

## SENIOR CITIZEN: AN ELDERLY PERSPECTIVE IN THE COMMUNITY

BY

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### Abstract

The paper critically investigates the current status and factors affecting the holistic and meaningful life of the elderly. It focuses on examining the emotional, spiritual, financial, physical and social stability and readiness of senior citizens as part of their age. An important tenet of this study is the incorporation of Japan's value orientation "Ikigai" or reason for being which is described as a secret among Japanese elderly people to a long, happy and meaningful life. Thus, this concept of empowering communities among elderly is identified as an important element in the promotion of highly-satisfied, well-fulfilled and impactful lives of senior citizens in the Philippines.

This quantitative-descriptive study employed 111 respondents who are all elderly and are members of Office of Senior Citizens Association (OSCA) of Bacoor City, Cavite. It utilized convenient sampling techniques in determining its respondents. A structured survey questionnaire was designed and distributed to the participants of the study. Likewise, pilot testing of the questionnaire was conducted in a controlled population in order to find out the validity and accuracy of the instrument for the said study.

Findings show that under emotional stability, elders perceived and thought of themselves as completely worthless while showing enthusiasm on their social and spiritual readiness profile. Respondents have expressed that they have plans of joining activities in the community and church and commit for future projects. On the other hand, physical stability of respondents reveals some signs of a weak body affecting their health and physical well-being thus, requiring them to undergo periodic medical consultation. Furthermore, financial stability scale sets have shown that elderly people are struggling financially brought by insufficiency of savings and financial insecurity.

**Keywords:** Growing old gracefully, dignity and honor, elderly, and senior citizen

## INTRODUCTION

In most developing countries, ageing becomes a social issue not because of their deteriorating physical condition but social contribution. This phenomenon is seen as not anymore viable to countries where there is an increasing number of aging populations. Old age or advanced years is an aging process, a natural course, and is considered as beyond human control. Most countries have recognized 60-65 as retirement age and described it as the start of old age, (Naito, Ohta, & Sano, 2021). Definitions of advanced age are in constant debate due to the social assignment given or accorded to people who are at these ages or stage of life. Issues on the social construct of old age include accompanying roles, responsibilities, and social functions that retirees and people at these ages should be given. However, literature suggests that

aging is just a physical condition and people remain young at heart and mind as they go through different cycles from adulthood to advanced age, (Ost Mor, et al., 2021, pp. 943-962). In the Philippines, one unique and admirable feature of Filipino culture is how elders are valued in the family and community. They occupy a special role in society because of their wisdom and wide array of ideas and abilities. However, not all Filipino elderly shared the same condition and treatment from other social institutions. According to the Coalition of Services of the Elderly (CoSE), there are unreported cases of elderly abuse in the country. Perpetrators are primarily members of their family precisely because of giving responsibility to the family to provide care and attention to them. There are also reasons for social neglect among the elderly because

of weakening physical and socio-economic contributions, (Noor, Isa, & Muhammad, et al., 2021, pp. 133-153).

Despite some of these glaring experiences among Filipino elderly, there are socially-oriented organizations that seek to provide assistance in empowering Filipino elderly. But what makes an elderly “empowered” in a society? Are Filipino elderly living in harmony, fulfillment, justice, and equality? Looking at other countries' treatment provided to elderly, old age groups have tremendously received sufficient attention and services from the family, government, and other civic organizations, (de Guzman, & Laguilles-Villafuerte, 2021, pp. 312-323). In Okinawa, Japan, the Ikigai way of life is a prominent value orientation and norm observed by Okinawans. This community situated in the south of mainland Japan is known as having the world's longest lifespan and highest rates of centenarians. If western idea categorizes life into two aspects: work life and retirement life, Okinawa does not recognize the word retirement because of their strong communal idea believing that there are many reasons why we have to wake up, (Tsuda, 2022, pp. 919-942). There is no single way of finding Ikigai. This practice offers answers like “finding meaning in your life”, “a mix of good genes” and “diet and exercise”. But, Ikigai does not guarantee longevity; rather it provides meaningful and impactful life. If one wants to appreciate Ikigai, he has to deal with questions, what makes you happy? What are you good at? What (and who) do you value? What motivates you to get up in the morning? (Hepburn, 2021, 1-23).

