

# Navigating Life Fulfillment: Insights among Male Late Adults

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By

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## CHAPTER ONE INTRODUCTION

In 2020, a study's findings showed that life satisfaction (LS) and also hedonic balance (HB) are influential to psychosocial resources on happiness. That said, 50% of late male adult participants  $n=76.67$  whom ages ranges to 65 to 90 and mostly to have chronic disease, have greater than 4 children, and has low monthly family income as there one of the components that are influential to life satisfaction (Raquel Lara et al., 2020) Aside from that, social support and daily activities predict the level of life satisfaction and the dimensions of health with the significance if correlating factors of education level and employment status (Shahab papi et. 2021). With this another study showed that it is very common in late adults that the increase of certain social frailty is common among late adults with 16.98% as depression is one of the significant related to social frailty (Julie D Henry, PhD et., 2022).

- Understanding how older individuals cope with daily activities and social roles is an important aspect of aging. Proactive approaches to aging are used to help promote the development of constructive, problem-orientated, and positive coping strategies. Thus, coping strategies can be viewed as a positive approach to normal aging. It has been suggested that positive coping strategies can improve quality of life. It is also true that, if used properly, positive coping strategies can improve quality of life even in stressful situations (Sanjay Kumar, 2023).
- In 2023, the population aged 65 years and above in the Philippines is 5.6%. Which had increased from 2.8% in 1974 to 5.6% in 2023, and growing at an average annual rate of 1.41%. It is due to this increment that the term 'global aging' has gained much attention among researchers, policymakers, civil societies, and governments worldwide (Lutz, Sanderson, & Scherbov, 2008). Moreover, the continuous decline in fertility rates and increased life expectancy had resulted in an ongoing demographic transition where the share of adults aged 65 or older was increasing and outnumbering children younger than five years (United Nations, 2019).
- This study addressed one gaps, it addressed the role of the family relationship influenced the older men's sense of purpose, belonging and overall life fulfillment. It explored the journeys of older men in cultivating and presenting important family relationships through their lives. Understanding the gap promised insights for developing strategies to promote greater life fulfillment.
- Through this research, we aimed to understand what gives a sense of life fulfillment to older men aged 65 above. It looked at how their health, previous jobs or occupations, and relationships with children impact their well-being and perspectives on fulfilling life. This provided insights into generational differences in conceptualizing meaningful life.

### A. *Research Purpose and Research Questions*

The research aimed to explore insights of fulfillments of Male Older Adults specifically ages 65 years old and above, health condition, occupation and children. Social relationships played a crucial role in the well-being of late adults, or health challenges, on late adults' perspectives in Bagong Silang, Iligan City. This investigation offered insight into the sense of integrity and life fulfillment among late adults, assessing the effectiveness of strategies such as counseling, support groups, or educational programs. Finally, the research compared different generations to see how views on integrity and life fulfillment changed with age. It looked at how late adults saw these ideas compared to younger people. This could show how perspectives shifted over a lifetime. Specifically, the questions are:

- What are the perceptions of late adults, specifically male 65 and older, towards life fulfillment?
- What are the personal views of late elderly participants' relationship to their family?
- What are the insights of late elderly respondents about life fulfillment?

### ➤ *Significance of the Study*

The results of this study aim to provide practical and holistic benefits to the following groups:

- **Older Male Adults.** The findings of this study greatly benefit the older adults in gaining insights into aging well, health promotion and disease prevention, social support, and quality of life. Appropriate application of these insights can have an impact on their resilience and longevity.
- **Health Care Workers.** As the primary provider of medical services to the older population, health care workers can gain tremendous benefits from this study by gaining deeper understanding into the psyche of the older male adult. With a comprehensive care plan that caters to the physical, emotional, and mental health needs of the older male adult, health care workers can serve as the catalysts for transformative care for this aged population.
- **Mental Health Nurses.** Exploring how late adults navigate integrity and life fulfillment can provide insights into their psychological and emotional well-being. Learning about late adults in this way can help create mental health programs designed for their specific needs.

- **Family and Care Providers.** Social support is vital in ensuring a high level of quality of life among male older adults. As the primary care provider, the family carries the responsibilities of ensuring the well-being of the older family member. This study can give them unique insights into the perspectives of the older male adult that can enrich their understanding and improve the level of care that they provide.
- **Future Researchers.** Future researchers can benefit by expanding and continuing the study, improving the foundations of this study. Building on this foundation will enhance understanding and contribute to optimizing healthy and positive aging. This work has the potential to transform how society approaches aging, fostering dignity, vitality, and purpose for older adults.

#### *B. Scope and Delimitation*

The study was conducted focusing on the respondents residing at Bagong Silang, Iligan City who were 65 years old and above, male, had no professional job, married, and had at least two or more medical conditions. This included the specific cultural context or region to ensure depth and specificity in understanding the perspectives of late adults. Cultural variations may have influenced attitudes towards integrity and life fulfillment, also the health of late adulthood that primarily focused on the psychological and emotional dimensions, with health considerations as a background factor. Respondents had to have clarity of mind and possess clear communication skills for the researchers to be able to get clear information and data.

#### *C. Definition of Terms*

➤ *The Following Key Terms are Operationally Defined for Clarity and Better Understanding of the Study.*

- **Older adults.** Relating to old people, starts from the age of 65 years old and above.
- **Aging.** The process of increasing in age physically, developmentally, and psychosocially. Older adults experience a myriad of changes and transformations through their negative and positive experiences which affect the way they evaluate life.
- **Life Fulfillment.** Feeling happy and satisfied with life. It involves the perception that one's life has been meaningful, purposeful, and aligned with personal values and goals. Life fulfillment can be influenced by various factors, including relationships, achievements, personal growth, and the pursuit of meaningful experiences.
- **Well-being.** This refers to the overall subjective experience of contentment and satisfaction in the multiple aspects of life. It encompasses physical health, mental resilience, emotional fulfillment, family and social connectedness, financial stability, engagement in meaningful activities, and access to health care services. Ultimately, it defines the person's sense of security and happiness.

## CHAPTER TWO

### REVIEW OF RELATED LITERATURE

This literature reviewed and explored the perspectives of late adults on life fulfillment. As people grew older, they encountered various challenges affecting their happiness and well-being across four main areas: Quality of life Among Late Adults, Factors affecting quality of Life which includes: Comorbidity in Old Age, Mobility and Physical Activity and Family and Social Support. A total of 45 articles were gathered from several databases. There were thirty-five articles from Google Scholar and ten articles from EBSCOhost.

Maintaining the life satisfaction of frail middle-aged and older adults when they experience physical disability, lower activity status. The purpose of this study was to provide evidence for the impact of frailty in middle-aged and older adults on life satisfaction under the simultaneous occurrence and correlation of physical disability and physical activity status. The structured questionnaire was validated by experts and gathered data on characteristics, health status, social support, employment status, leisure and social participation, aging mentality, economic status, etc. This study provides evidence that physical activity and physical disability influence the development of frailty. It also has a significant impact on the life satisfaction of middle-aged and older adults (Li et al 2023). The aging process is associated with declines in cognitive abilities and physical functioning. The increase in the proportion of the older population as well as in life expectancy has led to a growing interest in research on subjective well-being (e.g., happiness and life satisfaction) and quality of life. Findings from systematic reviews of successful aging models and concepts revealed that quality of life, happiness, and life satisfaction are key ingredients of successful aging (Gabriele Prati 2022).

