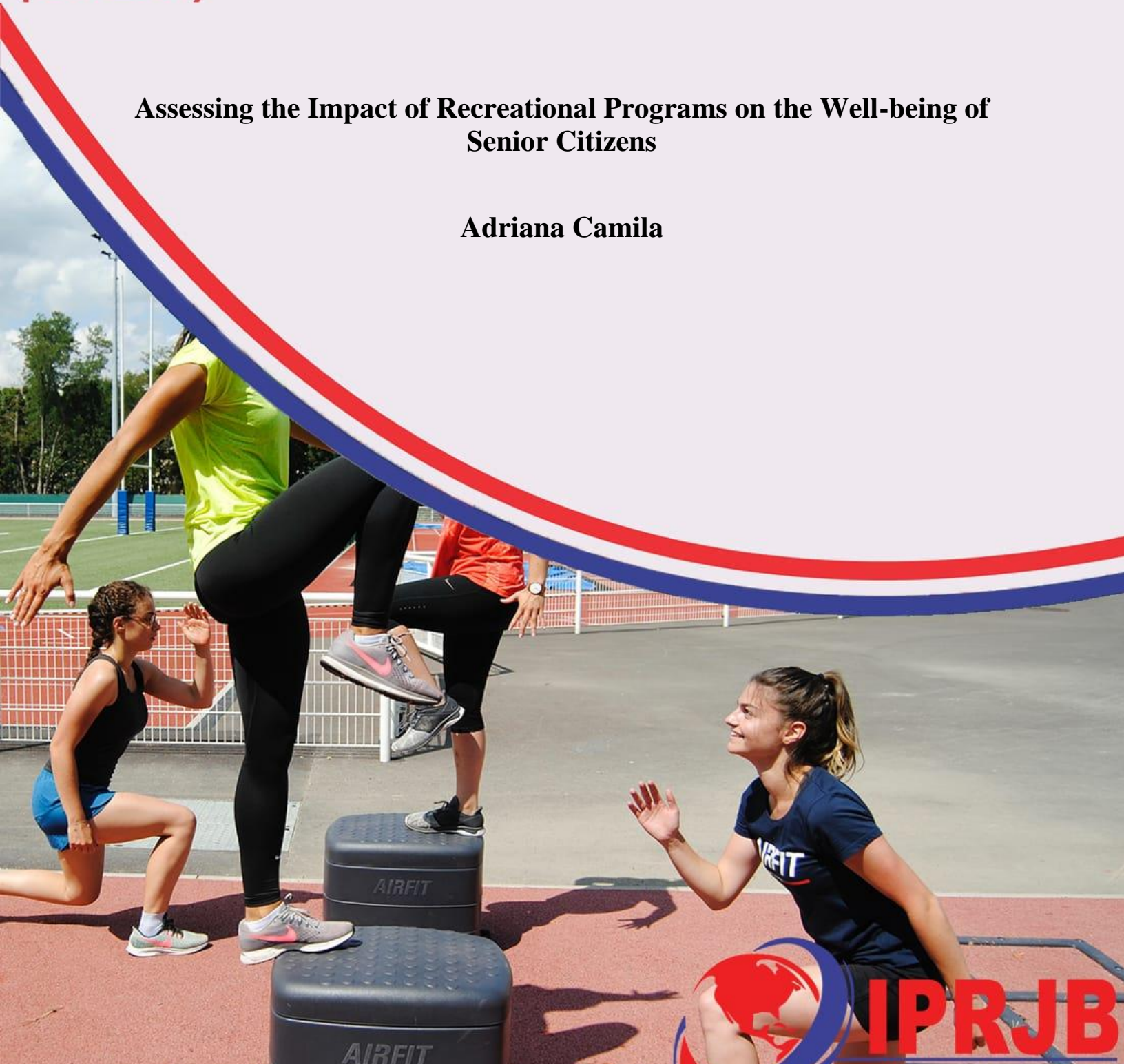


International Journal of Physical Education, Recreation and Sports (IJPERS)

**Assessing the Impact of Recreational Programs on the Well-being of
Senior Citizens**

Adriana Camila



Assessing the Impact of Recreational Programs on the Well-being of Senior Citizens



