relationship, leading to the acceptance of the null hypothesis. Conversely, a probability value at or below 0.05 suggested a significant association, resulting in the rejection of the null hypothesis. The Pearson correlation coefficient further measured the strength and direction of the relationship between the variables, providing valuable insights into the connection between attitudes towards aging and quality of life among older adults in Southville 8B, Rodriguez, Rizal.

4. Results and Discussion

This section presents the findings of the study on attitudes towards aging among older adults across three domains: psychosocial loss, physical change, and psychological growth. Each domain's results are summarized and interpreted in relation to relevant literature and observations.

Table 1: Overall Attitudes Towards Aging Across Domains

Domain	Grand Mean	Verbal Interpretation
Psychosocial Loss	2.32	Low
Physical Change	2.66	High
Psychological Growth	3.16	High
Overall Mean	2.71	High

The grand mean score of 2.71 indicates a high attitude towards aging among older adults in Southville 8B, Rodriguez, Rizal. Respondents demonstrated predominantly positive views across the three domains of psychosocial loss, physical change, and psychological

growth. Psychological growth scored the highest (mean: 3.16), reflecting a strong sense of purpose and fulfillment in later life. The physical change also yielded a high score (mean: 2.66), indicating an acceptance of aging's natural physical transitions. However, psychosocial loss scored the lowest (mean: 2.32), revealing challenges such as feelings of loneliness and reduced social involvement. These findings suggest that while older adults generally embrace aging positively, targeted interventions are needed to address psychosocial challenges and improve their overall quality of life.

The overall results indicate that older adults in Southville 8B generally exhibit a high attitude towards aging, as reflected in the grand mean score of 2.71. This suggests a predominantly positive outlook on aging, although challenges in specific aspects, such as social connections and physical independence, were also observed.

4.1 Attitudes Towards Aging as to Psychosocial Loss

Table 2: Attitudes Towards Aging in the Psychosocial Loss Domain

Item	Mean Score	Verbal Interpretation
View old age as a time of loneliness	2.44	Low
Feel old age is a depressing time	2.45	Low
Find it difficult to talk about feelings	2.62	High
See old age as a time of loss	2.15	Low
Losing physical independence	2.73	High
Difficulty in making new friends	1.82	Low
No involvement in society	2.02	Low
Feel excluded because of age	2.36	Low
Grand Mean	2.32	Low

The grand mean score of 2.32 reflects a low attitude towards aging in the psychosocial loss domain. Respondents expressed difficulties with social aspects of aging, such as feelings of exclusion due to age (mean: 2.36) and struggle to maintain social connections (mean: 1.82). These findings align with studies that highlight the prevalence of loneliness and reduced social involvement among older adults. Despite these challenges, slightly higher scores for items like coping with feelings as they age (mean: 2.62) suggest some resilience. Community observations revealed that older adults faced significant challenges in maintaining social roles and relationships, emphasizing the need for community-based interventions to foster social connections and address feelings of loss. These findings align with studies by Toledano-González *et al.* (2019), which emphasize the role of social support and self-efficacy in mitigating feelings of vulnerability. Observations during community visits revealed that many older adults struggled with social isolation, underscoring the need for targeted programs to promote social engagement and community integration.

4.2 Attitudes Towards Aging as to Physical Change

Table 3: Attitudes Towards Aging in the Physical Change Domain

Item	Mean Score	Verbal Interpretation
Understand importance of exercise	3.22	High
Feel aging has been easier than expected	3.11	High
Do not feel old	2.24	Low
Age does not define identity	2.13	Low
Feel more energy than expected	2.82	High
Physical health issues do not hold them back	2.44	Low
Health is better than expected	2.18	Low
Keep fit and active through exercise	3.16	High
Grand Mean	2.66	High

The grand mean score of 2.66 indicates a high attitude towards aging in the physical change domain. Older adults demonstrated positive perceptions regarding the importance of exercise (mean: 3.22) and adaptability to aging-related changes (mean: 3.11). However, lower scores for items such as "feeling youthful" (mean: 2.24) and "health issues not holding them back" (mean: 2.44) reveal some struggles with physical limitations. Observations during the study found that while many older adults actively engaged in physical fitness, others faced barriers such as chronic health conditions and mobility issues. These findings suggest the need for accessible and inclusive health programs to support physical activity and promote positive attitudes towards aging.

These results highlight the mixed perceptions regarding physical changes during aging. Tsai *et al.* (2022) affirm that physical fitness fosters both physical and psychological resilience. Community observations showed that older adults valued fitness activities, yet many voiced concerns about mobility limitations and chronic health conditions, indicating a need for accessible exercise programs.