#### A. *Quality of life Among Late Adults*

Life satisfaction is an important outcome in and of itself and can serve as an indicator of successful aging. In one study that was the first to simultaneously examine between and within-person associations of older adults' life satisfaction with sedentary behavior and physical activity, results indicated that daily deviations in objectively measured sedentary behavior and self-reported physical activity have implications for older adults' well-being. Hence, interventions designed to enhance well-being and quality of life in older adults should consider targeting daily changes in total sedentary behavior and daily changes in the volume or frequency of physical activity (Maher et al 2015).

Another study that was descriptive-analytical in approach evaluated multiple factors associated with life satisfaction in older adults. The results showed that the majority of the older adults studied had low or moderate life satisfaction, which, in general, did not show favorable conditions (Papi 2021).

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Despite long life expectancy, the share of healthy life years in older ages is small. Portugal has one of the oldest populations in Europe and one of the longest life expectancies at 65. However, the number of healthy life years at 65 is small. The decreasing relationship between age and life satisfaction in Portugal has recently been pointed out. The absence of knowledge about self-assessed health and life satisfaction of the population of older Portuguese motivates this analysis. This work aims to find the drivers of self-assessed health and life satisfaction and their relationship for older Portuguese (older than 70). The data used in this analysis were collected by the National Health Survey in 2019 (Tavares 2022).

#### B. *Comorbidity in Old Age*

Hypertension in older adults is related to adverse cardiovascular outcomes. The global burden of hypertension is increasing due to an aging population and increasing prevalence of obesity, and is estimated to affect one third of the world's population by 2025. Adverse outcomes in older adults are compounded by mechanical hemodynamic changes, arterial stiffness, neurohormonal and autonomic dysregulation, and declining renal function. As Americans are living longer, there will be an increasing burden of HTN in the growing population of elderly patients. Screening for blood pressure elevation, improving access to care, and adoption of guideline driven management are keys to reducing the impact of HTN in our elderly patients. Further research is needed in this population, since most clinical trials include a small proportion of persons over age 85 years old (Oliveros et al 2019).

Older adults are disproportionately affected by hypertension. A community-based cross-sectional study design was employed among 418 selected permanent residents of Chiro town aged 50 years and older using simple random sampling techniques. The prevalence of hypertension among older adults was high. Old4: One fourth of adults >65 years of age have diabetes, and half have prediabetes. The purpose of the study was to investigate the relationship between family support, diabetes self-care, and health outcomes in older, community-dwelling adults. This was a cross-sectional study of participant responses to questionnaires. Using the theoretical framework of the Self-Care of Chronic Illness Theory and a cross-sectional design, 60 participants completed questionnaires related to diabetes self-care activities of the individual, suppurative and non-suppurative diabetes behaviors of the family, and the quality of family relations. Family support has been identified as an important component of diabetes self-care. Although individuals with chronic disease rely on personal knowledge and skills, many seek support from family members. Family behaviors have been found to be associated with diabetes-related stress, general stress, depression and medication nonadherence, self-care and glycemic control, and diabetes self-care and diabetes management. It is recommended that health care providers include family members to assess diabetes family support and family relationships in the care of older adults with diabetes. (David et al 2019) per age  $\geq 70$  years, low intake of fruits, overweight/obese and having a family history of hypertension were significantly associated with hypertension. Consideration should be given for community-based screening of hypertension among older adults. In addition, fruit consumption habits and maintaining normal weight should be encouraged. This study had several drawbacks. The study suffered from the usual limitations of cross-sectional studies. Since the study was in an urban population, the findings cannot be generalized to rural populations (Shukuri et al 2019).

The increasing prevalence of older adults with diabetes has become a major social burden. This review aims to provide an update on the importance of proper nutrition in older people with diabetes. Aims of modern diet therapy are not only properly managing glycemic control but also preventing frailty, sarcopenia, and dementia, to provide optimal medical care for each patient. In summary, insulin resistance, arteriosclerosis, brain white matter lesions, chronic inflammation, oxidative stress, and mitochondrial dysfunction are the common mechanisms of cognitive impairment and frailty in older adults with diabetes. (Tamura et al 2020)

An estimated 55% of older adults in Africa have systemic hypertension. Africa experiences a significant burden of cardiovascular diseases, although this is often obscured by the greater priority to and interest in infectious diseases. This study was undertaken as part of a systematic review whose protocol has been published earlier. The included studies were population-based cross-sectional or follow-up designs conducted among subjects aged 50 years or older living in Africa. From an initial 10,719 records, we retained 63 eligible full text articles for review out of which we analyzed 23 studies made up of 19 primary and four multiple publications which had data on risk factors from bivariate or multivariable analysis. The primary studies, published from 2010 to 2018, involved a total of 30,500 participants in 12 different countries with mean ages ranging from  $62.7 \pm 9$  years to  $76.9 \pm 8.4$  years. The key determinants of systemic hypertension in older adults in Africa are older age group, overweight/obesity, history of stroke and female sex. Health programs should promote weight reduction throughout the life course, including during the middle and older age of African adults (Bosu et al 2019).

Consideration of older adults' quality of life. The need for care services for older adults living at home will increase in the coming years because of the aging population and deinstitutionalization. More and more older adults will age in their own home and the majority of them has one or more chronic disorders. We included 48 qualitative studies representing the views of more than 3,400 older adults living at home in 11 Western countries. The QoL aspects identified in the synthesis were categorized into nine QoL domains: autonomy, role and activity, health perception, relationships, attitude and adaptation, emotional comfort, spirituality, home and neighborhood. QoL can be expressed in a number of domains and related sub themes that are important for older adults living at home. The findings further support that the concept of QoL should be seen as a dynamic web of intertwined domains. and financial security. The results showed that although different domains can be distinguished, these are also strongly connected (Van Leeuwen et al 2019).

As people age, they are expected to experience adverse life conditions and major life events. We conducted a cross-sectional study among 1021 senior citizens (68.5% women) aged 60 and above and identified the factors independently associated with their subjective well-being using multiple linear regression analysis. This study underscored the essential factors associated with subjective well-being among community-dwelling senior citizens in the Philippines. Psychological resilience, positive self-rated health, and perceived social support might be protective factors for low subjective well-being. To improve their subjective well-being, we should build psychological resilience and social support networks in the community. Therefore, the local government may conduct community-based resilience programs and promote active participation among senior citizens. (Carandang et al 2020).

The aging process is associated with declines in cognitive abilities and physical functioning. The increase in the proportion of the older population as well as in life expectancy has led to a growing interest in research on subjective well-being (e.g., happiness and life satisfaction) and quality of life. Findings from systematic reviews of successful aging models and concepts revealed that quality of life, happiness, and life satisfaction are key ingredients of successful aging. The aim of this paper was to investigate the correlates of quality of life, happiness, and life satisfaction among European adults older than 50 years using machine learning techniques. Data drawn from the Survey of Health, Ageing and Retirement in Europe (SHARE) Wave 7 were used. Participants were 62,500 persons aged 50 years and over living in 26 Continental EU Member States, Switzerland, and Israel. Multiple machine



learning regression approaches were used. This study highlights subjective poverty, self-perceived health, country of residence, subjective survival probability, and personality factors (especially neuroticism) as important correlates of quality of life, happiness, and life satisfaction. These findings provide evidence-based recommendations for practice and/or policy implications (Prati 2022).