This exploratory study attempts to examine the current condition of elderly and evaluate their emotional, physical, spiritual, financial, and mental stability. It delves on addressing the gaps between issues confronting their old age status and their desire and aspiration for a more meaningful and productive age, (Aliyas, 2021, pp. 703-714). Do senior citizens still have a chance to engage in various social activities in order to live life with meaning? This question prompts the researchers to investigate what opportunities are suitable for senior citizens given the difficulties and complications brought about by the aging process, what factors affect their life, and how senior citizens can achieve stability in all areas of life. Studying the lives and conditions of Filipino elderly remains a severely under-theorized research and empirical studies among this age group appear to be lacking in the Philippines, (Suriyanrattakorn, & Chang, 2021).

## Background of the Study

For the past years, Bacoor became a significant contributor of development in the province of Cavite. It is one of the fastest-growing cities in the country with a number of investments and economic opportunities continuing to rise and operate. Moreover, there is also an increasing influx of people from other provinces in the city making it an option for the congested communities in Metro Manila. In a 2015 survey conducted by the Philippine Statistics Authority (PSA) Bacoor is the most populated city in Cavite with 600, 609 persons. Generally, Cavitenos were described as economically productive with 67.3 percent of the population ages 15-64 are working across industries and sectors while the

province's old age was at 3.98 percent and 28.8 percent were of child dependency age, (Tang, et al., 2021, pp 1687-1696).

With the complexities of life in a first-class city like Bacoor, there are unnoticeable factors brought by this development that pose a challenge. Expectations are high for a city that has fast-paced growth where social services from the government are evident results of the phenomenon, (Lau, Yung, & Tan, 2021). These services come from various factors such as the need to generate employment for economic empowerment, accessible healthcare for a healthy and dignified body and self, clean environment for a balanced and sustainable ecology, and social privileges to be enjoyed by the elderly and the majority. Bacoor local government is known as an innovative city in designing and providing programs for its residents. Its full and effective use of resources in catering the needs and welfare of senior citizens has been described as one of the city's landmark projects, (Elahi, et. al., 2021, pp. 189-202). The city has a total of 15, 875 senior citizens with 5,797 are male and 10,078 are female. This old age group is entitled to different services given by the government like discounts on medical-related privileges, transportation, tax exemption, utilities discount, and different government assistance like social pension. However, in spite of these social services provided by the local government, senior citizens perceive that they are not fully satisfied and fulfilled with the support and assistance given not just only by the government but even their families. The lack of satisfaction among the elderly on aspects like spiritual, emotional, mental, health, and physical, and financial could be attributed to the impacts of opportunities, social activities, and engagements given to them, (Sun, et. al., 2021, pp. 168-175).

## Statement of the Problem

1. What is the elderly perspective of the senior citizen in the community in the area of
  - a. emotional,
  - b. social,
  - c. physical
  - d. financial,
  - e. spiritual, and
  - f. readiness?
2. Is there a significant relationship between the senior citizens in the community as observed by the respondents?

## Hypothesis

There is a significant relationship between the senior citizens in the community as observed by the respondents.

## Significance of Study

With the recent developments and changes introduced by various government and private organizations in empowering seniors across communities, this study is deemed important in the promotion of senior citizen's proactive participation in the society. This presents how seniors project themselves with self-actualization, sense of oneness, and commitment to a group. Likewise, this research offers a conceptual view to different stakeholders of senior citizen's interest on how their purposes are

put into action with comfort, fulfillment, and realization. Furthermore, this study provides additional armory to the limited scholarly works on elderly's role, challenges, and prospects in socio-economic empowerment specifically among Filipinos for lifelong learning activities.

### Research Design

The quantitative-descriptive design was used upon conducting the research. This method involves interpreting the data collected from the criteria used in the instrument on the factors and items that are important on the readiness and stability of elderly people. Included in the application of this method is the use of previous works and literature in order to provide sufficient evidence which shall be beneficial to the study. It quantifies and measures the growing old gracefully with dignity and honor, (Jenkins, et al., 2021).

