



A Study on Intergenerational Relationship & Older Adult Well-being

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Abstract

Intergenerational relationships, characterized by the meaningful connections and interactions between individuals of different age groups, play a vital role in the well-being of older adults, influencing their emotional, psychological, and social health. This research investigates how the regularity and quality of these relationships contribute to the overall quality of life in older adults, focusing on aspects such as emotional stability, mental health, social engagement, and life satisfaction. The study emphasizes the need for interventions that foster positive intergenerational connections, recognizing their critical significance in enhancing the emotional and social health of older adults. By nurturing robust intergenerational bonds, communities can better support the well-being of this vulnerable population.

Keywords: Emotional Stability, Intergenerational, Psychological Health.

1. Introduction

The aging population is growing globally, leading to increased interest in understanding the factors that contribute to the well-being of older adults. Among these factors, intergenerational relationships play a crucial role. These relationships, which refer to the connections between individuals from different generations, such as parents and children, grandparents and grandchildren, or even older adults and younger people in the community, serve as a foundation for emotional support, care, and a sense of belonging. Intergenerational relationships can significantly affect various aspects of an older adult's life, including their psychological health, physical well-being, and social engagement. Positive interactions between generations provide opportunities for companionship, advice, and support, while negative or absent relationships can lead to loneliness, isolation, and decreased mental health. This study aims to investigate how intergenerational relationships influence the well-

being of older adults. By exploring different forms of interaction, cultural contexts, and social expectations, the study seeks to identify the key factors that enhance or hinder the positive effects of these relationships on older adults. Understanding these dynamics can help inform policies and interventions designed to support older adults in maintaining strong, supportive relationships with younger generations, ultimately improving their quality of life [1].

2. Definition

2.1. Intergenerational Relationships

Intergenerational relationships refer to the meaningful connections and interactions that occur between individuals of different age groups, particularly between older adults and younger generations. These relationships can take various forms, including familial bonds, friendships, mentoring relationships, and community engagements, and are characterized by mutual



support, respect, and the sharing of knowledge and experiences.

2.2. Emotional Stability

Emotional stability refers to an individual's ability to maintain a consistent emotional state and effectively manage stress, anxiety, and negative feelings. In older adults, emotional stability is critical for coping with life changes, health issues, and social dynamics, contributing significantly to their overall well-being.

2.3. Life Satisfaction

Life satisfaction is a subjective assessment of one's overall contentment with life, encompassing factors such as personal achievements, relationships, and daily experiences. In older adults, higher levels of life satisfaction are often associated with better mental and emotional health, as well as stronger social connections [2].

2.4. Statement of The Problem

The well-being of older adults has become a critical concern in today's aging society. Intergenerational relationships, defined as the social and emotional bonds between different generations, play a significant role in influencing the mental, emotional, and physical health of older adults. However, there is limited research on how these relationships impact well-being, particularly in the context of changing family structures, societal expectations, and evolving communication patterns between younger and older generations. This study aims to explore the relationship between intergenerational interactions and the overall well-being of older adults, addressing a gap in current literature by examining how these dynamics influence their quality of life and emotional support systems. Understanding this relationship is essential for developing policies and programs that enhance the well-being of the aging population.

2.5. Scope of The Study

This study on intergenerational relationships and older adults' well-being holds significant social relevance in the context of an aging global population. As societies experience demographic shifts with an increasing number of older adults, understanding the factors that contribute to their well-being becomes essential for promoting healthy aging. Intergenerational relationships are a key component in fostering emotional support, social inclusion, and

community engagement for older adults, which can mitigate feelings of loneliness and isolation—a growing concern in modern society. This research is socially relevant because it highlights the importance of maintaining strong bonds between generations to ensure older adults feel valued, connected, and supported. Insights gained from this study can inform family dynamics, community programs, and social policies aimed at improving the quality of life for older adults. By addressing how intergenerational interactions influence well-being, the study can contribute to a more inclusive society that prioritizes the needs of all age groups and promotes better intergenerational understanding and cohesion [3].

