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**Spanish elderly are reflecting on their active ageing.
How their views differ from the scientific literature and
policy making?**

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OUTLINE

- Introduction: literature remarks
- Objective
- Data
- Some results
 - General mapping
 - Major domains
- Conclusions

Introduction

- Active Ageing (AA) follows the WHO paradigm (2002)
- Lack of consensus and clarity about the concept
- Some features of the concept
 - polysemous in nature related to different theories
 - constructed from multiple components
 - correlated with other general concepts (wellbeing, quality of life)
 - wrapped in confusion and tensions with other concepts given the complexity and ductility, and barriers for its definition and use
 - hardly and differently operationalized, depending on application in scientific, political or functional area

Introduction

- Close concepts to AA in literature
 - Healthy, coming together with AA in general and affecting social participation
 - Successful, focussing in relations and activities to achieve life satisfaction at retirement
 - Productive, assessing the economic value of time available for activities
- AA is:
 - Built on a positive view of ageing,
 - Looking at health, functioning and social participation,
 - And centred in behavioural, social, economic, cultural, determinants

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Objective

- To analyse how **older-adults** in Spain build their active ageing (**lay-perspective**)...
- ...by studying
 - **dimensions,**
 - **factors,**
 - **and consequences** that derive from **THE WAY THEY DESCRIBE** their living

Why a lay-perspective?

- Less interest in literature, in comparison with driven-theory approaches
- Looking for its usefulness
 - To contrast scientific strategies and culturally-oriented scenarios
 - To provide with new contents to theories
 - To inform public policies and interventions if lay- and scientific approaches are matching
 - To enhance our understanding on AA among older adults, giving voice to elderly without previous theoretical basis and grounded on their own experiences

Why a lay-perspective?

- It is based on simple questions
 - Reichstadt et al. 2010:** *How would you define successful aging?; What is important to aging successfully?*
 - Romo et al. 2012:** *“Researchers have come up with the term ‘successful aging.’ What comes to mind when you hear that term?”*
 - ELES, 2015:** *What do you understand when we talk about active ageing?*
- By doing this some general results arise: **AA**
 - ...is a multidimensional construct, with a different composition than that in theoretical accepted models
 - AA lay definitions offer more components (aver.:7,3) than scientific ones (aver.: 2,5) (Hung et al.,2010)
 - AA lay-defined components are closer to personal and social spheres

Methodology

- Ageing in Spain Longitudinal Study, ELES 2015
- In-depth interviews: 9 persons in charge of selected civil society organizations in Spain
 - **Institutionally-driven:**
 - CAUMAS: Associations of Older scholars attending University Programs for the Elderly
 - “For a million steps” Project (Andalucía)
 - **Self-organized and sectorial:**
 - SECOT (Seniors for Technical Cooperation)
 - AMES (Women for a Healthy Ageing)
 - ADECUR (Cultural and Sport Association of Pensioners, Las Rozas)
 - FACOM (Culture and Leisure for the Elderly Association)
 - Yayoflautas (Outraged Elders)
 - **Company/Administration:**
 - Telefónica Elderly Association
 - Central Government Elderly Association