### Participants of the Study

The research employed 111 respondents who took part in the conduct of this study specifically in the data collection phase where questionnaires were distributed among these participants. They were selected through convenient sampling and snowball technique or through the referral of the Office of Senior Citizen Association (OSCA), an organization recognized by the local government. Code. Also, convenience sampling techniques were utilized by the researchers based on the availability of the respondents during the actual conduct of the survey among members of the said organization. Qualified respondents were able to meet the following criteria: male or female ages 60 up, and are identified as OSCA members. The researcher provided a person with expertise on translating the English text of the questionnaire to local dialect or Tagalog during the actual answering of the test instrument.

### Research Instrument

The primary item of the questionnaire under Emotional Stability and Readiness profile includes 11 subscales focusing on the affection and emotional profiles of elderly people. Next is the Social Stability and Readiness item with 12 subscales on factors like community, environmental and institutional components of the respondents. On the other hand, Physical Stability and Readiness is composed of 9 subscales on factors like the health, physical and dietary routines, and activities of the elderly. Fourth item in the instrument used is the Financial Stability and Readiness profile showing 12 subscales on economic empowerment and conditions. Last item is the Spiritual Stability and Readiness with 9 subscales concerning their faith and spiritual interests, motivations, and perceptions, (Spieth, et al., 2021, pp. 1962-1993).

### Data Collection

Before proceeding to the data collection, the instruments used were subjected to face and content validation which determines the validity of the tool. After the approval from the validators, the researcher initiated a pilot testing of the questionnaire before distributing it to the respondents. Those who qualified as respondents received a physical or hard copy of the questionnaire which includes a letter prepared for the OSCA Office and an informed consent letter to the respondents, Likewise, a Focus Group Discussion (FGD) was administered through the use of

structured guide questions, after the questionnaires were collected. The discussion centered on factors that affect the readiness and stability of the participants, (Lionello, et al., 2021).

### Result and Discussion

This part of the study entails the discussion on the results of the survey conducted among seniors. The data presented are all based from the computation and statistical treatment employed which also reveals the corresponding interpretation and analysis.

**Table 1: Emotional Stability Profile of Respondents**

Emotional Stability/Readiness	WM	I	R
1. I am not a worrier.	2.62	High	6.5
2. I often get angry at people.	2.72	High	4
3. I rarely feel lonely or blue.	2.66	High	5
4. I often feel helpless and want someone else to solve my problems.	2.90	High	2
5. I sometimes feel completely worthless.	2.62	High	6.5
6. I rarely feel fearful or anxious.	2.45	Low	11
7. I seldom feel sad or depressed.	2.59	High	9
8. I keep a cool head in emergencies.	2.57	High	10
9. I am not considered a touch or temperamental person.	2.61	High	8
10. I can handle myself pretty well during a crisis.	2.89	High	3
11. I am always able to keep my feelings under control.	2.96	High	1
<b>Average Weighted Mean</b>	<b>2.69</b>	<b>High</b>	
<b>Standard Deviation</b>	<b>0.140</b>		

The table displays the arithmetic mean of the 111 respondents' overall subscale means. Generally, the arithmetic mean of 2.69 indicates that their emotional stability and readiness are high which suggests that the majority of elderly have shown stable emotional character in handling their personal concerns, challenges and opportunities. In addition, older people with strong socio-emotional networks have shown higher emotional well-being in their day-to-day life within their usual environment, (Kim, Pyun, & Park, 2021, pp. 985-994). Subscale number 11 has the highest mean with 2.96 is described as "High" and shows that respondents have high emotional control. This was followed by subscale number 4 or elderly people often feel that they are helpless and

want others to solve their problem with a mean of 2.90. Third, in rank is subscale 10 or the ability to handle challenges and crises. Another subscale with “High” description is item number 2 or “I often get angry at people” with a mean of 2.72 which is interpreted that emotional stability among the respondents have shown a high degree of control in dealing with people. Positive emotions among elderly are experienced during social interactions and considered as an important function in the positive functioning of their emotions, (Kundi, Sardar, & Badar, 2021). Fifth in rank is “I rarely feel lonely or blue” which is described as “High” and shows respondents' high response to different moments with joy and excitement. This was followed by subscale 1 or “I am not a worrier” and 5 or “sometimes feel completely worthless”. Older people usually feel anxious and worried due to their perception that they are a burden to their family because of practical matters like expenses and resources in caring for them, (Dienstbier, & PytlíkZillig, 2021). Both items were described as “High” and with a weighted mean of 2.62 and have shown worrying is not a concern among elderlies, however, there are times that respondents’ have the feeling of being completely worthless described as a cause on the lack of activities offered to elderlies which will promote their well-being and contributions to the community. Next in rank is subscale number 9 or “I am not considered a touchy or temperamental person” which has a “High’ interpretation. This indicates that respondents are described as having high emotional control and are not temperamental during situations that require emotions. Being temperamental is a result of complex relationships among factors over the course of development of people, (Farriol-Baroni, et al., 2021). The same interpretation for subscale number 7 or “I seldom feel sad or depressed” is described as “High”. This shows respondents’ fulfillment to different activities and engagements they may have may be personal or social. Notably, the number of emotionally close social partners remains highly stable among elders as a result of sustained social activities and relationships, (Sindhuja, & Vijayashri, 2021)