3. Review of Literature

Emotional support from adult children positively correlates with the SWB of older adults in both the U.S. and South Korea (Chu et al., 2023). In India, intergenerational solidarity is a critical determinant of SWB, with functional and consensual solidarity showing significant effects (Saha, 2024). Social Participation Patterns. In rural China, intergenerational support affects social participation, with financial support reducing work-related activities among older adults (Wang & Cheng, 2024). Emotional support is linked to various social participation patterns, enhancing overall engagement (Wang & Cheng, 2024). Impact of the COVID-19 Pandemic [4]. The pandemic altered intergenerational relationships, with those maintaining high contact reporting better well-being (Sneed, 2023). While intergenerational relationships generally promote well-being, the nuances of these relationships, such as cultural differences and the type of support provided, can lead to varied outcomes, indicating a complex interplay that warrants further exploration (Sharifi et al., 2023)

4. Research Methodology

4.1. Objectives of the Study

- To examine the frequency and quality of intergenerational interactions among older adults and their relationship with overall well-being.
- To assess the impact of intergenerational relationships on the emotional, social, and physical health of older adults.

- To explore the role of family dynamics and community engagement in enhancing older adults' well-being through intergenerational support.
- To identify factors that influence the nature and effectiveness of intergenerational relationships in promoting the quality of life among older adults.

The research design adopted by the researcher is

descriptive in nature. From non-probability sampling, purposive Sampling method was used and the sample size was 60 consisting of young old belonging to Coimbatore district. Self-structured Interview Schedule was used by the researcher to obtain Socio-demographic and data from the respondents. The statistical tools applied by the researcher Percentage Analysis, Chi-square, T-test, and ANOVA, Shown in Table 1 & Table 2.

Table 1 Finds of the Study

S:NO	FACTORS	MEDIUM	FREQUENCY	PERCENTAGE (%)
1	Age	65-74 years	54	75
2	Gender	Male	42	71.7
3	Educational qualification	+2	44	73.3
4	Type of family	Joint family	42	71.7
5	Residential background	Semi urban	15	38.3
6	Family income	Rs.20000 to Rs.30000	41	58.3

Table 2 Distribution of The Respondents by The Levels of Emotional Well-Being of Older Adults

S. No	Emotional well-being of older Adult	No. of Respondents	Percentage (%)
1	High	7	11.6
2	Moderate	8	13.3
3	Low	45	75
TOTAL		60	100

4.2. Findings

- Majority (75%) of the respondents were 65-74 years of age.
- Majority (71.7%) of the respondents were male.
- Majority (73.3%) of the respondents were +2.
- Majority (71.7%) of the respondents were from joint family.
- Less than half (38.3%) of the respondents are from semi-urban.
- More than half of (58.3%) of the respondents have Rs.20000 to Rs.30000 family income.

4.3. Interpretation

The above table depicts that (11.6%) of the respondents has high level of Emotional well-being in older Adult, (13.3%) of the respondents has moderate level of Emotional well-being in older Adult and (75%) of the respondents has low level of Emotional well-being in older Adult. [5]

- There is significant difference in the age and emotional well-being of the older adults.
- There is no significant difference in the gender and emotional well-being of the older adults
- There is significant difference in the educational qualification and emotional well-being of the older adults
- There is no significant difference in the marital status and emotional well-being of the older adults.
- There is significant difference in the type of family and emotional well-being of the older adults.
- There is no significant difference in the residential background & emotional well-being of the older adults.
- There is significant difference in the family income & occupational stress of the older adults



5. Recommendation

- The researcher recommends to promote regular interactions between generations, such as through community events, family gatherings which can have a positive impact on emotional and psychological health of older adults.
The researcher recommends to develop community-based support system to encourage social inclusion and engagement
The researcher also recommends to encourage emotional openness through support groups, which can enhance emotional stability.
The researcher additionally recommends to design culturally relevant programs that align with community norms, which can strengthen intergenerational bonds, ultimately improving the overall quality of life for older adults, Shown in Table 3.

Table 3 Influence of Socio-Economic Factors and Self-Disclosure and Emotional Well-Being of The Respondents

Table with 4 columns: VARIABLES, STATISTICAL TOOL, VALUE, RESULT. Rows include Age & emotional well-being, Gender & emotional well-being, Educational qualification, Marital status, Type of family, Residential background, and Family income.

Conclusion

Intergenerational relationship plays a vital role in enhancing the emotional, psychological, and social well-being of older persons. Frequent, meaningful contact with the younger generations may provide essential emotional support and reduce loneliness, while providing a sense of belonging and support. Societies can aid in strengthening these bonds by implementing community-based programs that aim to address specific family dynamics as well as offer financial and emotional support.

emotional well-being.

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