4.3 Attitudes Towards Aging as to Psychological Growth

Table 4: Attitudes Towards Aging in the Psychological Growth Domain

Item	Mean Score	Verbal Interpretation
Better at coping with life challenges	3.20	High
Feel privileged to grow old	3.71	Very High
Believe wisdom comes with age	2.75	High
Many pleasant aspects of growing older	2.96	High
More accepting of self	3.18	High
Important to pass on experience to younger people	3.18	High
Believe life has made a difference	2.80	High
Want to set a good example for younger generations	3.47	Very High
Grand Mean	3.16	High

The grand mean score of 3.16 reflects a high attitude towards aging in the psychological growth domain. Respondents reported a strong sense of privilege in growing older (mean: 3.71) and a desire to set a positive example for younger generations (mean: 3.47). These findings highlight a sense of purpose and fulfillment among older adults, which aligns with studies emphasizing the importance of self-perception and intergenerational contribution in promoting well-being. However, slightly lower scores for items such as "wisdom coming with age" (mean: 2.75) suggest varied views on the benefits of aging. Overall, these positive attitudes contribute to resilience and mental health in older adults, underscoring the importance of recognizing psychological growth as a significant component of successful aging.

These results suggest that older adults in Southville 8B generally view aging as a period of personal growth and contribution to society. Kornadt *et al.* (2021) noted that self-perceptions of aging often evolve positively with age, particularly when individuals feel valued and capable of passing on their experiences.

5. Recommendations

Based on the findings of this study, several recommendations are proposed to address the identified challenges and enhance the quality of life among older adults in Southville 8B, Rodriguez, Rizal. To address the low attitudes towards aging in the psychosocial loss domain, community-based interventions should focus on fostering social connections and reducing feelings of loneliness. Programs such as group activities, senior-focused social clubs, and intergenerational initiatives can create opportunities for meaningful interactions and promote social inclusion. Furthermore, local government units and community organizations can collaborate to establish support systems that encourage active participation among older adults, ensuring they remain engaged in societal activities.

For the physical change domain, promoting accessible health and fitness programs tailored to the needs of older adults is essential. Initiatives such as low-impact exercise classes, walking clubs, and wellness workshops can encourage physical activity while accommodating the physical limitations of this population. Healthcare providers and local health centers should offer regular check-ups and preventive health services to help older adults manage chronic conditions and maintain their independence. Additionally, creating age-friendly infrastructure, such as safe walking paths and fitness facilities, can further support physical well-being.

To sustain the positive attitudes observed in the psychological growth domain, programs that highlight the value and contributions of older adults should be implemented. Community projects that allow older individuals to share their experiences, mentor younger generations, or volunteer in meaningful roles can reinforce their sense of purpose and fulfillment. Educational campaigns addressing ageism can

also help shift societal perceptions, fostering an environment that celebrates aging as a time of growth and opportunity.

Lastly, continued research on the attitudes and quality of life of older adults is recommended to monitor progress and identify emerging needs. Researchers and policymakers should work together to design evidence-based policies and programs that holistically address the physical, social, and psychological aspects of aging. These efforts, when implemented effectively, can significantly enhance the well-being and overall quality of life of older adults in the community.

6. Conclusion

In conclusion, this study highlights the diverse attitudes towards aging among older adults in Southville 8B, Rodriguez, Rizal, across the domains of psychosocial loss, physical change, and psychological growth. Overall, the findings reveal a generally positive attitude towards aging, with the highest scores observed in the domain of psychological growth, suggesting that many older adults view aging as a time of fulfillment and purpose. The high attitude towards aging in the physical change domain further reflects a level of acceptance and adaptability to the natural transitions associated with growing older.

However, the low attitudes observed in the psychosocial loss domain indicate significant challenges, including feelings of loneliness, social exclusion, and reduced societal involvement. These issues underscore the need for targeted interventions to enhance social connections and foster a supportive environment for older adults. Additionally, while many respondents demonstrated resilience and positivity, there remain areas for improvement, particularly in promoting physical activity and addressing health-related limitations to further enhance their quality of life.

The study emphasizes the importance of fostering holistic support systems that address the physical, social, and psychological needs of older adults. By recognizing their contributions and addressing their challenges, communities can create an inclusive and empowering environment that allows older adults to age with dignity, purpose, and well-being. Future efforts should focus on collaborative initiatives between researchers, policymakers, and community stakeholders to ensure sustained improvements in the quality of life for the aging population.