Likewise, subscale “I keep a cool head in emergencies” was also interpreted as “High” which is described as similarly close to items that require control of emotions during periods of problems, challenges, and crisis. Lastly, subscale number 6 or “I rarely feel fearful or anxious” obtained the lowest score of 2.45 and interpreted as “Low” or described as respondents’ rare experience of being fearful and anxious at their age, (Caverra, et al., 2021). Emotional stability of respondents indicates that there is a high control of emotions among elderly. This high stability and readiness among respondents ages 60 above have a positive inclination that they have efficient coping strategies and control responses to different activities, obligations, and opportunities. However, the “High” interpretation observed on subscale number 5 that respondents sometimes feel completely worthless could be described as a factor affecting the entire emotional well-being and fulfillment of elderly people, (Alwajud-Adewusi, 2021, pp. 137-148).

**Table 2: Social Stability Profile of Respondents**

Social Stability/Readiness	WM	I	R
1. I am liked by others.	3.07	High	1
2. I protect the environment.	3.00	High	3
3. I am sensitive to the needs of other people.	2.86	High	7
4. I accept my roles in my family and community.	2.89	High	6
5. I help other people.	2.96	High	4
6. I respect the traditions of my family or group.	3.04	High	2
7. I am concern about the rights of others.	2.90	High	5
8. I always lead a group during an activity.	2.54	High	11
9. I am sensitive to the emotional needs of others.	2.64	High	8
10. I am active in different community groups	2.61	High	9.5
11. I have other plans of engaging actively in the community.	2.50	High	12
12. I am willing to commit myself for future community projects.	2.61	High	9.5
<b>Average Weighted Mean</b>	<b>2.80</b>	<b>High</b>	
<b>Standard Deviation</b>	<b>0.207</b>		

Social stability among seniors focuses on the roles, involvement, and preferences in the community and their membership with civic organizations. Based on the data collected, social stability and readiness of respondents are interpreted as “High” with an average weighted mean of 2.80 and described as a desirable condition experienced by elders. All indicators under the social instability scale were described as “High” and found that there are subscales that respondents have the interest to be actively involved more on some community projects and activities. Subscale number 1 or “I am liked by others” had the highest mean with 3.07 showing a high perception among the respondents on how they are being perceived and liked by others like their peers, family members, neighbors, and friends. Older adults appear to navigate social environments well in maintaining high levels of well-being through using various ways and modes of social regulation and selection, (Minino, et al., 2021, pp. 1-11). This was followed by item number 6 or “I respect the traditions of my family or group” which was also interpreted as “High” with a 3.04 mean. item explains the recognition of the respondent in showing respect to the various traditional practices observed by some members of the family. For adults, tradition is treated as a reservoir and a key source of strength to draw upon and



an important element of one’s identity, specialness, and sense of safety, (Tao, 2021, June, pp. 820-825). For the component “I protect the environment”, it has a mean of 3.00, elderly people have shown that they have high concern and priority on the importance of protecting the environment. Adults regard the environment as something that can promote healing, reduce stress, and increase well-being and found to be a source of restorative qualities from the effects of stresses in life, (Chen, et al., 2021, pp. 1-8). Likewise, the item “I help other people” was also described as “High” with a mean of 2.96. This pertains to the willingness and care of the respondents to provide assistance and help to others which is observed as an innate attitude of the elderly. It asserted that a loss in social belonging and contact with peers could be caused by bereavement could result in the increase in negative distress for people of old ages, (Choi, et al., 2021).