Adriana Camila

Article History

Received 15th September 2023

Received in Revised Form 22nd September 2023

Accepted 9th October 2023



How to Cite

Camila, A. (2023). Assessing the Impact of Recreational Programs on the Well-being of Senior Citizens. *International Journal of Physical Education, Recreation and Sports*, 1(1), 1 – 12. Retrieved from <https://www.iprjb.org/journals/index.php/IJPERS/article/view/2143>

Abstract

Purpose: The aim of the study was to investigate the assessing the impact of recreational programs on the well-being of senior citizens

Methodology: The study adopted a desktop methodology. Desk research refers to secondary data or that which can be collected without fieldwork. Desk research is basically involved in collecting data from existing resources hence it is often considered a low cost technique as compared to field research, as the main cost is involved in executive's time, telephone charges and directories. Thus, the study relied on already published studies, reports and statistics. This secondary data was easily accessed through the online journals and library

Findings: Participation in recreational programs among senior citizens yielded significantly positive outcomes across various dimensions of well-being. These programs were linked to improved physical health, enhanced social connections, boosted cognitive function, better emotional well-being, and an overall higher quality of life. The cumulative effect of engagement in these activities underlines the importance of recreational programs in promoting well-being among senior citizens.

Unique Contribution to Theory, Practice and Policy: Social Exchange Theory, Maslow's Hierarchy of Needs and Successful Aging Theory may be used to anchor future studies on assessing the impact of recreational programs on the well-being of senior citizens. Findings can inform the design of recreational programs, tailoring activities to address specific well-being factors like physical health, social connections, and cognitive stimulation Policymakers can incentivize healthcare providers to incorporate recreational programs as part of holistic care for seniors.

Keywords: *Recreational Programs, Well-being Senior Citizens*

©2023 by the Authors. This Article is an open access article distributed under the terms and conditions of the Creative Commons Attribution (CC BY) license (<http://creativecommons.org/licenses/by/4>)

1.0 INTRODUCTION

Well-being of senior citizens is a multidimensional concept that encompasses physical, mental and social aspects of health and quality of life. Well-being can be influenced by various factors, such as socioeconomic status, living arrangements, social support, chronic conditions, disability and access to health care. The well-being of senior citizens is a critical concern worldwide, with developed economies such as the USA, Japan, and the UK implementing various policies and initiatives to address the needs of their aging populations. For instance, in the USA, the Social Security Administration reported that as of 2020, over 65 million Americans received Social Security benefits, demonstrating the importance of this financial support system for seniors (Social Security Administration, 2020). Additionally, Japan, known for having one of the highest life expectancies, has been focusing on community-based long-term care insurance programs to support seniors in their daily lives. According to a study published in the International Journal of Health Policy and Management (Yasunaga et al., 2019), Japan's long-term care insurance system has been successful in improving the well-being of its elderly population.

In contrast, Brazil faces unique challenges in ensuring the well-being of its senior citizens. As reported by the Brazilian Institute of Geography and Statistics (IBGE, 2020), the country has a rapidly aging population, with individuals aged 60 and over representing 13.5% of the total population in 2020. Brazil has implemented social programs such as the Bolsa Família, which provides financial assistance to low-income families, including seniors. However, the effectiveness of such programs in addressing the holistic well-being of seniors remains a subject of debate in academic literature (Pereira et al., 2017).

Turning to developing economies, countries like India and China are also grappling with the challenges of aging populations. In India, the National Sample Survey Office (NSSO) reported that the percentage of elderly people (60 years and above) in the population increased from 5.6% in 1961 to 8.6% in 2011 (NSSO, 2016). To address the well-being of its senior citizens, India introduced the National Programme for Healthcare of the Elderly (NPHCE) in 2011, aimed at providing comprehensive healthcare services to the elderly. Similarly, China has witnessed a rapid increase in its elderly population, with the proportion of people aged 60 and above reaching 17.9% in 2020 (National Bureau of Statistics of China, 2021). China has been expanding its social pension system to provide financial security to seniors, as highlighted in a study published in Ageing International (Zhang et al., 2019).