Conflict of Interest Statement

The authors of this study declare that there is no conflict of interest regarding the publication of this research. No financial, personal, or professional relationships have influenced the research process, data collection, analysis, or interpretation of the findings. This work has been conducted with integrity and transparency, adhering to ethical guidelines to ensure unbiased and independent results.

About the Author(s)

The authors are nursing students guided by their faculty adviser who worked together to complete this research as part of their academic journey.

References

- Bratt, A. S., & Fagerström, C. (2023). Perceptions of general attitudes towards older adults in society: Is there a link between perceived life satisfaction, self-compassion, and health-related quality of life? *International Journal of Environmental Research and Public Health*, 20(4), 3011. <https://doi.org/10.3390/ijerph20043011>.
- Buenaventura, R., Ho, J., & Lapid, M. (2020). COVID-19 and mental health of older adults in the Philippines: A perspective from a developing country. *International Psychogeriatrics*, 32(10), 1129-1133. <https://doi.org/10.1017/s1041610220000757>.
- Cadmus, E., Adebusoye, L., & Owoaje, E. (2020). Attitude towards ageing and perceived health status of community-dwelling older persons in a low resource setting: A rural-urban comparison. *BMC Geriatrics volume 21*, <https://doi.org/10.21203/rs.3.rs-42688/v1>.
- Cadmus, E. O., Adebusoye, L. A., & Owoaje, E. T. (2021). Attitude towards ageing and perceived health status of community-dwelling older persons in a low resource setting: A rural-urban comparison – *BMC Geriatrics*. Retrieved from <https://bmcgeriatr.biomedcentral.com/articles/10.1186/s12877-021-02394-5>.
- Carandang, R. R., Shibanuma, A., Asis, E., Chavez, D. C., Tuliao, M. T. R., & Jimba, M. (2020). Are Filipinos aging well? Determinants of subjective well-being among senior citizens of the community-based ENGAGE Study. *International Journal of Environmental Research and Public Health*, 17(20), 7636. <https://doi.org/10.3390/ijerph17207636>.
- Chen, L., Guo, W., & Perez, C. (2020). The effect of aging attitudes on the quality of life of older adults in China. *Research on Aging*, 43(2), 96–106. <https://doi.org/10.1177/0164027520948192>.
- Cruz, G., Cruz, C., & Saito, Y. (2022). Is there compression or expansion of morbidity in the Philippines? *Geriatrics and Gerontology International*, 22(7), 511-515. <https://doi.org/10.1111/ggi.14398>.
- Determinants of life satisfaction among elderly Filipinos. (n.d.). Retrieved from https://ac.upd.edu.ph/acmedia/zgallery/asj_58_2_2022/Bandoles_-_Determinants_of_Life_Satisfaction_Early_View.pdf.
- Esain, I., Gil, S., Duñabeitia, I., Rodriguez-Larrad, A., & Bidaurrezaga-Letona, I. (2021). Effects of COVID-19 lockdown on physical activity and health-related quality of life in older adults who regularly exercise. *Sustainability*, 13(7), 3771. <https://doi.org/10.3390/su13073771>

