

SOCIAL ACTIVITIES PARTICIPATION FRAMEWORK AMONG PENSIONERS

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ABSTRACT

This study aims to explore and analyze the social activities participation frameworks among pensioners. The research delves into pensioners' engagement in social activities, the benefits derived from such participation. Data was gathered from 150 pensioners using a structured questionnaire. The questionnaire responses were analyzed through Exploratory Factor Analysis (EFA) to uncover the primary motivational dimensions. The Kaiser-Meyer-Olkin (KMO) Measure of Sampling Adequacy and Bartlett's Test of Sphericity were conducted to assess the suitability of the data for factor analysis

The researchers discovered four dimensions: Personal and Community Engagement, Active Lifestyle, Civic Engagement and Community Involvement, and Building Relationship. The framework on social activities participation among pensioners was developed.

Keywords:

Pensioners, Social Activities Participation, Personal and Community Engagement, Active Lifestyle, Civic Engagement and Community Involvement, Building Relationship

INTRODUCTION

Social participation of older adults has been the subject of theorizing and the focus of a considerable number of empirical studies. Elderlies' low social engagement could cause various health problems (Leung et al., 2021). This is due to the loneliness and isolation experienced by the elderlies which is paired with their diminished physical functionality and limited accessibility. Thus, social participation among these population groups are important. Moreover, they experience barriers towards social participation. This includes illness, disability, lack of support, as well their fear towards social rejection (Goll et al., 2015).

The importance of giving them opportunities to interact, such as through regular gatherings or activities organized by senior organizations, churches, or neighborhood groups are paramount (Seifert & König, 2019). Regional initiatives should offer pensioners the chance to socialize both at home and in the community to promote social support. Elderly population is crucial for maintaining the social fabric of communities and in boosting of its economy (Utomo et al., 2019). These people actively participate in community activities such as on income-generating ones as well as in caregiving for their own family and the community. Moreover, their involvement brings benefits in areas such as support and relationships, education, attitudes, health, product development, and contributions to systems, services, and policies (Viscogliosi et al., 2020).

As the global population ages, understanding the social activities participation frameworks among pensioners becomes increasingly crucial for promoting healthy aging and enhancing quality of life in later years. While retirement marks a significant transition in individuals' lives, it also presents opportunities for meaningful engagement in social activities that can enrich personal well-being and foster community connections. This study seeks to investigate the pensioners' involvement in social activities, the benefits derived from such participation, and the challenges faced by this demographic group. By analyzing the dynamics of social activities participation among

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pensioners, this research aims to identify gaps in existing frameworks and propose strategies to promote inclusive and vibrant social engagement among older adults. Through a comprehensive examination of pensioners' perceptions, experiences, and barriers to participation in social activities, this study aims to contribute valuable insights into the fields of gerontology, social work, and community development. By illuminating the complex interplay of individual, social, and environmental factors shaping pensioners' engagement in social activities, this research seeks to inform policy initiatives and programmatic interventions that support active aging and social inclusion among older populations.

OBJECTIVE OF THE STUDY

The primary objective of the study is to identify dimensions and develop a framework on social activities participation among pensioners.

REVIEW OF RELATED LITERATURE

Social Activities Participation

Due to the loneliness and isolation experienced by the elderlies paired with their diminished physical functionality and limited accessibility which led to low social engagement that could cause various health problems (Leung et al., 2021). Additionally, there are barriers towards the social participation of elderly, this includes illness, disability, lack of support, as well their fear towards social rejection (Goll et al., 2015).

It's important to provide opportunities for retirees and neighbors to interact, such as through regular gatherings or activities organized by senior organizations, churches, or neighborhood groups. Regional initiatives should offer pensioners the chance to socialize both at home and in the community to promote social support (Seifert & König, 2019). Older people actively participate in community activities, income-generating activities, and caregiving within their family and village networks. Ensuring the social participation of the elderly in these aging villages is crucial for maintaining the social fabric of their communities and boosting the village economy (Utomo et al., 2019). Moreover, elders play an important role in promoting both individual and community well-being. Their social involvement brings benefits in areas such as support and relationships, education, attitudes, health, product development, and contributions to systems, services, and policies (Viscogliosi et al., 2020).