Furthermore, the item “I am concerned about the rights of others” was also rated as “High” with a mean of 2.90. This reflects the socio-emotional concern of the respondent on the rights of other people and how they are given just and equal treatment of the law. “I accept my roles in the community and family” indicator scored 2.89 which shows that respondents have the willingness in accepting roles and functions in the family and community. This shows that there is high preference on the social engagement of elderly to be involved in some activities. Studies have found that elderly people find contentment if there is higher involvement in community and family activities and with activities of the local government, (Kim, Nam, & Lee, 2021). Other subscales interpreted as “High” are items 3 and 9 or “I am sensitive to the needs of other people” and “I am sensitive to the emotional needs of others” with a mean of 2.86 and 2.64 respectively. The relative importance of emotion-related goals increases based on age, (Yuan, Zheng, & Hui, 2021, pp. 727-765) such behavior of adults is attributed to their exposure and preference to positive events over life experiences. Like other items showing the concern and care of the respondent to others, these factors are indicating the sensitivity of elderlies to others, that at their age they are still empathetic and have the commitment to help others like physical, financial, and emotional assistance, (Lianxin, & Li, 2021, pp. 1-12). Subscale numbers 10 and 12 have both the same mean of 2.61 and are described as “High”. These social stability indicators suggest that respondents are self-aware and that they are active in different community groups and willing to be part of future projects in the society. On the leadership note, subscale “I always lead a group during an activity” rated as “High” with a mean of 2.54 implies that elderly people have maintained their leadership character in influencing others to follow. Lastly, subscale “I have other plans of engaging actively in the community” with a mean of 2.50 shows that respondents have future plans to be part in some community projects, may it in their organization or other social groups. Elderlies regard organization as an important site of building social networking and involvement with members in different activities, (He, Wu, & Sheng, 2021, pp. 142-158).

**Table 3: Physical Stability and Readiness Profile**

Physical Stability/Readiness	WM	I	R
1. I take care of my body.	3.36	High	1
2. I am in good physical shape.	2.75	High	2
3. I am strong or good in sport (running, dancing, etc.)	2.32	Low	9
4. I exercise regularly/daily.	2.54	High	7
5. I am physically active to perform different jobs/assignments.	2.64	High	4
6. I have periodic medical consultations.	2.57	High	5.5
7. I am undergoing medication.	2.39	Low	8
8. I am religious about my diet.	2.68	High	3
9. I have physical disability.	2.57	High	5.5
<b>Average Weighted Mean</b>	<b>2.65</b>	<b>High</b>	
<b>Standard Deviation</b>	<b>0.299</b>		

Physical stability includes the health and well-being of a person. This is an important component in determining happiness and fulfillment in life. From the table presented, an average weighted mean of 2.99 on the physical stability and readiness of respondents is described as “High” which means there are numerous researches conducted that look for the correlation between work ability and age and this has dealt with how old age groups cope with the demands of work stability. These studies have shown that when people reach a certain age, their work ability significantly decreases. Additionally, as workers continue to age, their work ability also continues to decrease, (Shahrbanian, Hashemi, & Hemayattalab, 2021, pp. 271-278). From among the list of components in the physical readiness profile of respondents, ‘I take care of my body’ scored 3.36 which refers to the personal practice and observance of the respondent in taking care of their body and health. This was followed by “I am in good physical shape” with a mean of 2.75 which reflects the elderlies’ personal perception that they have good physique. Another subscale with “High” interpretation is “I am religious of my diet” which shows that respondents have observed strict practices on their diet and food intake. Fourth in rank is item number 5 or “I am physically active to perform different jobs/assignments” which indicate that respondents are self-aware that they are physically able to accept different assignments even at their age and condition. Self-perception among elderly implies that they find themselves healthy and physically able. Physical activeness of adults is an important strategy for preventing chronic diseases and promoting health, (Navarrete-Villanueva, et al., 2021, pp. 143-160). Next subscales interpreted as “High” with the same weighted mean of 2.57 are “I