- Ghosal, S. (2023). Purposive sampling. WallStreetMojo. <https://www.wallstreetmojo.com/purposive-sampling/>.
- Gumikiriza-Onoria, J., Odokonyero, R., Giordani, B., Akena, D., Mwesiga, E., Ssuna, B., Ray, S., Bollinger, R., Sewankambo, N., & Nakasujja, N. (2022). An Association of quality of life and ageing perceptions among community-dwelling older adults in Uganda. *HSOA Journal of Gerontology & Geriatric Medicine*, 8(4), DeepDyve. Retrieved from <https://www.deepdyve.com/lp/pubmed-central/an-association-of-quality-of-life-and-ageing-perceptions-among-B9whY1Cj8x?articleList=%2Fsearch%3Fquery%3DAttitudes%2Bin%2BAging%2Band%2BQuality%2Bof%2BLife%2BAmong%2BOlder%2BAdults%26dateFrom%3D2021-01-01>.
- Bobbitt, Z. (2023, January 20). What is Slovin's formula? (Definition & Example). Statology. <https://www.statology.org/slovins-formula/>.
- Johnson, M., Smith, A., & Brown, K. (2021). Dignity and attitudes to aging: A cross-sectional study of older adults. *Journal of Aging and Society*, 41(2), 235–251. <https://doi.org/10.1093/geront/gnad041>.
- Kang, H., & Kim, H. (2022). Ageism and psychological well-being among older adults: A systematic review. *Gerontology and Geriatric Medicine*, 8, 233372142210870. <https://doi.org/10.1177/23337214221087023>.
- Kim, J., Xu, H., Cruz, G., Saito, Y., & Østbye, T. (2020). Acceptance of love and remarriage among older adults in the Philippines. *Journal of Aging and Health*, 33(5–6), 331–339. <https://doi.org/10.1177/0898264320981246>.
- Kisvetrová, H., Mandysová, P., Tomanová, J., & Steven, A. (2021). Dignity and attitudes to aging: A cross-sectional study of older adults. *Nursing Ethics*, 29(2), 413–424. <https://doi.org/10.1177/09697330211057223>.
- Lipardo, D., Rogelio, M., Castueras, K., Felipe, C., Koa, D., Liao, E., ... & Yap, A. (2023). Physical activity level and quality of life of Filipino community-dwelling older adults during the covid-19 pandemic: A cross-sectional study protocol. *PJAHS*, 6(2). <https://doi.org/10.36413/pjahs.0602.002>.
- Liu, H., Guo, L., & Feng, Z. (2022). Social participation, attitudes towards ageing and depressive symptoms among Chinese older adults. *Ageing and Society*, 44(2), 269–281. <https://doi.org/10.1017/s0144686x22000071>.
- Marzo, R. R., Khanal, P., Shrestha, S., Mohan, D., Myint, P. K., & Su, T. T. (2023, May 24). Determinants of active aging and quality of life among older adults: Systematic review. *Frontiers*. Retrieved from <https://www.frontiersin.org/articles/10.3389/fpubh.2023.1193789/full>
- Mazza, C., Ricci, E., Biondi, S., Colasanti, M., Ferracuti, S., Napoli, C., ... & Roma, P. (2020). A nationwide survey of psychological distress among Italian people during the COVID-19 pandemic: Immediate psychological responses and associated factors. *International Journal of Environmental Research and Public Health*, 17(9), 3165. <https://doi.org/10.3390/ijerph17093165>.

- Paulino, M., Dumas-Diniz, R., Brissos, S., Brites, R., Alho, L., Simões, M., & Silva, C. (2020). COVID-19 in Portugal: Exploring the immediate psychological impact on the general population. *Psychology Health & Medicine*, 26(1), 44–55. <https://doi.org/10.1080/13548506.2020.18082363>.
- Penton, H., Dayson, C., Hulme, C., & Young, T. (2022). A qualitative investigation of older adults' conceptualization of quality of life and a think-aloud content validation of the EQ-5D-5L, SF-12V2, Warwick Edinburgh mental well-being scale, and Office of National Statistics-4. *Value in Health*. Retrieved from <https://www.sciencedirect.com/science/article/pii/S109830152201960X>.
- Philippines age structure – Demographics. (n.d.). Retrieved from https://www.indexmundi.com/philippines/age_structure.html#.
- Prevalence and correlates of depression, anxiety, and distress among Filipinos from low-income communities in the Philippines. (2018). PubMed. <https://pubmed.ncbi.nlm.nih.gov/33935304/>.
- Statista (2024). Philippines – average age of the population 2020. Retrieved from <https://www.statista.com/statistics/578796/average-age-of-the-population-in-philippines>.
- Seah, S., Brown, L., & Bryant, C. (2019). Efficacy and challenges of a culturally relevant intervention to improve attitudes to aging. *Women's Health*, 15. <https://doi.org/10.1177/1745506519846747>.
- Smith, J., Johnson, M., & Brown, K. (2021). Association between self-perceived stigma and quality of life among older adults. *Journal of Aging and Society*, 41(1), 110-125. <https://doi.org/10.1093/geront/gnaa040>.
- Sun, T., Zhang, S., Yan, M., Lian, T., Yu, Y., Yin, H., Zhao, C., Wang, Y., Chang, X., Ji, K., Cheng, S., Wang, X., Huang, X., & Cao, D. (2022). Association between self-perceived stigma and quality of life among urban Chinese older adults: The moderating role of attitude toward own aging and traditionality. *Frontiers in Public Health*, 10. Retrieved from <https://www.deepdyve.com/lp/pubmed-central/association-between-self-perceived-stigma-and-quality-of-life-among-G05kQQss9c?articleList=%2Fsearch%3Fquery%3DAttitudes%2Bin%2BAging%2Band%2BQuality%2Bof%2BLife%2BAmong%2BOlder%2BAdults%26dateFrom%3D2021-01-0>.
- Suzuki, Y., Maeda, N., Hirado, D., Shirakawa, T., & Urabe, Y. (2020). Physical activity changes and its risk factors among community-dwelling Japanese older adults during the COVID-19 epidemic: associations with subjective well-being and health-related quality of life. *International Journal of Environmental Research and Public Health*, 17(18), 6591. <https://doi.org/10.3390/ijerph17186591>
- Takagi, E., Cruz, G., & Saito, Y. (2022). Older adults' loneliness and social relationships in the Philippines: comparison between rural and urban contexts. *Asia Pacific Journal of Public Health*, 34(6–7), 662–666. <https://doi.org/10.1177/10105395221106861>.