The obstacles encountered by the elderly are supported by extensive research and empirical evidence spanning diverse fields. A study conducted by Johnson and Smith (2018) and published in the *Journal of Aging and Health* highlights the intricate relationship between physical health and psychological well-being in older adults, emphasizing the impact of chronic conditions on their day-to-day lives. Furthermore, research from the National Institute on Aging (2019) underscores the prevalence of social isolation among seniors, with almost a quarter of individuals aged 65 and older reporting feelings of loneliness. The World Health Organization's (WHO, 2020) consistent emphasis on the global burden of age-related sensory impairments, such as hearing loss and vision problems, further complicates the ability of the elderly to maintain social connections and engage in meaningful activities. Financial concerns, as revealed by data from the U.S. Census Bureau (2021), demonstrate that a substantial proportion of older adults faces economic insecurity during retirement. Collectively, these empirical findings emphasize the multifaceted nature of challenges faced by the elderly, emphasizing the necessity for comprehensive and tailored solutions to address their evolving perspectives and well-being.

Hearing and visual impairments are considered to be challenges in communicating most especially to patient care in emergency situations. This Saudi Arabian study assesses the knowledge, attitudes, and confidence levels of paramedics in managing patients with visual or hearing impairments. A national disability survey indicates that 5% and 2% of the Saudi population have visual or hearing impairments, respectively. The study, conducted in Riyadh with 97 paramedic participants, reveals challenges in communicating medical history and procedures to patients with these disabilities. Only 44% of paramedics feel confident in handling such cases, emphasizing the need for specific training programs to enhance communication and patient care during emergencies involving individuals with visual or hearing impairments (Alharthy et al 2023).

Aging is a major risk for cardio and cerebrovascular diseases affecting geriatric patients' level of anxiety. Evidence has shown that aging from genetic, biochemical, and physiological perspectives is crucial for designing effective medical approaches and therapeutic strategies, considering risk factors associated with advanced age. While improvements in cardiovascular disease treatment have increased elderly survival rates, further studies are needed to optimize management options and enhance therapeutic outcomes. This review aims to provide a comprehensive overview of the aging process, its underlying mechanisms, and current tools available to mitigate aging's effects on cardiovascular and cerebrovascular health while awaiting future discoveries. (Izzo et al 2018).

### *C. Mobility and Physical Activity*

Physical activity, a basic type of productive activity, could benefit older adults. We used purposive sampling to recruit 163 participants from 14 long-term care facilities in Taiwan. Data were collected through individual interviews with a structured questionnaire. Descriptive statistics and independent t-test were used. The result demonstrated that the preferred type of physical activities for the older adults was similar after the relocation. Older adults with increasing productive engagement in physical activity reported better scores of Mental Component Summary, social and emotional role functioning than those with decreasing productive engagement in physical activity. Older adults can have a positive perceived health-related quality of life by consistently or increasingly engaging in productive physical activity, especially when encountering a life event (Yen and Lin 2018).

Increasing physical activity in older adults remains a key public health priority. A qualitative meta-ethnography was chosen as the study design as this inductive approach can provide novel insights and generate new theories about physical activity and aging. Papers were identified by searching electronic databases and key citations. Peer-reviewed primary qualitative studies and systematic reviews were included if they met the following inclusion criteria: community-dwelling participants aged 60 years or older or in the retirement transition period; reporting on leisure-time physical activity; utilizing a rigorous qualitative methodology. Current failures to increase population levels of physical activity in older adults may be explained by an approach overly focused on the health benefits of activity. Insights from this study suggest we need to reframe our approach to consider the wider set of goals and aspirations which are of greater personal importance to older adults, and future interventions should focus on how physical activity can contribute to life satisfaction, sense of purpose, and sense of role fulfillment in older age (Morgan et al 2019).

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In summary, it shows that as people get older, they face many challenges that affect their happiness and well-being. Things like frailty, physical disability, and feeling lonely can make life harder for older adults. Another investigation has found that staying active and healthy can help older people feel happier and more satisfied with life. They've also learned that eating well is important for managing health problems like diabetes. But it's not just physical health that matters—feeling connected to others and having enough money are also crucial for older adults to feel good. By understanding these challenges and finding ways to support older people, we can help them live better lives.

#### *D. Family and Social Support*

Caring for grandchildren has been a normative, pragmatic and prevalent practice in China. With a highly compressed process of fertility and mortality decline, China's population has been aging at a much faster pace than the western societies, with the share of older adults aged 65 and above doubling from 7 percent in 2000 to 14.2 percent in 2021. Using data from the 2018 wave of China Health and Retirement Longitudinal Study, we apply an ordered logistic model to examine the link between caregiving intensity and life satisfaction. Provision of moderate grandchild care is associated with better life satisfaction, as caregiving grandparents participate in social activities more actively and feel more confident in the future. The association between intensive child care and life satisfaction remains insignificant, as its detrimental effect might wipe out the benefits. The positive association between moderate caregiving and life satisfaction is more pronounced among male, younger, rural grandparents and grandparents not co-residing with their children. Our findings suggest that caring for grandchildren is not necessarily beneficial for grandparents. Attenuating the load of child care as well as enhancing social and economic support to caregivers would help them better reap the benefits of grandchild care (Ke Shen et al 2022).

Parenthood, marital status and social networks have been shown to relate to the well-being and the mental health of older people. Evidence suggests that being married or living with a partner can have a positive effect on life satisfaction and is associated with higher well-being, better mental health and fewer depressive symptoms in old age. We aim to shed light on the link between a person's family status, the resulting characteristics of their social networks, and their well-being and mental health, using a large sample of 55,000 middle-aged and older adults from 16 European countries. This sample was taken from the Survey of Health, Ageing and Retirement in Europe (SHARE). The results suggest that the finding of a negative link between children and well-being and mental health may not generalize to older people whose children have often left home already. As stress associated with balancing the competing demands of childcare, work and personal life decreases, once people get older and their children leave the house, the importance of children as caregivers and social contacts might prevail (Becker et al 2019).

The crucial role of effective communication in medical encounters, particularly with aging healthcare consumers aged 65 and above. Study shows that diverse life experiences, cultural backgrounds, and age-related factors have greatly affected older patients, healthcare providers by facing unique challenges in communication. The piece draws on an extensive literature review to provide suggestions aimed at assisting physicians and healthcare staff in refining their communication skills. The emphasis on optimal communication with older adults is highlighted due to the potential negative consequences associated with communication challenges in this demographic (Robinson et al 2015).

In summary, older adults from different places show that people are interested in understanding what makes older people happy and satisfied with their lives. These Studies found that things like having enough money, feeling healthy, having friends and family, and staying active are important for older people's happiness. Also, taking care of grandchildren can sometimes make grandparents happy, but it can also be tiring for them. It's important for governments and communities to help older people stay happy and healthy as they get older. there are various factors that contribute to promoting well-being and quality of life for older adults. Being married or having a partner is generally associated with higher life satisfaction, better mental health, and fewer depressive symptoms. However, the presence of children may not necessarily have a negative impact on well-being once they have left the home, as they can provide caregiving and social support. Autonomy, relationships, emotional comfort, and financial security are identified as key domains contributing to the quality of life of older adults living at home.



*E. Analysis of Method*

Exploring the topic of life fulfillment among older adults is crucial for their overall well-being. Engaging in conversations about it allows older adults to reflect on their experiences and values, leading to a greater understanding of what brings them happiness and contentment. By discussing it with elderly, healthcare providers can support them in identifying sources of fulfillment in their lives, ultimately enhancing their quality of life as they age.