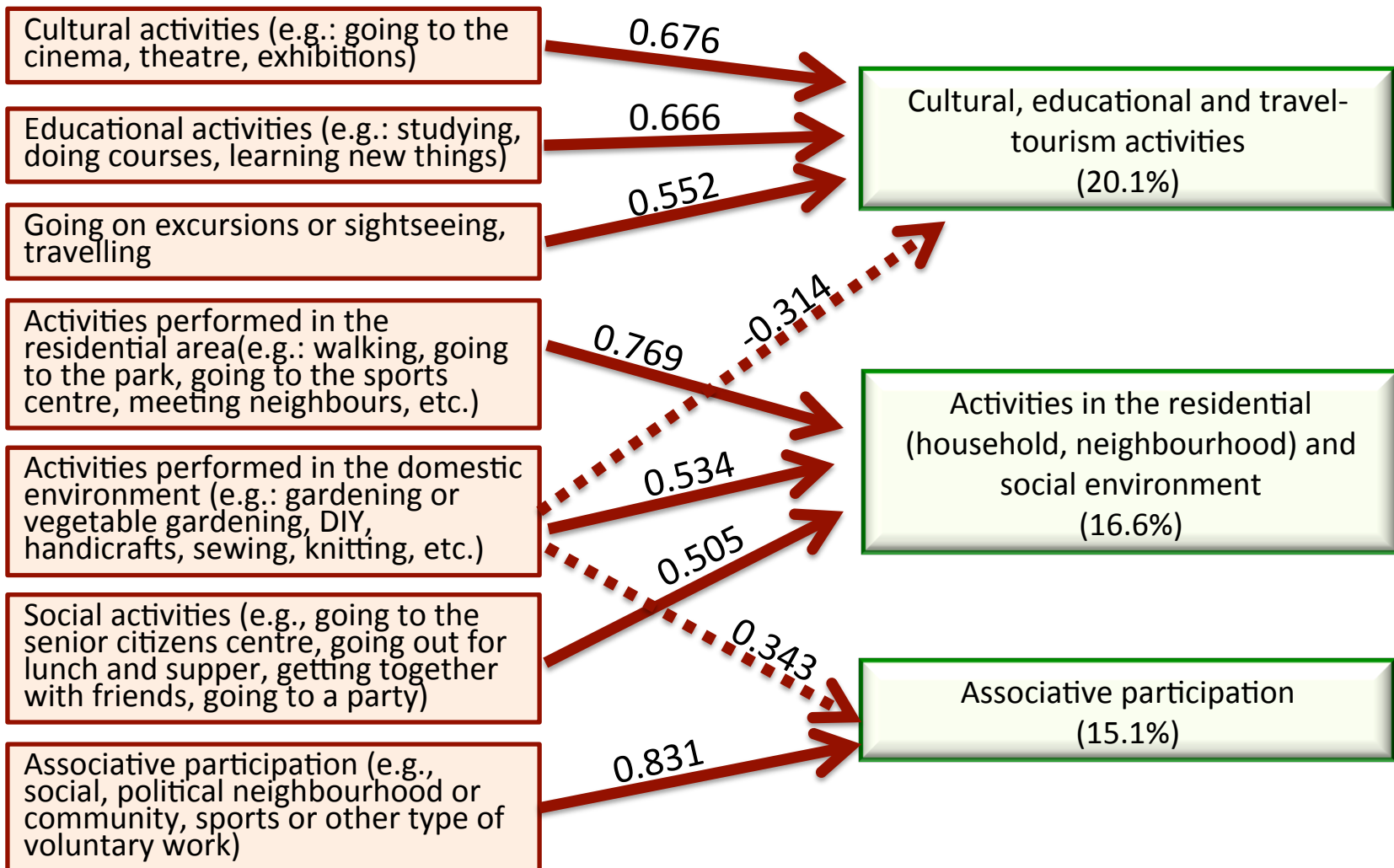
Methodology

- 7 focus groups, with 50 participants older than 50
- Criteria for participants selection: age and gender, economic activity (former or current), area of residence
- Areas of interest
 - **AA 'lay' definition**
 - Activities done, motives for doing
 - Individual or social background for initiate/maintain/cease activities
 - Effects
 - Family and environment supporting activities
 - AA and quality of life in old age
- Atlas.ti v8 to construe interviewees discourses