Furthermore, the characteristics that define the idea of senior citizens' social participation had a focus on interpersonal relationships and community-based activities that were founded on resource sharing, active engagement, and personal fulfillment. Elderly social participation had social, environmental, and individual antecedents as well as environmental and individual outcomes (Dehi Aroogh & Mohammadi Shahboulaghi, 2020). Meanwhile, seniors who engage in social activities are less likely to experience isolation in the future. Promoting social interaction could aid in lowering the detrimental health effects linked to social loneliness in later age (Ejiri et al., 2019). Additionally, pensioners civic engagement could make a significant impact in making communities thrive. Their engagement could address many things especially those that are concern of their fellow senior citizens such as in their wellbeing as well as the work of elders could build dynamic institutions that could help and inspire younger people in improving the community (Stoecker & Witkovsky, 2023).

Stress can be lessened with appropriate financial assistance, such as a pension plan, and mental health is improved by retiring at the appropriate age while maintaining social connections. When elderly persons continue to engage in social and professional activities, cognitive aging slows down (Chanda & Mishra, 2019). Furthermore, elderly frequently withdrew from activities that required high interaction with others, opting instead for those involving less engagement. Low-intensity participation emerged as a crucial form of social involvement, allowing frail older adults to stay connected with society. Key factors influencing social participation included functional decline, as well as the physical and social environment. Moreover, a small number of older adults were involved in helping other seniors. Social activities, both formal and informal, along with visiting friends and family, were commonly mentioned by participants as enjoyable experiences. Additionally, participants highlighted spontaneous or low-key social interactions as a regular part of their daily lives. Participants also finds going to local stores as a basic activity is necessary and essential for their neighborhood participation (Duppen et al., 2020).

Personal and Community Engagement. Dehi Aroogh and Mohammadi Shahboulaghi (2020) states that the characteristics that define the idea of senior citizens' social participation had a focus on interpersonal relationships

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and community-based activities that were founded on resource sharing, active engagement, and personal fulfillment. Elderly social participation had social, environmental, and individual antecedents as well as environmental and individual outcomes.

Active Lifestyle. The pensioner's lifestyle activeness through their involvement in various recreational activities such as going to places, mingling with friends, or by just simply relaxing at various facilities. These activities give them a sense of belongingness and connectedness to other people which aids them from feeling isolated towards the community. Furthermore, it promotes health and well-being which is especially important towards pensioners. Seniors who engage in social activities are less likely to experience isolation in the future. Promoting social interaction could aid in lowering the detrimental health effects linked to social loneliness in later age (Ejiri et al., 2019). By having active lifestyle, pensioners could help them improve their state of wellbeing.

Civic Engagement and Community Involvement. According to Stoecker and Witkovsky (2023), pensioners civic engagement could make a significant impact in making communities thrive. Their engagement could address many things especially those that are concern of their fellow senior citizens such as in their wellbeing as well as the work of elders could build dynamic institutions that could help and inspire younger people in improving the community.

Building Relationship. Chanda and Mishra (2019) stated that wellbeing of such population could greatly improve when they are continually engage in social and professional activities, along with proper retirement and financial assistance such as pension plan. Pensioners not only connect themselves to others, helping them build camaraderie towards the community, but also helping themselves by improving their state of wellbeing. Moreover, Duppen et. al (2020), which states that Social activities, both formal and informal, along with visiting friends and family, were commonly mentioned by participants as enjoyable experiences.

METHODOLOGY

Non-experimental quantitative research using the Exploratory Factor Analysis (EFA). The Kaiser-Meyer-Olkin (KMO) test measured the adequacy of factor analysis of the data collected and the correlation of the underlying factors. In the KMO test, the factors are extracted when the value is close to 1.000, which indicates a more suitable sample for factor analysis. This also suggests that the variables share enough common variance. Barlett's sphericity test gives the dataset's suitability for dimensionality reduction techniques. The eigenvalues of the factors in descending order against the number of factors were graphically represented in the Scree Plot to determine the optimal number of factors to retain.

The researchers designed 30-item questionnaire employing a 5-point Likert scale, each item centered on investigating social activities participation. The collected data was systematically tallied, summarized, and statistically analyzed using SPSS Statistics, a software used for managing and analyzing large amount of data using advanced statistical procedures and modeling techniques (Pallant, 2020). Among the analytical methods applied, the Kaiser-Meyer-Olkin (KMO) Test and Bartlett's Test of sphericity was used to measure the adequacy of partial correlations between variables and the for the verification of the correlation matrix (Shrestha, 2021). In addition, Scree Plot was used to help determine the number of factors or components to extract and retain for the analysis (Shrestha, 2021). The retained factors were then organized, labeled, and interpreted.