Different data and samples as evidence have been gathered in the studies mentioned in this chapter, but they share a similar goal, which is the betterment of the older adults facing life fulfillment. This will enable our older adults to understand and appreciate the life they have, especially when they are nearing the end of their journey. Having mentioned the studies, we have come up with an interpretive phenomenological analysis as a method to explore how individuals make sense of and focus on their experiences. This analysis will be a key to better understanding our older adults and addressing them specifically according to their needs.

*F. Summary*

As people grow older, they encounter various health challenges spanning physical, mental, emotional, and spiritual realms. Physical health issues like frailty, chronic diseases, and sensory impairments can significantly affect their well-being. Staying active and eating healthily are vital for managing these challenges. Mental health, including satisfaction with life, social support, and cognitive health, greatly influences older adults' happiness. Combating loneliness, fostering social connections, and providing mental health support are crucial. Spirituality also plays a key role, offering a sense of purpose and fulfillment. Research indicates that spiritual older adults tend to experience less anxiety and depression and report greater life satisfaction. Long-term studies show that spirituality is linked to improved mental health over time. Conversations with older adults in care settings highlight the importance of spirituality for their daily lives. Therefore, recognizing and addressing spirituality can significantly enhance the well-being of older adults as they age.

## CHAPTER THREE METHODOLOGY

In this chapter, the study's methodology is addressed. It includes the methodology, design, sample, population, instrumentation, tools, data collection process and procedure, data analysis, and ethical considerations.

### *A. Research Approach*

This study utilized a qualitative research approach, aiming to delve deeply into the lived experiences and perceptions of the participants. Through in-depth interviews and observations, the research sought not only to gather data and information but also to gain a nuanced understanding of their lifestyles. By immersing in participants' narratives and feelings, the study aimed to unveil the reality of their experiences and generate rich, descriptive accounts of the phenomenon under investigation. This approach allowed for a comprehensive exploration of the subject matter, fostering a deeper appreciation of the complexities inherent in the participants' lives and enhancing the overall impact of the research findings.

### *B. Research Design*

This study utilized interpretive phenomenology as a research design. The researchers sought to gather data from the respondents. This data included reaching and hearing their insights about life fulfillment at their age and explored how individuals made sense in order to understand the experiences of participants. By actively engaging with the respondents, the study not only sought to document their perspectives but also to understand the underlying meanings and interpretations that shaped their experiences.

### *C. Population and Sample*

The respondents for this research are late adults residing in Bagong Silang, aged 65 and older. The sample includes 9 respondents specifically male, a provider of the family, and has no regular or professional job.

For the sampling, the researchers used the criterion sampling techniques in the data from the participants who are residing at Bagong Silang. This technique is particularly useful especially for identifying cases from a standardized questionnaire that might have a follow-up question to ensure applicable data is collected to practical contexts of the study. Hence, there are exemptions from the population, like those aged below 65, and who refused to participate and were not available during the implementation.

### *D. Instruments/Tools*

The research uses open-ended questions in the questionnaire of the study. This open-ended question helps the researchers determine and to be able to understand their subjective data. The questionnaire consisted of four parts: Part I: Demographic profile of the respondents, which includes age, gender, marital status, education, and ethnicity; II. Problems, which contains questions about the problems encountered by the respondents such as their relationship with their family and their involvement in health; III. Controls, which contains questions about how respondents dealt with physical, mental, emotional and spiritual health issues; and IV. Perception, which contains questions that focus on their insights about life fulfillment. The answers of the following questions are gathered through interviews.

### *E. Ethical Considerations*

Consent forms will be provided by the researchers to the selected homes at Bagong Silang, Iligan City in order to collect data. Clear information will be provided about the purpose of the study, confidentiality and their respective rights. All data will be stored confidentially, and the research team only will have access. Additionally, participants will be allowed to withdraw from the study at any time without penalty.

### *F. Data Gathering Protocol*

In this study the researcher conducted face-to-face, semi- structured interviews with a sample of elderly individuals aged 65 and above. The interviews took place at the participants' homes or a location of their choice, ensuring a comfortable and familiar environment. Open-ended questions from the provided list were asked to encourage the participants to share their personal experiences, thoughts, and feelings about achieving a fulfilled life at their age.

Table 1: Interview Question for Male Late Adults (Bisaya translation)

Interview question for male late adults	Bisaya translation
Now that you have reached this age, have you already achieved a fulfilled life?	<i>Karon nga nakab-ot ka ani nga edara, para sa imo naabot b animo ang kinabuhi nga ganahan ka?</i>
What is it like to have a fulfilled life at your age?	<i>Unsa'y feeling sa pagkabaton og malipayong kinabuhi sa imong edad karon?</i>
Looking at your living space, what makes this place a happy place to stay or place which is the source of fulfillment?	<i>Unsa nga butang ang nakahimo ani nga lugar nga makahatag og kalipay o kalingaw?</i>
What are the things that you have that make you happy?	<i>Unsa man ang mga butang nga naa nimo nga nagapalipay nimo?</i>
What do you always think about that contributes to a fulfilled life?	<i>Unsa imong pirme nga gibati nga nakatabang sa pagkamahimo'g malipayon nga kinabuhi?</i>
What feelings do elderly at your age experience because of a fulfilled life?	<i>Sa mga kaparehas nimo ug edad, unsa man inyong mabati ani nga maayong kinabuhi?</i>
What experience/s do you have with others (family and friends) that contribute/s to your happy/fulfilled life?	<i>Unsa nga mga kasinatian ang imong na-agi uban sa lain (pamilya ug mga higala) nga naghimo sa imong kinabuhi nga malipayon?</i>
How do you use time so that you will experience a happy and fulfilled life?	<i>Unsaon nimo pag-gamit sa imong panahon aron makabati ka og kalipay ug kahimsog sa imong kinabuhi?</i>
Looking at your body, how do you take care of your body to maintain experiences of a fulfilled life?	<i>Unsaon nimo pag-atiman sa imong lawas aron mapreserba ang maayong kinabuhi?</i>

Observation made researchers observe subjects in the course of their regular routines, take detailed field notes, and record subjects via video or audio (Houston, 2023). The interviews will be audio-recorded with the participants' consent, and the researcher will take notes to capture non-verbal cues and observations. The interview duration may vary depending on the participant's responses, but it is estimated to last approximately 60-90 minutes.

#### G. Data Gathering Procedure

In gathering data, the researchers first had the questionnaire ratified by the adviser. Next, the researchers sent a letter to the respondents for approval in allowing the researchers to implement the necessary data gathering process for the study. After approval was obtained, the researchers will personally conduct the interview with the questionnaire to the respondents to be able to interact and collect primary data. The certified true copy of data will be extracted, recorded, validated and analyzed.