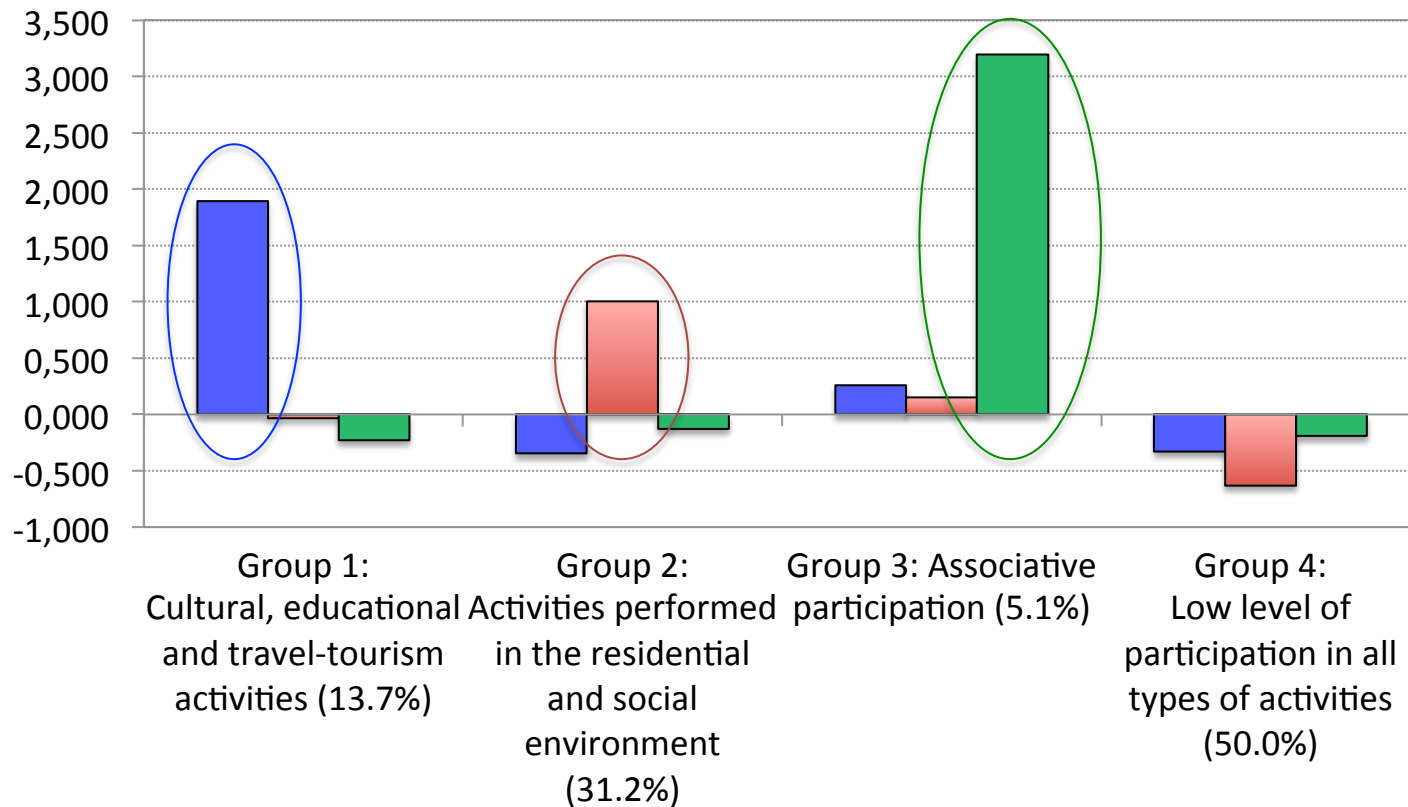
Factor Analysis (Principal Components Method)