RESULT AND DISCUSSION

This section presented the data's analysis and presentation. Barlett's Test of Sphericity with a chi-square value of 2648.563, degrees of freedom (df) value of 435, and p-value of .000 ($p < 0.05$) indicates that the correlation matrix is significantly different from the identity matrix, supporting the presence of underlying factors, hence, confirming that the sample used is suitable for the study and that factor analysis is appropriate as the treatment to utilize as the analytical tool. Overall, the results indicate that the sampling size employed in this study is sufficient to proceed to factor analysis.

Table 1. KMO and Barlett's Test

Kaiser-Meyer-Olkin Measure of Sampling Adequacy.		.836
	Approx. Chi-Square	2648.563
Bartlett's Test of Sphericity	df	435
	Sig.	.000

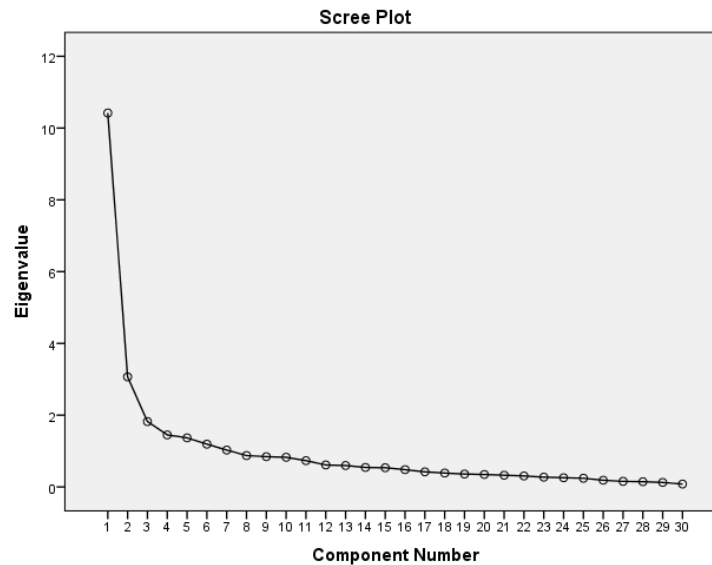
Total Variance Explained. By examining the variance percentage in the Total Variance Explained Table, we can observe that the first factor explains 22.368% of the total variance, indicating that it accounts for a significant portion of the variability in the dataset. The second factor explains 11.546% of the variance, the third factor explains 11.361%, the fourth factor explains 9.824% and the fifth factor explains 5.317%. Therefore, the first factor contributes the most to explaining the variance, while the fifth factor has the smallest impact.

Table 2. Total Variance Explained

		Extractions Sums of Squared Loadings			Rotations Sums of Squared Loading		
	Eigenvalues	Total	% of Variance	Cumulative %	Total	% of Variance	Cumulative %
Factor 1	10.419	10.419	34.730	34.730	6.710	22.368	22.368
Factor 2	3.067	3.067	10.224	44.954	3.464	11.546	33.915
Factor 3	1.822	1.822	6.073	51.026	3.408	11.361	45.276
Factor 4	1.450	1.450	4.833	55.859	2.947	9.824	55.100
Factor 5	1.367	1.367	4.557	60.416	1.595	5.317	60.416

The five identified factors collectively account for a total variance of 60.416%, as indicated in the table. This means that these five factors capture the majority of the underlying variation in the dataset, providing a meaningful representation of the data's structure.

Scree Plot. The scree plot was utilized to graphically determine the number of the social participation frameworks of pensioners. As shown in Figure 1, the point above the debris or break, not including the break itself, indicates the number of factors that are to be retained. Examining the Scree plot and eigenvalues revealed a departure from linearity, which coincided with a 5-factor result. The Scree Test suggests that there are five factors in the data analyzed.



Personal and Community Engagement. Table 3 shows the twelve items that fall under the first factors, personal and community engagement, and their corresponding loading coefficients. As shown, the item '*I contribute insights and ideas for the betterment of the organization*' obtained the highest loading coefficient of 0.790. The item '*I comfort and provide counselling session to other pensioners*' obtained a loading coefficient of 0.749. The item '*I go to social club/group*' obtained a loading coefficient of 0.721. The item '*I participate in finding solutions to community/family dispute*' obtained a loading coefficient of 0.717. The item '*I play different sports as hobby*' obtained a loading coefficient of 0.709.

Furthermore, the item '*I gladly participate in activities in my neighborhood*' obtained a loading coefficient of 0.699. The item '*I participate in community welfare activities*' obtained a loading coefficient of 0.692. The item '*I interact with other people in social media*' obtained a loading coefficient of 0.614. The item '*I help organize family related events/gathering*' obtained a loading coefficient of 0.607. The item '*I use the internet for social communication*' obtained a loading coefficient of 0.576. The item '*I go to cinema of theatre*' obtained a loading coefficient of 0.529. The item '*I joined group travel*' obtained a loading coefficient of 0.527.