- **Step 1: Identify elderly participants aged 65 and above.** This helps to identify the selected people who are 65 years old or older to participate in the study.
- **Step 2: Get consent from participants to be interviewed.** The researchers explained to the participants the nature of the interview. The researcher made it clear that participation was entirely voluntary. It is up to the participants whether or not they wish to be interviewed.
- **Step 3: Conduct one-on-one interviews at the participant's chosen location.** The participant can choose the place where they want the interview to happen. This could be at their home or another location where the participant feels comfortable.
- **Step 4: Ask open-ended questions about fulfilled life experiences.** The participants' experiences with leading a fulfilled life as they aged were the subject of the questions. There won't be a simple yes/no response option for the questions. In addition, the participants will have the option to provide additional information outlining their viewpoints and individual experiences with leading a fulfilled life in their particular age range.
- **Step 5: Ask follow-up questions for more details.** The opportunity to provide further information outlining their opinions and individual experiences with leading a fulfilled life at their age will be open to the participants.
- **Step 6: Audio record interviews if participant agrees.** If the respondent says "yes," the researcher will record the entire interview on audio using a device.
- **Step 7: Take notes during interviews.** Even in cases where audio recording is not possible, taking notes during an interview enables the researcher to record important details.

*H. Data Analysis*

In this study, the interview questions determined how late adults viewed life fulfillment. It also addressed the inclusion of their common problems encountered. The gathered data from the respondents was analyzed using an inductive, interpretive approach to provide detailed examinations of personal lived experience. The data was then analyzed using a systematic approach involving the review of data, identifying themes, patterns and interpreting the context of the participants' experiences. The results of the analysis were used to gain insights into how a given person, in a given context, made sense of a given situation, which was in line with the focus of phenomenological analysis.

## CHAPTER FOUR RESULTS

This chapter analyzes the data collected by the researcher about what gives a sense of life fulfillment to older men aged 65 above living in Bagong Silang, Iligan City. It addresses three main questions: (a) What are the perceptions of late adults, especially male 65 older, towards life fulfillment? (b) What are the personal views of the late elderly participants' relationship to their family? (c) What are the insights of late elderly respondents about life fulfillment? By examining their perceptions, family relationships, and personal insights, the chapter aims to better understand the key factors that contribute to a meaningful and satisfying life for this demographic group. The findings can help develop support systems and interventions to enhance life fulfillment among older Filipino men.

### A. Background

The research findings presented in this chapter are the gathered data from in-depth interviews among late male adults who are 65 or older that have met the required needs to partake in the interview located at Bagong Silang, Zone 3 & 10, in Iligan City.

Table 2 provides a demographic profile of participants on their career status and medical conditions. The participants reveal the majority of their conditions to be similar and may be a result of their late adulthood stage where common diseases or conditions are met like: Hypertension, Arthritis, Diabetes, and so on. The participants must vary from career status to current medical condition to determine the benefactor value towards their life fulfillment. Furthermore, late male adults are main participants, at the age of 65 above are more common to see them as the provider to the family as one factor of having a life fulfilled.

Tablet 2: Participant Demographic Profile

Participants	Gender	Occupation	Diagnosed Medical Condition
Late older adult 1	Male	Sari-Sari Store owner	Arthritis, High blood
Late older adult 2	Male	Sari-Sari Store owner	Arthritis, High blood
Late older adult 3	Male	Farmer	Mild Stroke,
Late older adult 4	Male	Sari-Sari Store	High blood, UTI, Arthritis
Late older adult 5	Male	Sikad Diver	Mild Stroke, Hypertension
Late older adult 6	Male	Bus Driver	Diabetes, Hypertension
Late older adult 7	Male	Baker	Diabetes, Hypertension
Late older adult 8	Male	Jeepney Driver	Hypertension, Diabetes, Cataract
Late older adult 9	Male	Sari-Sari Store	Hypertension, Arthritis

During the time of gathering the data or conducting the interview, we had given the consent to gather data through an in-depth interview about life fulfillment. While conducting the data gathering or interview, most participants showed welcoming gestures and positive outlook towards the topic. While some of the participants are reluctant to fully share their personal data, all of the participants are able to show cooperation towards the interview. Each of the participants varies from each theme, most of them have discussed similar themes while few of them have some answers differ on one to four themes. Overall, the study ensures the distribution of each participants' perspectives of life fulfillment.

### B. Study Findings

The research findings are organized into four themes: (a) family bonding (b) financial support (c) health and well- being (d) entertainment and Information. Each theme explores the experiences of male late adults.

#### ➤ Theme 1: Family Relationships

This section delves into the family relationships that have a significant impact on participants' happiness and well-being. Specifically, it talks about how important it is for people to be with their grandchildren and children. These family connections seem to make a big difference in how happy and content people feel. The time spent together might include activities like playing, talking, or just being in each other's company. The emphasis on grandchildren and children shows that these relationships are particularly meaningful and bring a special kind of joy to the participants.

**Spending Time with the Grandchildren and Children.** The theme explores the significance of family connections, particularly the role of children and grandchildren, in providing emotional support, happiness, and a sense of purpose to older adults. The responses highlight how family gatherings, shared activities, and the presence of loved ones contribute to the well-being and life satisfaction of older individuals. Key aspects include the joy of spending time with grandchildren, the importance of a supportive family environment, and the cherished moments of togetherness that evoke feelings of nostalgia and contentment. Here are their insights: Participants said:

*I'm just talking with the young men here because my children have all gotten married and are now living in their own homes. So, the only one with me here is my brother who can't walk because he is paralyzed. And of course, my health needs to be a priority since I'm getting older. (P1)*

*It makes me happy when my children, who already have their own families, come to see us with our grandchildren, and when they are not busy, we go out and eat together outside. (P3)*

*Bonding with my grandchildren is the number one contributing factor along with my children, other than that is having to see my grandchildren bond with my nieces/nephews. (P5)*

*Satisfied to be able to have a long life and reach this certain age and having to see my grandchildren (P6)*

*We have everything we need, including a comfortable bed where we can rest and a home where I can spend time with my children and grandchildren. It may not be large or grand, but I am pleased to be with my family; they are my home. (P7)*

*When my grandchildren and I get together at home, it feels like the good old days, and it is the happiest moment of my life (P8)*

*When we get together with my family especially my grandchildren, we go to a simple place like going to a beach to have a good time and these things contribute to my happy life (P9)*

Observation. Participant 1 expressed joy with a bright, smiling facial expression when mentioning his brother, implying a tight and positive bond. Participant 3 looks joyful when talking about doing activities with his grandchildren, his eyes crinkle with delight and whole face brightens as he fondly recounts precious moments with his grandchildren, their hobbies, outings and quality time. Participant 5 appeared content, expressing tremendous love and affection for his granddaughter. Participant 7 While sharing his ideas about his family, was spotted smiling regularly and frequently looking. Participant 8 smiles about family but has inconsistent eye contact. While discussing his family, his lips curl into a smile, hinting at positive feelings. Participant 9's eyes and smile widened as mentioning the beach with his family. His mention of a beach trip with his family causes his whole countenance to light up with joy. His eyes are full of spark as his smile stretches from ear to ear. Clearly these seaside vacations hold some of his most treasured memories full of laughter, relaxation and quality of time with his family.

#### ➤ Theme 2: Livelihood and Housing

This section delves into the significance of having a home and the emotional and practical aspects associated with it. Having a home means a lot to people. It's more than just a place to sleep - it's somewhere that feels safe and comfortable. Even if the home isn't fancy or completely done, people still feel good about having their own space. The respondents express a sense of contentment and security in having a place to live, even if it is not fully finished or grand. It's something they can take pride in, even if it's not perfect. For many, just having a place to call their own is enough to make them feel content and secure.