Variables on spare/associative participation activities

Principal Components



Classification of subjects through Cluster Analysis



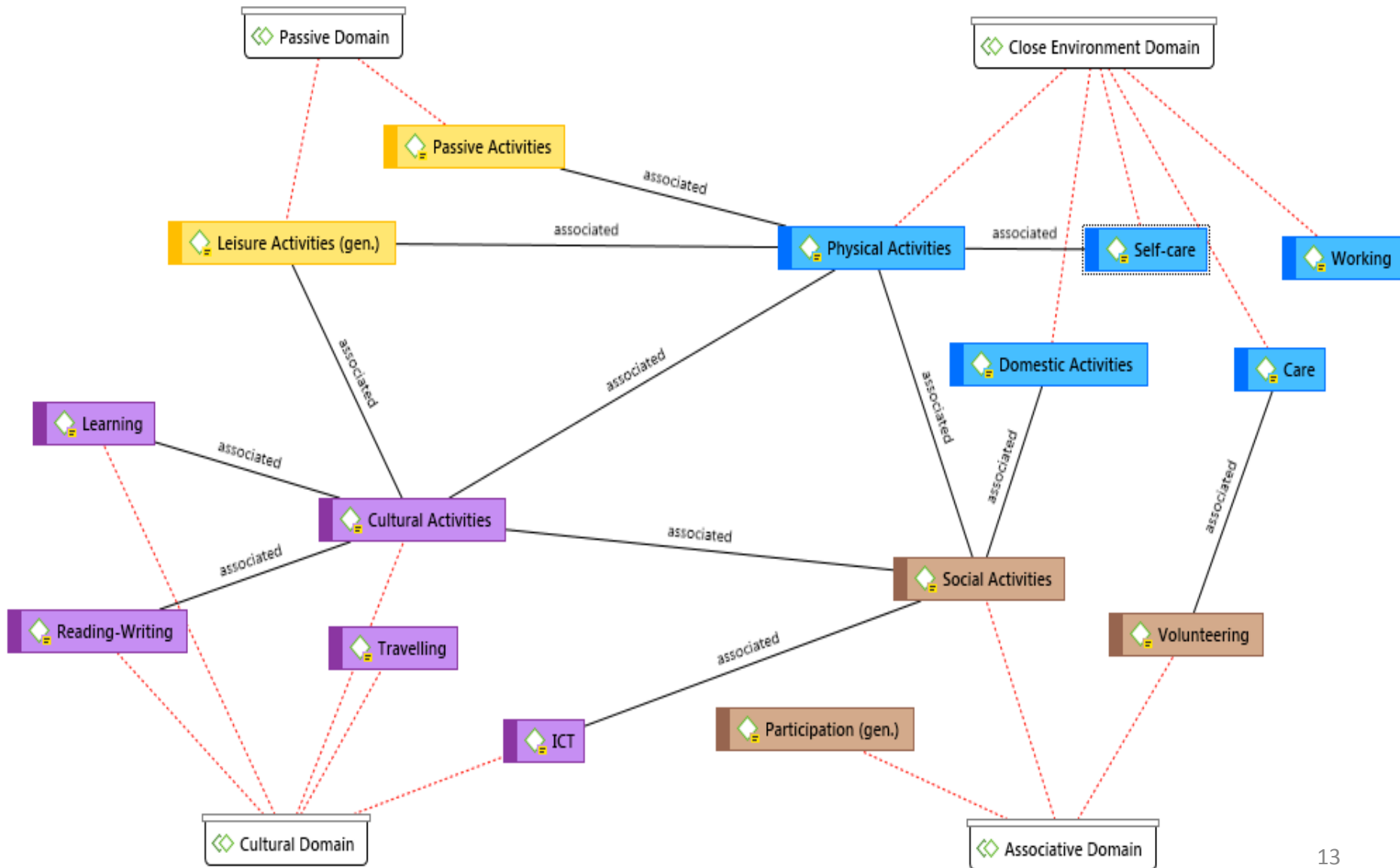
■ Cultural, educational, travel-tourism activities