have periodic medical consultation” and “I have physical disability”. These show that respondents have physical problems due to deteriorating health and are periodically on some health examinations and consultations. “I exercise regularly” subscale scored 2.54 and described as “High” reflects the respondents’ active physical exercise as a way to maintain health and avoid necessary health problems. Regular physical exercise is an important requirement in the maintenance of health among older adults given the increased prevalence of risks but could be prevented by exercising daily (Bruce, et. al, 2002). The effects of an outdoor walking exercise program among seniors could result in the increase of cardiorespiratory function and its flexibility, (Lee, An, & Lee, 2021). On the other hand, “I am undergoing medication” or item number 7 obtained a “Low” interpretation with a weighted mean of 2.39. This finding reveals that most if not all respondents are currently on medication processes which require resources. This is common to Filipino adults as experienced by older people, with or without chronic disease, and found to be unpleasant and distressing to those who do not have the means to support periodic medication. The same result for “I am strong or good in sport” with a weighted mean of 2.32 which shows that there is a weak endurance among elderly people in sports like running and recreational activity like dancing, (Piech, & Czernicki, 2021).

saving for me.			
<b>Average Weighted Mean</b>	<b>2.16</b>	<b>Low</b>	
<b>Standard Deviation</b>	<b>0.196</b>		

Financial stability of the respondents focuses on their personal economic well-being. This entails the ability and capability of elderly to respond to challenges concerning their financial means. From the data collected, financial stability and readiness profile of respondents on 12 subscales show that there is an overall mean of 2.16 and rated as “Low”. It was observed that this component has the lowest overall mean which indicates that elderly people have concerns and issues on matters relating finances. Filipinos across all ages have problems in saving money primarily because of the lack of knowledge in savings. The only subscale interpreted as “High” is item number 5 or “I am ready to retire” with a mean of 2.50. This shows the readiness of elderly people to retire from work and employment. Longer lives and rising healthcare costs have made retirement more expensive at the same time that stagnant wages and the decline of the traditional pension have made it harder to save enough, (Ooi, et al., 2021, pp. 353-368). This was followed by “I receive pension monthly” with a mean of 2.22 and interpreted as “Low”. Such findings reveal that respondents are not satisfied with the amount of pension they receive monthly from SSS and GSIS which affects the purchasing behavior and financial obligations to their family. Monthly pension from SSS is not sufficient to address the needs of a Filipino elderly specifically in the procurement of medicines, (Jones, et al., 2021, pp. 187-196). Third in rank rated as “Low” with a mean of 2.39 are items 1 and 2 or “I am able to handle my finances well” and “I make money for myself and family” respectively. Even with their monthly pension and other sources of income received, respondents perceived financial management at personal level unsatisfactory. Furthermore, it is noted that adults refuse to retire because they enjoy working, derive satisfaction from using their skills, gain a sense of accomplishment from the job they perform, and enjoy the chance to be creative. Some felt a feeling of worthiness being able to contribute something instead of waiting for somebody to give them something, Carta, et al., 2021). My family is the one saving for me and was rated as “Low” with a mean of 2.15. This implies the respondents’ financial independence if not, the lack of savings or disposable income provided by other members of the family. Sixth in rank are “I receive allowance from my family” and “I am still working to earn for a living” with both having a mean of 2.14 and marked as “Low”. Meanwhile, other motivations to work include financial necessity, especially to those low-income adults, (Hu, 2021). The longer an individual works, the easier it is to afford a comfortable retirement. Respondents revealed that they do not receive allowance from members of the family and are not anymore employed or active in any service to earn money. Next are “I am the breadwinner” and “I donate a portion of my money/income to an institution” marked as “Low” with a mean of 2.11. First subscale shows the respondents’ absence from work to provide finances to the family as they are already at their retirement age while the other item indicates elderly lack of philanthropic works through providing financial assistance to some

**Table 4: Financial Stability Profile of Respondents**

<b>Financial Stability/Readiness</b>	<b>WM</b>	<b>I</b>	<b>R</b>
1. I am able to handle my finances well.	2.39	Low	3.5
2. I make money for myself and my family.	2.39	Low	3.5
3. I am wealthy.	1.86	Low	11.5
4. I have enough savings in the bank.	1.86	Low	11.5
5. I am financially secure.	2.04	Low	10
6. I am ready to retire anytime.	2.50	High	1
7. I receive allowance from my family	2.14	Low	6.5
8. I am the breadwinner.	2.11	Low	8.5
9. I donate a portion of my money/income to an institution (church, NGO, community group).	2.11	Low	8.5
10. I am still working to earn a living.	2.14	Low	6.5
11. I receive pension monthly (SSS, GSIS).	2.22	Low	2
12. My family is the one	2.15	Low	5