**Living at their Own House.** This theme explores the profound emotional and psychological value that individuals place on having a home. It delves into how a home symbolizes more than just a physical space; it embodies a sense of stability, security, and family cohesion. They like knowing they have somewhere to go at the end of the day, a place where they can relax and be themselves. The respondents' reflections reveal that, despite challenges and imperfections in their homes, the true significance lies in the comfort, support, and unity it offers to their families. The theme also underscores the personal efforts and sacrifices made to achieve this sense of security, highlighting the role of home in fostering lasting memories and a sense of belonging.

*At least we have a house where my family can stay, even though it isn't fully finished yet. (P1)*

*Since I became a baker, I was able to build a small house for my family so that our children wouldn't have to worry about us anymore. (P2)*

*Our sari-sari store is our way to earn money which helps us to build our own home if it's just a little. (P4)*

*We have everything we need, including a comfortable bed where we can rest and a home where I can spend time with my children and grandchildren. It may not be large or grand, but I am pleased to be with my family; they are my home. (P7)*

*It is great to feel complete and have nothing to worry about, especially since we have our own home where our children can come whenever they want or if they are facing a difficult situation. (P8)*

*This two-story house of ours, with the bottom floor turned into a small convenience store, makes me content. (P9)*



Observation. Participant 1 exhibits a mix of contentment and slight concern. Their expression might show a sense of satisfaction about having a house, even if it's incomplete, coupled with a subtle sign of worry or resolve about the ongoing effort to finish it. Participant 2 reflects pride and accomplishment. They may display a warm, proud smile and a confident posture, indicating satisfaction with their progress and the security they have been able to provide for their family. Participant 4 might show determination and optimism. Their facial expression could indicate a hopeful outlook and resilience, with gestures that suggest they are actively working towards improving their living situation through their business. Participant 7 exhibits a deep sense of fulfillment and contentment. Their body language might be relaxed and their facial expressions warm, indicating that they find joy and satisfaction in the simple, yet meaningful, aspects of their home life. Participant 8 displays relief and happiness. Their expressions might show a sense of completeness and peace, reflecting the comfort and stability that their home provides, and the reassurance it offers to their family. Participant 9 appears content and satisfied. Their body language might be relaxed, with a smile or a look of pride, reflecting their happiness with their home and the dual purpose it serves as a living space and a business.

### ➤ Theme 3: Health and Well-Being

This theme looks at how healthy and well people feel. It focuses on two main ideas. First, it talks about people following a health plan or routine. This might mean eating well, exercising regularly, or taking care of themselves in other ways. Second, it looks at whether people have any physical problems that limit what they can do. This could be things like trouble moving around, seeing, or hearing. The theme is interested in people who don't have these limitations - those who can move freely and use all their senses without issues. Overall, it's about people feeling good and being able to do the things they want to do without their body holding them back.

**Following Health Regimen.** This theme explores the concept of health consciousness, which encompasses an individual's awareness and concern for their overall well-being, encompassing both physical and mental aspects of health. It underscores the importance of being mindful of one's health and taking proactive measures to maintain and improve it. Health consciousness involves being attuned to one's body and mind, recognizing signs of both physical and mental well-being, and taking appropriate actions to address any concerns or issues that may arise. Overall, the theme emphasizes the significance of prioritizing health and wellness as integral components of a fulfilling and balanced life. Participants said:

*I always watch what I eat because I always tell my children when they call to check on me that they don't need to worry about me. Aside from arthritis, I'm still healthy and energetic (P1)*

*Eat only healthy foods to keep your body in good shape and to avoid getting sick. Exercise, like walking in the morning. Don't eat too much meat (P2)*

*I exercised by walking around inside the house because I couldn't move much, I just wanted to keep my body somewhat active (P3)*

*Avoid drinking alcohol and smoking because they are not good for our health and can only make us sick. As for me, I make biking (sikad) my form of exercise (P4)*

*I take care of my body by doing frequent check-ups and having simple exercise along with a healthy diet like vegetables (P5)*

*It's nice to live life with no regrets and be satisfied with everything. I try to be healthy and avoid doing things that are unhealthy, such as drinking alcohol and eating too much meat; also, because I have diabetes, I aim to eat plant-based diets. I need to be healthy so this doesn't get worse (P7)*

*It is great to be able to feel like you're complete and you have nothing to worry about. Even though not everything will go perfectly in life, I still find reasons to be happy and also, I avoid eating unhealthy foods and always try to go walking early in the morning to keep my body active (P8)*

Observation. Participants 1 through Participant 5 in the observed group were continually smiling, with Participant 1 and Participant 3 in particular lowering their eye contact when talking about body maintenance techniques. This conduct raises the possibility of discomfort or self-consciousness related to the subject. When talking about health consciousness, Participant 7 had a composed manner, smiling and making loose facial expressions that suggested comfort and interest in the topic. In a similar vein, Participant 8 was seen grinning, however with little hand or eye contact, which could indicate a restrained or circumspect engagement style.

**No Physical and Sensory Limitation.** This theme explores how individuals perceive and approach maintaining their health and well-being without any physical or sensory impairments. It delves into the practices and lifestyle choices people adopt to preserve their physical health, such as eating nutritious foods, engaging in regular exercise, and avoiding harmful habits like smoking and drinking alcohol. Additionally, the theme investigates the psychological aspect of well-being, focusing on the respondents' feelings of gratitude and happiness derived from being in good health. It examines how these attitudes and practices contribute to a holistic sense of wellness and quality of life, even in the face of inevitable challenges. Participants said:

*Eat only healthy foods to keep your body in good shape and to avoid getting sick. Exercise, like walking in the morning. Don't eat too much meat (P2)*

*I exercised by walking around inside the house because I couldn't move much, I just wanted to keep my body somewhat active (P3)*

*Avoid drinking alcohol and smoking because they are not good for our health and can only make us sick. As for me, I make biking (sikad) my form of exercise. (P4)*

*I take care of my body by doing frequent check-ups and having simple exercise along with a healthy diet like vegetables (P5)*

*I used my time on exercise and was able to do responsibilities for my grandchildren. (P6)*

*Yes, I can say that I have reached a fulfilled life at this age because I'm living a peaceful life and there are not many problems. I do activities that make me happy and entertained, such as playing basketball with my neighbors, being kind to everyone, and praying every Sunday (P7)*

*It is great to be able to feel like you're complete and you have nothing to worry about. Even though not everything will go perfectly in life, I still find reasons to be happy and also, I avoid eating unhealthy foods and always try to go walking early in the morning to keep my body active (P8)*

Observation. Participant 2 might show determination and discipline, possibly with a serious expression and a calm demeanor, emphasizing the importance of a healthy diet and exercise. Participant 3 may exhibit a gentle resolve, perhaps with a slight smile and a relaxed posture, reflecting their adaptation to limited movement by staying active indoors. Participant 4 could display enthusiasm and optimism, likely with a lively expression and gestures that suggest a proactive approach to health through biking and avoiding harmful substances. Participant 5 might show a sense of responsibility and care, with a composed expression and confident stance, emphasizing regular check-ups and a healthy diet. Participant 6 likely expresses satisfaction and pride, possibly with a warm smile and open gestures, highlighting the joy they find in exercising and caring for their grandchildren. Participant 7 might radiate happiness and fulfillment, with a cheerful expression and relaxed body language, sharing how engaging in activities they love contributes to their peaceful life. Participant 8 could convey a sense of contentment and resilience, with a calm demeanor and a gentle smile, finding joy in simple pleasures and maintaining a healthy lifestyle. Overall, the respondents' body language and expressions indicate a positive outlook on life, a commitment to healthy habits, and a sense of fulfillment.