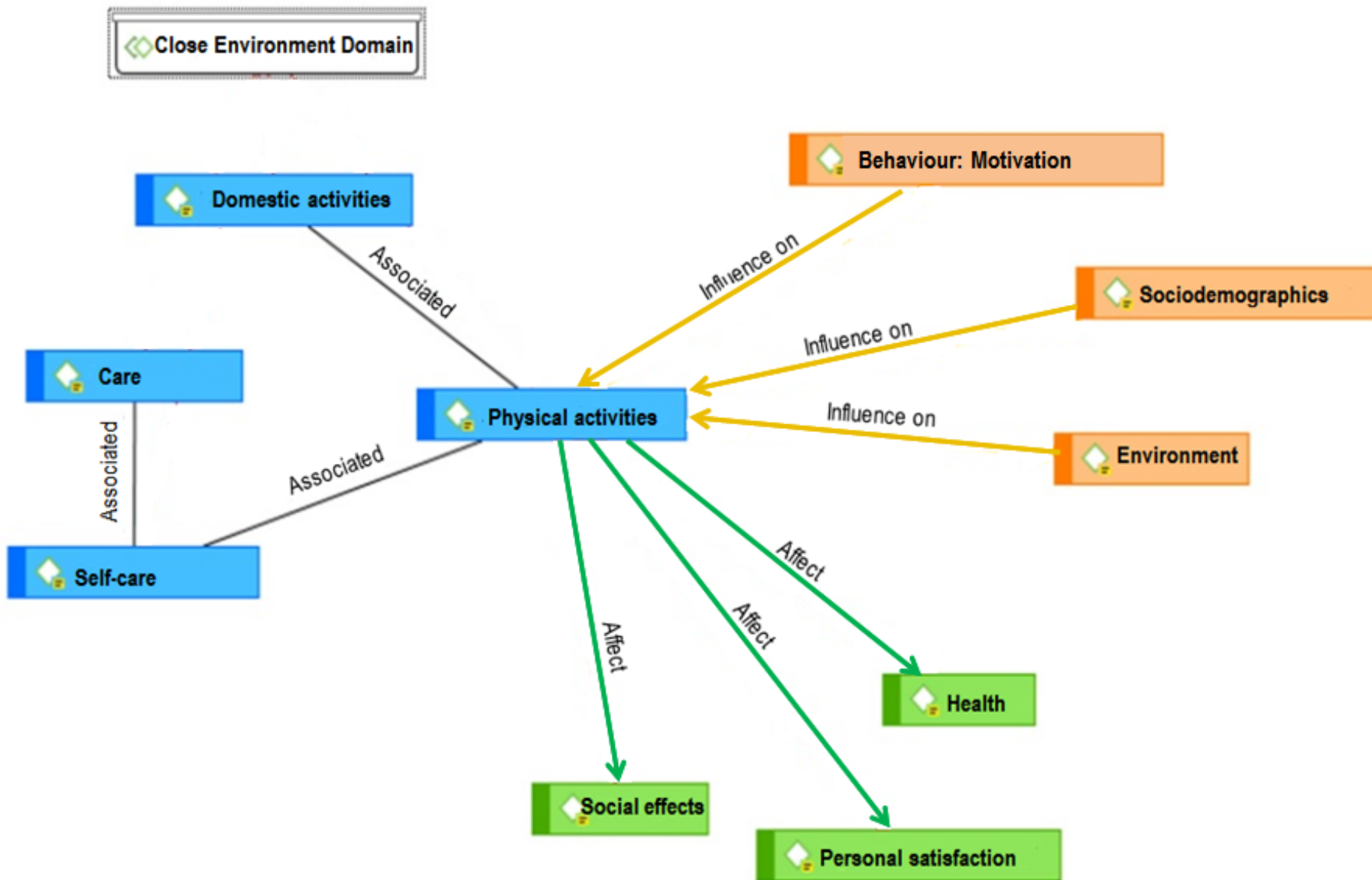
■ Activities in the residential (household, neighborhood) and social environment