organizations. Another component found to be disturbingly rated by the respondents as “Low” with a mean of 2.04 is “I am financially secured”. Elderlies perceived themselves as not financially ready and stable as seen in other items in the profile inventory. The financial insecurity of the respondents comes from different factors such as the lack of savings and their high financial obligations. Lastly, subscales with the lowest mean are “I am wealthy” and “I have enough savings in the bank” both rated as “Low” with a mean of 1.86. In a report published by UP Institute of Ageing, the problem of financial non-readiness of Filipino elderly is attributed to various factors such as poor health, lack of preparation for old age, poor pension plan, and absence of financial literacy. Respondents show their self-awareness that they are not wealthy and money is still a concern. Likewise, savings in the bank among the elderly is another concern which shows that they have minimal amount kept in the financial institution if not, no savings kept, (Secretariat, 2021).

**Table 5: Spiritual Stability Profile of Respondents**

Spiritual Stability/Readiness	WM	I	R
1. I am a religious member of the church.	2.78	High	5
2. I am active in different church organizations.	2.37	Low	9
3. I rarely attend mass/religious activities.	2.52	High	8
4. I believe in the guidance of God and importance of faith.	3.19	High	1
5. I have never changed my religion.	2.96	High	4
6. My actions and decisions are influenced and dictated by my religion.	2.63	High	6
7. I always use God and the teaching of the church in whatever I do.	3.11	High	2
8. My being religious/faithful is an influence of my family and friends.	2.59	High	7
9. I regard my faith and religion as the most important component of my age now.	3.04	High	3
<b>Average Weighted Mean</b>	<b>2.79</b>	<b>High</b>	
<b>Standard Deviation</b>	<b>0.288</b>		

Spirituality is an important determinant also in the readiness and stability of an elderly. This aspect of respondents' profile presents the spiritual well-being and behavior of elderly people. Results reveal that spiritual stability of the respondents was rated as “High” with an overall mean of 2.79. This indicates that elderlies’ spiritual and religious behavior, activities and interests are stable and

considered as well-satisfied and fulfilled. Majority of Filipinos have the core values on the virtue and importance of spirituality is the center of Filipinos' ability to be resilient in the face of adversity, (Büssing, et al., 2021, pp. 369-395). “I believe in the guidance of God and importance of faith” item was ranked number 1 among 9 subscales. It has a mean of 3.19 and is marked as “High”. This indicates that there is strong spiritual belief among the respondents regardless of their religious background and orientation. Next is item number 7 or “I always use God and the teaching of the church in whatever I do” with a mean of 3.11 and rated as “High”. Such findings reveal that religion plays a significant role in the decision-making of elderly people; it may be a personal, family or organizational decision. This was followed by subscale “I regard my faith and religion as the most important component of my age now” with a mean of 3.04 and described as “High”. Religion is considered as the most important component among elderly as part of their age or status, perceived as more important than other aspects of their lives, (Fife, Brooks-Cleator, & Lewis, 2021, pp. 252-270). It asserted that religiosity is an innate culture among Filipinos and is important in directing towards the preservation of relationships. Also with a high description is “I have never changed my religion” with a mean of 2.96 which shows the elderlies’ faithfulness and loyalty in practicing one religion from the time of their consciousness up to late adulthood. “I am a religious member of the church” has a mean of 2.78 or “High” and is described as the active participation and presence of the respondents in attending spiritual ceremonies and other church’ important activities. Following item number 1 is “My actions and decisions are influenced and dictated by my religion” with a mean of 2.63 and with a “High” description. This finding implies that respondents perceived that their decision and actions are being dictated and highly influenced by their faith and doctrinal teachings of the church, (Saeidimehr, et al., 2015). It describes Filipino Christianity as very much an indigenous religiosity, it is socially imprinted as an important commitment among Filipinos especially adults. Likewise, “My being religious/faithful is an influence of my family and friends” was also rated as “High” with a mean of 2.59 which shows that the religious affiliations and orientation of respondents are strongly influenced by members of their family and friends. “I rarely attend mass/religious activities” with a mean of 2.52 was marked as having the lowest mean among the 8 subscales with “High” description. Respondents expressed their self-awareness that they attend and join church ceremonies and activities rarely. On the other hand, the only item that was rated “Low” with a mean of 2.37 is “I am active in different church organizations” described as respondents having inactive involvement in some religious organization in the church. It argues that Filipino found religious and civic membership as a way promoting quality life and well-being, (Narimani, & Eyni, 2021).