#### ➤ Theme 4: Entertainment and Information

Entertainment and information are essential parts of everyday life, and they are mostly given by various media such as television, radio, and mobile phones. These devices are not only a source of entertainment and distraction, but they also play an important role in keeping people informed about current events. For some, the opportunity to stay in touch with loved ones via these channels adds an emotional dimension to their use, emphasizing its significance beyond ordinary leisure. Access to different forms of media is both a source of joy and a critical connection to the larger world. Technology plays a role in individuals' lives, serving as a source of entertainment and information.

**Radio and Tv for News and Entertainment.** The processes of gaining access to and sharing knowledge and data, which promotes participation and understanding in society, are referred to as information and connection. For example, watching news programs on television helps people stay connected because it gives them access to current events, opinions, and analysis. This allows people to interact with the outside world and make judgments based on a thorough knowledge of the topics. P1 and P6 both emphasize staying informed through news on TV or radio. This reflects their desire for connectivity with the external world, even without professional work.

*Right now, I'm just listening to music and using my cellphone to watch the news to stay updated on what's happening in our country (P1)*

*The things that make me happy are mainly news tv or radio and having food to eat (2)*

*The things that make me happy are mainly news on tv or radio and having food to eat. (P6)*

*It would be our television and radio, which provide me with entertainment and keep me distracted when I have a lot on my mind (P7)*

*This phone, which serves as my source of entertainment and communication, was gifted to me by one of my children, and it is the only way for me to contact them, even if they are far away (P8)*

*The things that make me happy are working at my store and having to see my grandchildren time after time (P9)*

Observation. Both Participant 1 and Participant 2 smile while discussing how they amuse themselves shows satisfaction with a positive tone of speech. Furthermore, Participant 6 even gestures excitedly, using his hands to indicate a particular item or pastime that serves as a source of amusement to share the specifics of what delights him. When discussing the entertainment and leisure activities, Participant 7's facial expression remains fairly impassive and relaxed, not betraying strong emotion one way or the other. The minimal eye movement could indicate introspection or struggling to articulate feelings about recreation and amusement. Participant 8 expresses a strong emotional attachment to their phone, which serves as both a source of entertainment and a vital means of communication with their children, highlighting its significance as a gift from one of their children and its role in maintaining familial connections, particularly when distance separates them.

### C. Summary of the Themes

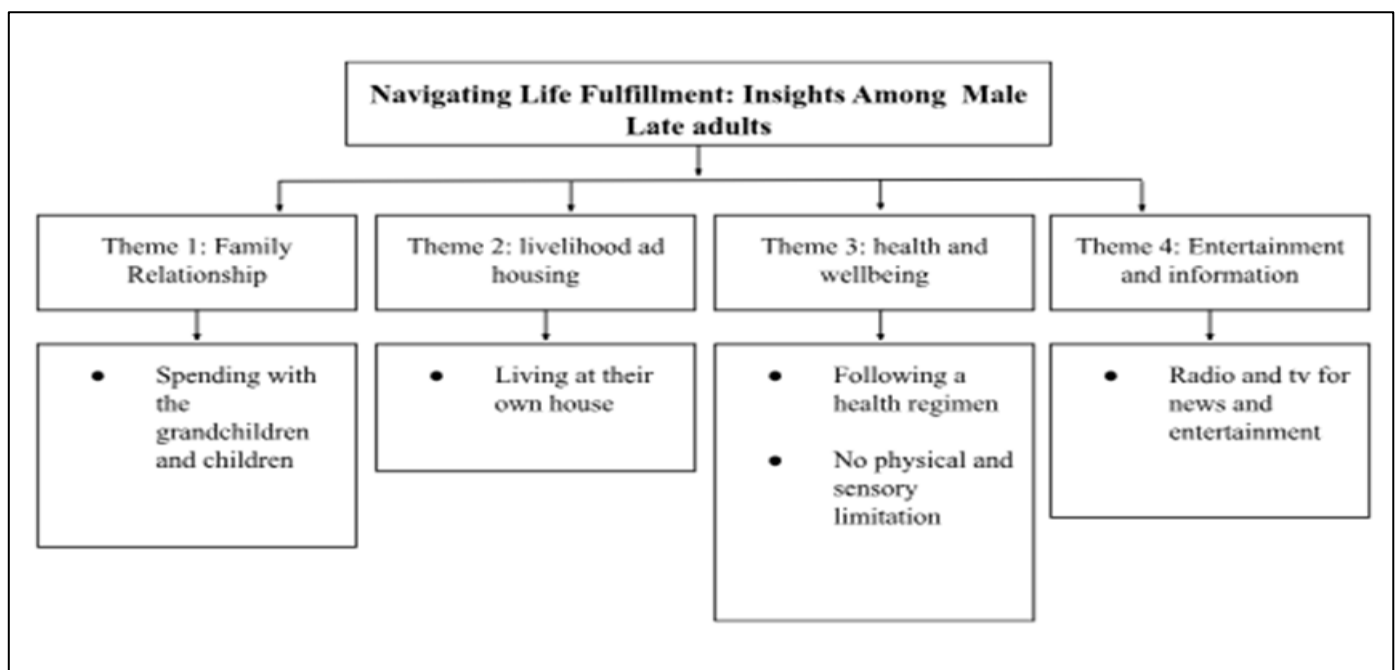


Fig 1: Shows the Visual Representation of the Identified Themes

## CHAPTER FIVE

### DISCUSSION

This chapter reviews, analyzes, and discusses the findings of the study. It provides collected data, interpreting the result within the context of the research questions. The chapter into implications of the findings and anomalies observed during analysis. There is also existing literature to identify consistency and discrepancies. Finally, this chapter concludes with a summary of overall findings and drawing final conclusions that encapsulate the essence of the research.

#### *A. Summary of Findings*

The results of this study reveal how important family connections are for participants' happiness and overall well-being. The study shows that family relationships are essential to participants. Participants expressed joy in their descriptions of their contacts with their grandchildren on multiple occasions. These interactions were a major source of joy and demonstrated the advantages of family ties for all generations. Additionally, many participants reported feeling immense comfort and security when surrounded by their family members, emphasizing the emotional support that family provides.

The study highlights the various types of assistance exchanged within families, including both financial and emotional assistance. The strengthening of family ties is achieved through mutual support which also contributes to the overall well-being of its members. The identification of family reunions and shared experiences, such as holidays and celebrations, as crucial events for enhancing feelings of connectedness and collective happiness are important. Furthermore, the practice of mutual caring within families, whether through daily interactions or during times of need, emerged as a significant factor in promoting a sense of belonging and emotional stability. According to these findings, strong family relationships not only bring joy and comfort but also have an important role in maintaining an individual's overall happiness and well-being.

In addition, the themes of peace and family education, health and well-being, and entertainment and information consumption are crucial aspects of participants' lives. Healthy connections are greatly aided by peace and family education techniques like empathy and conflict resolution. These techniques help people comprehend other people's viewpoints and resolve conflicts in a healthy manner, which promotes harmony and support within the family. Fostering empathy makes people more capable of managing difficult emotions and fostering a caring environment at home.

Another crucial concept is health consciousness, which includes both mental and physical well-being. Participants emphasize eating healthy and engaging in regular physical activity as ways to maintain a healthy lifestyle. Emotional health techniques like self-acceptance and contentment enhance this physical health aspect. By highlighting these emotional health practices, people are inspired to value and express gratitude for their life and relationships with their families. When combined, these actions increase overall happiness, and many of the participants report feeling happy and content with their life and health as it is at the moment.