These findings demonstrate that pensioners are socially active when it comes to engagement towards other people or to the community. Things such as volunteering, mentorship, and community events are increasingly recognized as common factors frameworks among pensioners. Fostering social connections and sense of belonging can support personal growth and skills development among pensioners.

Table 3. Rotated matrix with Group of Attributes under Personal and Community Engagement

Item	Attributes	Loadings	Dimension
14	I contribute insights and ideas for the betterment of the organization	0.790	Personal and Community Engagement.
13	I comfort and provide counselling session to other pensioners	0.749	
22	I go to social club/group	0.721	
11	I participate in finding solutions to community/ family dispute	0.717	
8	I play different sports as hobby	0.709	
9	I gladly participate in activities in my neighborhood	0.699	
19	I participate in community welfare activities	0.692	
21	I interact with other people in social media	0.614	

26	I help organize family related events/gathering	0.607	
7	I use the internet for social communication	0.576	
25	I go to cinema or theatre	0.529	
18	I join group travels	0.527	

This affirms with Dehi Aroogh and Mohammadi Shahboulaghi, (2020) study, which states that the characteristics that define the idea of senior citizens' social participation had a focus on interpersonal relationships and community-based activities that were founded on resource sharing, active engagement, and personal fulfillment. Elderly social participation had social, environmental, and individual antecedents as well as environmental and individual outcomes.

Active Lifestyle. Table 4 shows four items that fall under the second factors, active Lifestyle, and the corresponding loading coefficients. As shown in the item 'I go to malls/markets' it obtained the highest loading coefficient of 0.706. The item 'I go to physical fitness session' obtained a loading coefficient of 0.671. The item 'I join singing, dancing, and playing music in a group' obtained a loading coefficient of 0.627. The item 'I go to café or restaurant' obtained a loading coefficient of 0.573.

The pensioners frequently went to malls and markets, joined with physical fitness sessions, singing, dancing, and playing music in a group. They wanted to spend their spare time in a café or restaurants.

These findings affirms with Ejire et al (2019) that pensioner's lifestyle activeness through their involvement in various recreational activities such as going to places, mingling with friends, or by just simply relaxing at various facilities. These activities give them a sense of belongingness and connectedness to other people which aids them from feeling isolated towards the community. Furthermore, it promotes health and well-being which is especially important towards pensioners. Seniors who engage in social activities are less likely to experience isolation in the future. Promoting social interaction could aid in lowering the detrimental health effects linked to social loneliness in later age. By having active lifestyle, pensioners could help them improve their state of wellbeing.

Table 4. Rotated Matrix with Group under Active Lifestyle

Item	Attributes	Loadings	Dimension
24	I go to malls/markets	0.706	Active Lifestyle
27	I go to a physical fitness session	0.671	
30	I join singing, dancing, and playing music in a group	0.627	
23	I go to café or restaurants	0.573	

Civic Engagement and Community Involvement. Table 5 shows the five items that fall under the third factors, civic engagement and community involvement, along with their corresponding loading coefficients. The item 'I follow rules and regulations of the community' has the highest loading coefficient of 0.835. The item 'I exercise the right to vote' shows a loading coefficient of 0.801. Moreover, the item 'I attend seminars and meetings for senior citizens and pensioners' shows a loading coefficient of 0.655. The item 'I communicate with children' shows a loading coefficient of 0.566. The item 'I provide counselling in the family and in the community' shows a loading coefficient of 0.565.

Table 5. Rotated Matrix with Group Attributes under Civic Engagement and Community Involvement

Item	Attributes	Loadings	Dimension
17	I follow rules and regulations of the community.	0.835	Civic Engagement and Community Involvement
16	I exercise the right to vote.	0.801	
12	I attend seminars and meetings for senior citizens and pensioners.	0.655	
5	I communicate with children.	0.566	
15	I provide counselling in the family and in the community.	0.565	

The result depicts the involvement of pensioners towards the improvement of the community. Their contribution has significant impact in making the community a better place. They are making themselves as an example towards others, especially to the younger generation, in order to maintain and improve the state of their communities such as following the law as well as helping other people. Their efforts and concerns are important in shaping the community.

According to Stoecker and Witkovsky (2023), pensioners civic engagement could make a significant impact in making communities thrive. Their engagement could address many things especially those that are concern of their fellow senior citizens such as in their wellbeing as well as the work of elders could build dynamic institutions that could help and inspire younger people in improving the community.