**Table 6. Stability and Readiness Profile of Respondents**

Indicators	WM	I	R
Social Stability/Readiness	2.80	High	1.5
Spiritual	2.80	High	1.5

Stability/Readiness			
Emotional Stability/Readiness	2.69	High	3
Physical Stability/Readiness	2.61	High	4
Financial Stability/Readiness	2.17	Low	5
<b>Average Weighted Mean</b>	<b>2.64</b>	<b>High</b>	
<b>Standard Deviation</b>	<b>0.280</b>		

From the 5 stability profiles studied by the researchers, results have shown that the social and spiritual stability and readiness component of respondents were rated as the most stable component of aging among elderly. An overall mean of 2.64 rated as “High” to both profile sets which implies that elderly people have stability and readiness in managing their social and spiritual aspects of life. Aspirations, activities, and challenges are perceived as manageable if not described as non-issue among the elderly. Next in rank is the emotional stability profile of respondents with an average mean of 2.69 and marked as “High”. This shows that respondents have the ability and will to manage their emotions. Like the other 2 stability profile scales of respondents, emotions among the elderly are manageable and could be controlled in situations where affection, anger, and frustration are high. However, 1 component of the emotional readiness profile among respondents that showed a negative result pertaining to the condition of the elderly is their perception that they sometimes feel worthless. Such finding implies a low confidence level among respondents on how they value themselves in the society. Following the order is physical readiness and stability of respondents which was rated as “High” with an average mean of 2.61. Results of the study indicate that deteriorating age comes with weakening body or physical condition of elderly. Old age is linked to the health status and physical well-being of an adult. Medication, diet, lack of exercise, and physical disabilities were found to be concerns among the elderly. They perceived themselves as having problems regarding their health and body. On the other hand, financial stability and readiness among respondents is the only component among the 3 scale sets that was rated “Low” with an overall mean of 2.17. Results reveal that elderly people perceived themselves not financially ready and capable to confront or meet challenges concerning money and finances. The lack of financial preparation and the absence of more economic opportunities during their employment years found to be reasons for their financial condition. Savings and income derived from retirement are insufficient to handle financial obligations and activities of the respondents.

**On the test of significant relationship of the senior citizen in the community as observed by the respondents**

**Table 7: Test of Significant Relationship of the Senior Citizen in the Community as Observed by the Respondents**

Test of Variables as observed by the respondents	z computed value	com parison	z critical value	Decisi on
Emotional	75.74426	>	±1.96	rejecte d
Spiritual	64.83870	>	±1.96	rejecte d
Physical	51.05893	>	±1.96	rejecte d
Financial	51.40285	>	±1.96	rejecte d
Social	54.77336	>	±1.96	rejecte d
Readiness	52.56375	>	±1.96	rejecte d
two-tailed test with z critical value of ±1.96 at 0.05 level of significance				

Table 7 presents the test of the significant relationship of the senior citizen in the community as observed by the respondents.

It reveals that when the variables are tested, it shows that all z computed values are higher than the z critical value of ±1.96 which is significant in relationship and rejection of the hypothesis. Therefore, it is safe to say that there is a significant relationship between the senior citizens in the community as observed by the respondents.

**Conclusion**

Emotional stability shows that respondents are able to keep their feelings under control since they feel helpless and want someone else to solve any problems and issues in their lives where they can handle themselves during crises.

Social stability shows that they like others where they respect the traditions of a family or group in the community. It also shows that they are protective of the environment.

Physical stability shows that they care much of their bodies where they can maintain their good physical shape through diet and religious activities.

Financial stability shows that they are stable due to their retirement benefits where they can handle their finances well.

Spiritual stability shows that they believe in the guidance of God and the importance of faith. They always use God and the teaching of the church in whatever they do, where they regard their faith and religion as the most important component of their age

It shows that readiness of the senior citizens is stable in terms of social, physical, emotional, financial, and spiritual aspects among the respondents.



## Conflict of Interest Statement

The authors declare no conflict of interest.

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