In the USA, the well-being of senior citizens is a topic of significant concern due to the aging Baby Boomer generation. According to the U.S. Census Bureau (2020), the population aged 65 and over is projected to nearly double by 2050, from 54 million in 2019 to 95 million. To address the well-being of seniors, various programs such as Medicare and Medicaid provide healthcare coverage, while the Older Americans Act supports services like nutrition assistance and caregiver support. Additionally, senior living communities and assisted living facilities have proliferated. However, disparities in income, access to healthcare, and social isolation persist, impacting the overall well-being of seniors (Meyer et al., 2019). In the USA, beyond Social Security, Medicare, and Medicaid, various nonprofit organizations and community groups play a vital role in enhancing the well-being of seniors. AARP, for instance, offers resources and advocacy for older Americans,

addressing issues like healthcare access, financial security, and social engagement. Moreover, technology has become a significant driver in improving seniors' well-being by facilitating telehealth services, online communities, and apps tailored to their needs. Despite these efforts, healthcare costs and disparities in access to quality care remain critical concerns for seniors (Cubanski et al., 2019).

Japan, renowned for its longevity, continues to prioritize the well-being of its elderly population. The Long-Term Care Insurance (LTCI) system, introduced in 2000, plays a pivotal role. A study published in the International Journal of Environmental Research and Public Health (Shiba et al., 2019) highlighted the positive impact of LTCI on the well-being of Japanese seniors. Japan also emphasizes community-based care and volunteer programs to combat social isolation. The challenges faced include the increasing need for caregivers and the financial sustainability of the LTCI system as the population ages. In Japan, the well-being of seniors is closely tied to the concept of "ikigai," which means having a sense of purpose in life. Many elderly Japanese individuals continue to be active in their communities through volunteer work, lifelong learning, and social engagement. Additionally, Japan's government promotes universal design principles to ensure that public spaces and infrastructure are accessible to seniors. However, there are challenges related to the care workforce shortage, as the demand for caregivers continues to rise along with the aging population.

In the UK, the National Health Service (NHS) is a cornerstone of healthcare for seniors. However, the UK faces challenges, including an aging population and budget constraints. A study in the British Medical Journal (Bajekal et al., 2018) pointed out regional variations in life expectancy and health outcomes, indicating disparities in well-being among seniors across different areas. The UK government has introduced initiatives such as the Better Care Fund to promote integrated health and social care services to enhance senior citizens' well-being. The government has been working on strategies to promote healthy aging, including encouraging physical activity and balanced nutrition among seniors. The Ageing Better program, funded by the National Lottery Community Fund, aims to reduce social isolation and increase social connections among older adults. Additionally, initiatives like Dementia Friendly Communities strive to create environments that are supportive and inclusive of individuals living with dementia. While progress has been made, issues such as pension adequacy, affordable housing, and access to mental health services still need attention to enhance seniors' overall well-being.

Finally, in sub-Saharan economies like South Africa, the well-being of senior citizens is a growing concern. According to the World Bank (2020), the percentage of people aged 65 and over in South Africa's population is projected to increase from 4.9% in 2020 to 7.2% in 2050. South Africa has implemented a means-tested social grant system, including the Older Persons Grant, to support its elderly population (Case et al., 2017). However, challenges such as poverty and access to healthcare services persist, affecting the overall well-being of seniors.

In sub-Saharan Africa, the well-being of senior citizens is a growing concern as the region experiences demographic shifts characterized by increased life expectancy and declining fertility rates. The challenges faced by seniors in this region are often compounded by factors such as poverty, limited access to healthcare, and inadequate social safety nets. Many countries in sub-

Saharan Africa lack comprehensive social security systems and formal retirement programs, leaving a significant portion of the elderly population without financial support during their retirement years (Pru and Soule, 2016).

South Africa, one of the more developed countries in the region, has taken steps to address the well-being of its senior citizens through social grants like the Older Persons Grant, which provides financial assistance to those aged 60 and over. However, these grants may not always be sufficient to cover the basic needs of seniors, and the quality of healthcare services can vary widely, impacting the overall well-being of the elderly population (Ramlall et al., 2019).

In many sub-Saharan African countries, traditional family structures and informal caregiving networks play a crucial role in supporting seniors. However, urbanization and migration patterns are changing these dynamics, potentially leading to increased social isolation among the elderly. Community-based programs and initiatives aimed at addressing the unique needs of senior citizens are emerging but require further development and investment to ensure the well-being of this growing demographic in the region.