■ Associative participation

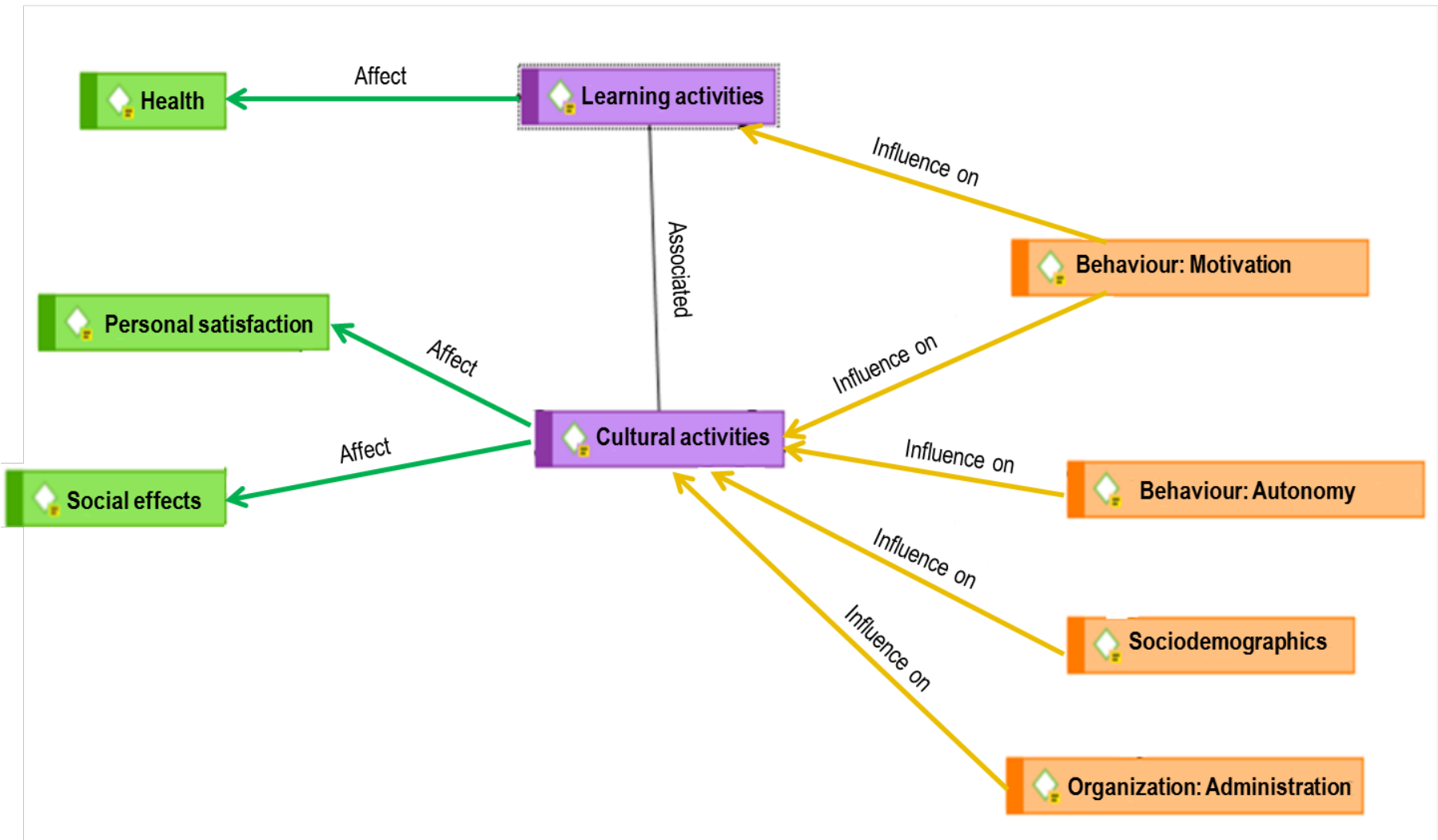
The Discriminant Analysis technique was used to validate the individuals' classification, meaning that 97% of original grouped cases were correctly classified.