The use of technology for information and entertainment is also quite important in participants' lives. Using technology for entertainment and information retrieval offers a crucial way to interact and communicate with the outside world. People's general quality of life is improved since it enables them to be engaged, informed, and socially connected. In conclusion, these interconnected themes of family education, health consciousness, and technology use highlight the critical importance of family, health, and connectedness. Together, they promote people's feeling of purpose and quality of life, which improves happiness and general wellbeing.

In essence, family connection and togetherness is the primary drive for life fulfillment among the participants. This is highlighted by the frequency of their responses regarding their perspective on family bonding and shared moments together. Interestingly, financial security and emotional satisfaction are also derived from family as the source. Finally, awareness and concern for their physical well-being also play a role in their overall perception of their well-being in old age.

#### *B. Comparison with Earlier Similar Literature*

In comparison to the findings, the researchers found that Family relationships is one of the factors of life fulfillment on male late adults. As results noted that most of the respondents mentioned that to be overall healthier mentally and physically is having family bonds in later life, as they keep mentioning how the needs they must bond with their children and especially grandchildren. Similar study to this is Andrew Steptoe (2018) being married or having a family makes life more worthwhile and meaningful. Moreover, the emphasis on health, encompassing physical activity, healthy nutritional choices, and emotional well-being through self-acceptance and gratitude, aligns with recent research by Park and Peterson (2020), who found that these factors are crucial for living a positive and fulfilling life. Together, these elements underscore the continued relevance of family, health, and connectedness in improving quality of life and providing a sense of purpose in today's society.

Other similar literature found that 53% of male late adults have limited health literacy on a 33-60% of outpatient and inpatient settings (Dena M. Fernandez et al., 2016). With poor health literacy it would be the predictor of poorer health outcomes, this can affect late adults' life fulfillment in general. Other than that strong supplement of life fulfillment would be family/social relationships as shown in the findings as another factor (Julie D Henry, PhD et al., 2022). As health is the main predictor of poor view of life satisfaction as provided by the findings, a study correlates with one's physical activity and physical disability. In this found similar study the factors that affect life satisfaction among older adults have been extensively studied and found to include demographic, physiological, and mental health-related factors (Pei-Shan Li et al., 2023).

### *C. Implications of the Study*

The study emphasizes how important family ties are for late adults to be happy and healthy. Seniors feel much more secure and happy when they interact with family, especially their grandchildren, and when they receive the emotional and material support that comes from their families. This is in line with current research, which demonstrates that older persons who live with family report better levels of well-being and social integration than do those who live alone (Patricia A Thomas, PhD et al., 2017) (Cristina Fernandez-Portero et al., 2023). These ties are further strengthened via family gatherings and shared experiences, which enhance emotional health and a sense of belonging.

Clinically, these findings emphasize the need to incorporate family dynamics into the healthcare of older adults. Healthcare providers should regularly evaluate the social support systems of their elderly patients to identify those who are at risk of isolation and loneliness. Including family members in care plans can enhance adherence to treatment regimens and improve health outcomes, as family members often play a critical role in managing chronic conditions and offering emotional support (Cristina Fernandez-Portero et al., 2023). Additionally, promoting family-oriented activities and providing training in conflict resolution and empathy can nurture harmonious relationships, which are vital for the mental health of older adults (Mengyun Luo et al., 2020). Encouraging the use of technology to stay connected with family members can also help reduce loneliness and improve mental health, suggesting that clinicians should support older adults in using digital tools to maintain connections (Susan L Brown, PhD et al., 2017). Incorporating these insights into clinical practice can greatly improve the quality of life and overall well-being of older adults.

### *D. Strengths of the Study*

This study's strength lies in its phenomenological approach, which involves in-depth observation. By immersing themselves in the natural environments where late older adults interact, researchers can firsthand experience how these individuals find fulfillment in their later years. The participants' lived experiences are captured in rich, detailed data through this immersion. By adopting a phenomenological approach, the study captures the diverse and deeply personal experiences of older adults with their family ties, highlighting the significant impact these relationships have on their happiness and well-being. By focusing on the participants' actual experiences and perceptions, this approach provides a more complex understanding of how family bonds affect their lives.

Family relationships, peace, education, and interpersonal connections are emphasized in the study to shape the participants' experiences. The researchers can provide a comprehensive understanding of the emotional and psychological value of family by focusing on these aspects. This method makes it possible to thoroughly examine how family dynamics contribute to individual contentment, demonstrating the complex interplay between family interactions and personal satisfaction.

Overall, the phenomenological approach used in this study allows for a deep exploration of the participants' experiences, offering valuable insights into the factors that contribute to their sense of fulfillment and well-being in later life.

### *E. Limitations and Recommendations*

One notable limitation of this study is its small sample size of only nine respondents which was only conducted in Bagong Silang, Iligan City. While qualitative interviews present in-depth insights and comprehensive viewpoints, the small number of participants limits the generalizability of the results. This small sample may not represent the entire range of experiences or viewpoints found in the larger population. The results may be leaning or prejudiced due to the unique traits or perspectives of these respondents. Furthermore, the small sample size raises the possibility of missing out on significant differences and nuances that a bigger and more diversified group of individuals would disclose.

Moreover, the small sample size raises the risk of overlooking significant differences and nuances that a larger and more diverse group of individuals might reveal. The limited number of participants can lead to an incomplete understanding of the phenomenon under study, as it may not capture the full spectrum of relevant experiences or viewpoints.

To the future researchers they may conduct a similar study on the Navigating of Life Fulfillment: Insights Among Male Adults. To enhance the quality of this research, it is recommended that subsequent studies employ a similar qualitative approach while striving to include a larger and more representative sample. As a result, the results will have increased validity and reliability, making them more reliable and generalizable to a larger population.

## **CHAPTER SIX**

### **CONCLUSION**

The study aimed to explore insights of fulfillments of older adults specifically ages 65 years old and above. Social relationships played a crucial role in the well-being of late adults, or health challenges, on late adults' perspectives in Bagong Silang, Iligan City. Finally, the study looked at what makes older people feel fulfilled in life when they are older. It was discovered that these older adults' well-being depended heavily on their family relationships. Fulfillment was facilitated by having harmonious family relationships, family education efforts, and strong family ties. Deep contentment and significance were brought about by the emotional ties and shared experiences, such as meals and family outings. Meeting necessities and ensuring one's financial stability were made possible by family support. The older adults kept their health and well-being by walking a lot, walking in moderation, accepting who they are, being health conscious, and making dietary choices such as limiting their meat intake. They were thankful to have lived long lives and treasured their time with their grandchildren, viewing them as a source of unwavering love. Technology also had an impact; radio and television offered information access so people could stay in touch with the outside world even though they were no longer employed.

The study suggests that strong family bonds through shared positive experiences and open communication are essential for older adults to live fulfilled lives. Family members should help their elderly loved ones maintain healthy lifestyles and social connections, as well as offer emotional support and financial support for basic needs when needed. Communities can establish family education initiatives, guarantee senior citizens' access to healthcare and social services, and increase public knowledge of the benefits of social interaction, healthy lifestyle choices, and strong family relationships for senior citizens' overall wellbeing. Older adults who have a supportive social network, use technology to access information, adopt health-conscious routines, and foster close family relationships are more likely to feel deeply fulfilled in their later years.



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