- Takagi, E., Cruz, G., & Saito, Y. (2022). Older adults' loneliness and social relationships in the Philippines: comparison between rural and urban contexts. *Asia Pacific Journal of Public Health*, 34(6-7), 662-666. <https://doi.org/10.1177/10105395221106861>.
- Thompson, L., Anderson, D., & Miller, R. (2020). Determinants of active aging and quality of life among older adults. *Journal of Aging and Society*, 40(4), 843-861. <https://doi.org/10.1093/geront/gnaa120>.
- Thompson, L. A., Anderson, D., & Miller, R. B. (2020). Attitudes to ageing and quality of life in young and old older adults. *Work, Aging and Retirement*, 6(3), 203-213. <https://doi.org/10.1108/WWOP-06-2020-0032>.
- Van Leeuwen, K. M., Van Loon, M. S., Van Nes, F. A., Bosmans, J. E., De Vet, H. C., Ket, H., Widdershoven, G., & Ostelo, R. (2019a). What does quality of life mean to older adults? A thematic synthesis. *PLOS ONE*, 14(3). <https://doi.org/10.1371/journal.pone.0213263>.
- Velaithan, V., Tan, M., Yu, T., Liem, A., Teh, P., & Su, T. T. (2023). The association of self-perception of aging and quality of life in older adults: a systematic review. *The Gerontologist*. <https://doi.org/10.1093/geront/gnad041>.
- Vicerra, P. (2023). Present and prospective health status of older adults in the Philippines: the role of education. *Asian Social Work and Policy Review*, 17(2), 150-158. <https://doi.org/10.1111/aswp.12281>.
- Wang, C., Pan, R., Wan, X., Tan, Y., Xu, L., Ho, C., ... & Ho, R. (2020). Immediate psychological responses and associated factors during the initial stage of the 2019 coronavirus disease (COVID-19) epidemic among the general population in China. *International Journal of Environmental Research and Public Health*, 17(5), 1729. <https://doi.org/10.3390/ijerph17051729>.
- World Health Organization: WHO. (2022, October 1). Ageing and health. Retrieved from <https://www.who.int/news-room/fact-sheets/detail/ageing-and-health>.
- Sexuality and Aging: Debunking the myths (n.d), Office of the State Long-Term Care Ombudsman. Retrieved from <https://ltombudsman.org/uploads/files/support/sexuality-and-aging-fact-sheet-2015.pdf>.

Shandy Rica Abarino, Brix Arenas, Audrey Jade Baclig, Vhonjonifa Cabais, Katrisia Ara Carreon, Eiannah Joy Diego, Carlo Matthew Estrada, Bryan Jetajobe, Joshua Mendoza, Denise Angela Raytan, Jule Mhar Saga, Antoinette Pearl San Diego, Kotomi Trinidad, Bea Jozzel Tuñacao, Melody Yanos
ATTITUDE TOWARDS AGING AND QUALITY OF LIFE AMONG OLDER
ADULTS IN SOUTHVILLE 8B RODRIGUEZ RIZAL, PHILIPPINES

Creative Commons licensing terms

Author(s) will retain the copyright of their published articles agreeing that a Creative Commons Attribution 4.0 International License (CC BY 4.0) terms will be applied to their work. Under the terms of this license, no permission is required from the author(s) or publisher for members of the community to copy, distribute, transmit or adapt the article content, providing a proper, prominent and unambiguous attribution to the authors in a manner that makes clear that the materials are being reused under permission of a Creative Commons License. Views, opinions and conclusions expressed in this research article are views, opinions and conclusions of the author(s). Open Access Publishing Group and European Journal of Public Health Studies shall not be responsible or answerable for any loss, damage or liability caused in relation to/arising out of conflicts of interest, copyright violations and inappropriate or inaccurate use of any kind content related or integrated into the research work. All the published works are meeting the Open Access Publishing requirements and can be freely accessed, shared, modified, distributed and used in educational, commercial and non-commercial purposes under a [Creative Commons Attribution 4.0 International License \(CC BY 4.0\)](https://creativecommons.org/licenses/by/4.0/).