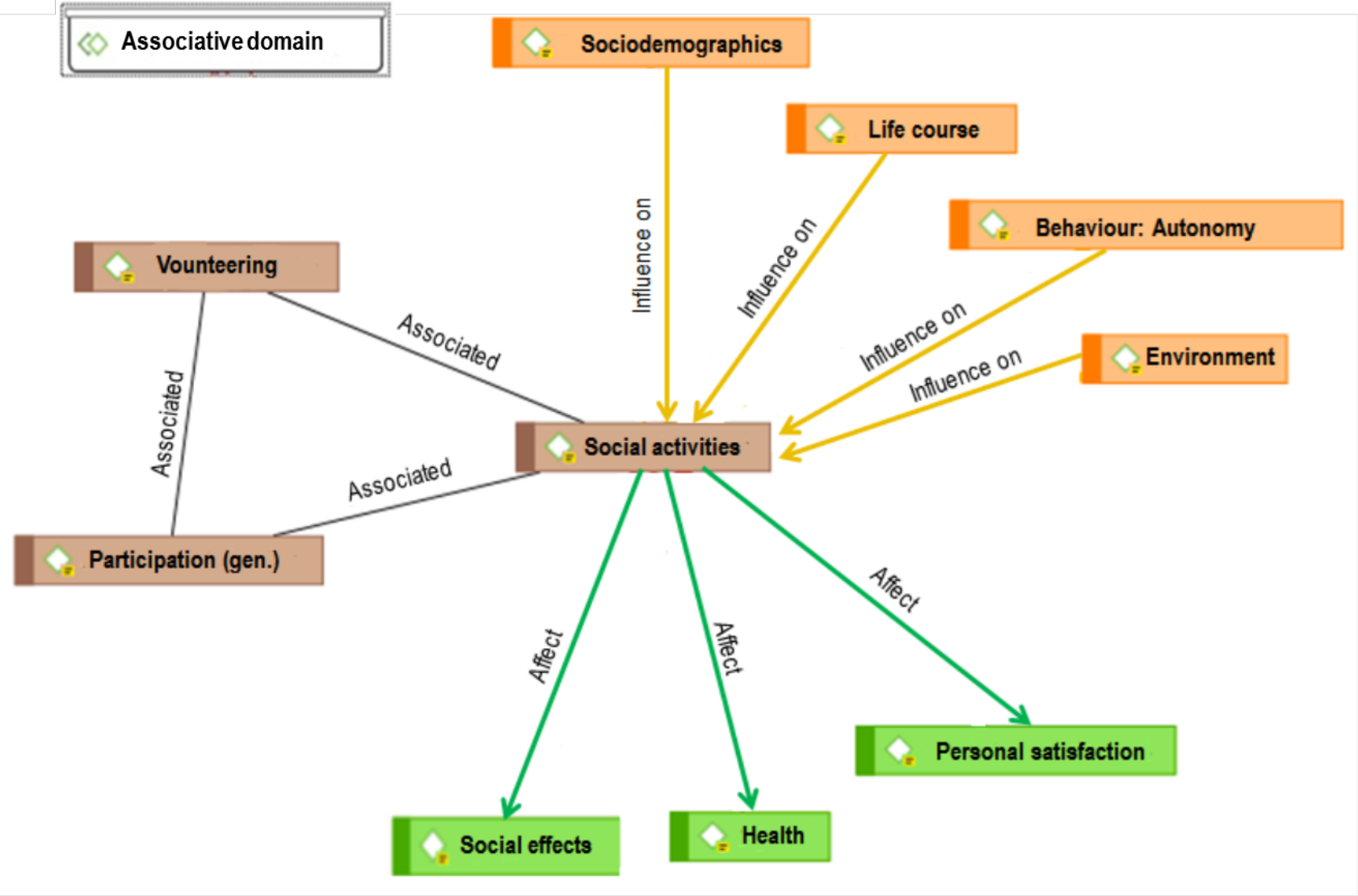
Major domains identified in QA





Cultural domain





Passive domain

- Contrasted profile built over two poles:
 - Many declare an almost complete passivity (watching TV at home, going to bar, playing cards)
 - Many others perform a low level of activity, not fully defined and diversified
- Factors playing a role
 - Gender: men (going out home), women (house chores and social meetings, looking for autonomy)
 - Environment: rural vs. urban
- Some verifiable effects
 - Capacity to decide as retired
 - Harmful impacts on health
 - Reinforcement of retirement in contrast to working life

Conclusions

- AA is a **general concept** to approach the way people spend their spare time: 'easy' to be defined, 'difficult' to be operationalized
- **Lay perspective** is uncommon, but rich and useful to compare with research and policy views
- Older adults in Spain show a **diverse and complex behaviour** regarding their AA, mainly in qual analysis
- **Four dimensions** emerge from interviewees discourses, ranging from the 'passive' to the more 'active'
- **Personal motivation, family, society, environment, life satisfaction**,... are common references in their discourses
- Further research must be addressed to a **deeper understanding** of how AA is valued by individuals and how is managed by research and policy makers
- **Research limitations** are present in the analysis

Thanks for your attention

Time for questions