Building Relationship. Table 6 shows three items categorized under the fourth factor, building relationship, along with their respective loading coefficients. The item, 'I visit friends' achieved the highest loading coefficient of 0.859, indicating that a strong sense of activities participation frameworks of pensioners. The item 'I visit neighbors' shows a loading coefficient of 0.830. Lastly, the item 'I visit my relative' obtained a loading coefficient of 0.567, highlighting the impact of building relations of the pensioners

The findings convey the interaction of pensioners towards others such in their families and friends. Pensioners are well maintaining their connections through the act of visiting as well as mingling towards others. Additionally, this brings benefits to them especially towards their health and social aspects.

This finding aligns with Chanda and Mishra (2019) that wellbeing of such population could greatly improve when they are continually engage in social and professional activities, along with proper retirement and financial assistance such as pension plan. Pensioners not only connect themselves to others, helping them build camaraderie towards the community, but also helping themselves by improving their state of wellbeing. Moreover, this is supported by Duppen et. al (2020), which states that Social activities, both formal and informal, along with visiting friends and family, were commonly mentioned by participants as enjoyable experiences.

Table 6. Rotated Matrix with Group Attributes under Building Relationship

Item	Attributes	Loadings	Dimension
2	I visit friends.	0.859	Building Relationship
3	I visit neighbors.	0.830	
1	I visit my relatives.	0.567	

STUDY FRAMEWORK

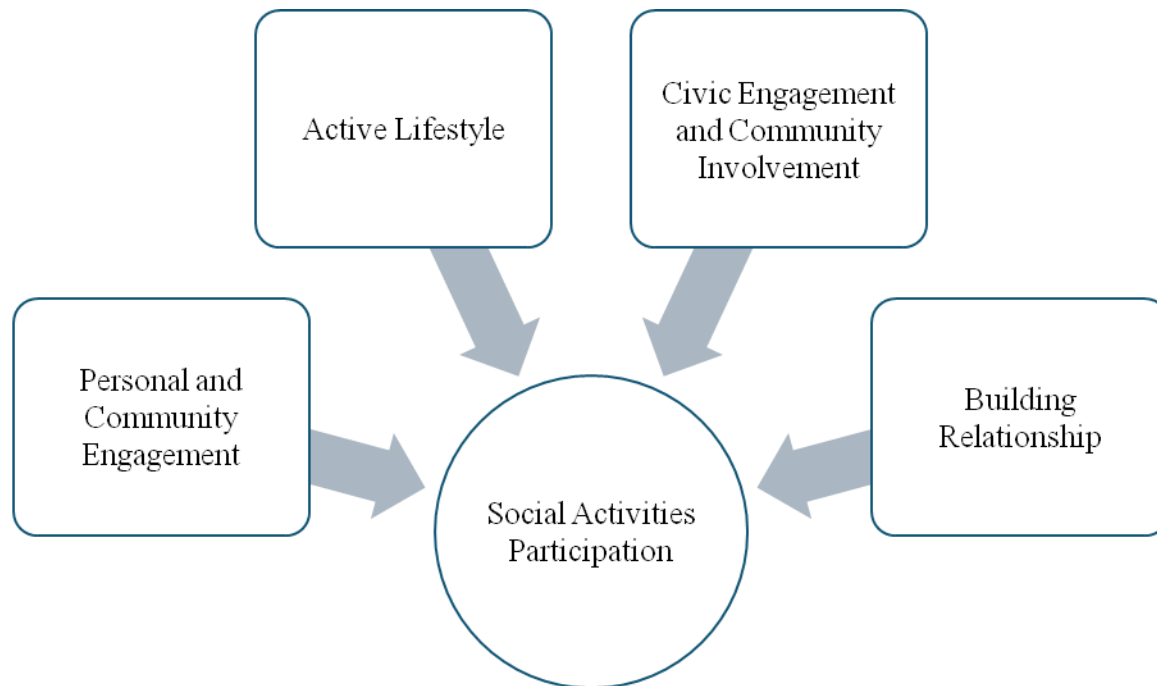
Presented in Figure 2 is the framework developed based on the findings. The researchers found that the factors of the Social Activities participation frameworks among pensioners are Personal and Community Engagement, Active Lifestyle, Civic Engagement and Community Involvement, and Building Relationship

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CONCLUSION

Valuable insights and understandings about pensioner's social activities participation are found out through this study. There were four dimensions of social activities participation such as personal and community engagement, active lifestyle, civic engagement and community involvement, and building relationship. The framework on social activities participation among pensioners was developed.

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