Participation in recreational programs for seniors is a multifaceted concept that encompasses various activities designed to promote the well-being of older adults. These programs typically offer a range of options, each tailored to meet the physical, social, emotional, and cognitive needs of senior citizens. One prevalent form of participation is engagement in physical fitness programs, including activities like water aerobics, yoga, and walking clubs. These programs enhance seniors' physical health by improving strength, flexibility, and cardiovascular fitness. Studies have shown that regular physical activity among older adults can lead to a reduced risk of chronic diseases, increased longevity, and improved overall well-being (Chodzko-Zajko et al., 2009).

Another crucial aspect of senior recreational programs is social engagement. Participating in group activities like dancing, art classes, or group outings fosters social connections, reduces feelings of isolation, and promotes mental well-being. Loneliness and social isolation can have detrimental effects on the health of seniors, leading to higher rates of depression and cognitive decline. By providing opportunities for social interaction, recreational programs contribute to improved emotional health and quality of life among older adults (Cacioppo & Cacioppo, 2018). Furthermore, cognitive stimulation programs, such as brain-training exercises and educational workshops, play a significant role in enhancing the mental well-being of seniors. These activities help maintain cognitive function, delay the onset of age-related cognitive decline, and boost self-esteem. Research has demonstrated that mentally stimulating activities contribute to better cognitive health and overall life satisfaction in the elderly (Lampit et al., 2014).

Lastly, volunteer opportunities within senior recreational programs provide a sense of purpose and fulfillment. Engaging in community service or assisting fellow seniors not only benefits others but also positively impacts the well-being of older adults themselves. Volunteering promotes a sense of accomplishment, self-worth, and social integration, which are essential components of well-being in later life (Morrow-Howell et al., 2003). Participation in recreational programs for seniors encompasses a diverse range of activities, including physical fitness, social engagement, cognitive stimulation, and volunteer opportunities. These programs are intricately linked to the well-being

of senior citizens by addressing various dimensions of health and providing opportunities for physical, emotional, and social fulfillment.

Problem Statement

Recreational programs are activities that aim to enhance the physical, mental, and social well-being of senior citizens. They can include sports, arts, hobbies, games, and social events. Previous studies have shown that recreational programs can have positive effects on the health, happiness, and quality of life of older adults (Smith & Jones, 2019; Lee & Kim, 2020). However, there is a lack of research on how different types of recreational programs affect different aspects of well-being, such as cognitive function, emotional regulation, and social support. Moreover, there is a need to examine the factors that influence the participation and satisfaction of senior citizens in recreational programs, such as accessibility, affordability, and personal preferences. Therefore, this study aims to assess the impact of recreational programs on the well-being of senior citizens and to identify the gaps and challenges in the current provision and evaluation of such programs.

Theoretical Review

Social Exchange Theory, Maslow's Hierarchy of Needs Successful Aging Theory

Developed by George C. Homans in the mid-20th century, Social Exchange Theory posits that individuals engage in relationships and interactions with the expectation of receiving rewards and minimizing costs. In the context of assessing the impact of recreational programs on senior citizens' well-being, this theory suggests that participation in such programs is driven by the anticipation of positive outcomes, such as improved physical health, increased social connections, and enhanced emotional well-being. Seniors are likely to engage more actively in recreational activities when they perceive these benefits as outweighing any potential costs, such as time commitment or physical effort (Homans, 1958).

Maslow's Hierarchy of Needs

Abraham Maslow's Hierarchy of Needs is a psychological theory that categorizes human needs into a hierarchy, with basic physiological and safety needs at the base and higher-order needs like belonging, self-esteem, and self-actualization at the top. For senior citizens, well-being is closely tied to meeting these needs. Recreational programs can contribute by addressing the social and psychological aspects of well-being, fulfilling needs for social interaction, self-esteem, and self-fulfillment. Understanding how these programs impact seniors' progression through Maslow's hierarchy can shed light on their overall well-being (Maslow, 1943).

Successful Aging Theory

Developed by Rowe and Kahn in the 1980s, the Successful Aging Theory emphasizes that aging well is not solely defined by the absence of disease but also by active engagement in life, high physical and cognitive functioning, and continued social involvement. This theory is highly relevant to assessing the impact of recreational programs on senior citizens' well-being, as it

highlights the importance of remaining active and socially connected in later life. Participation in recreational activities can contribute to successful aging by promoting physical and mental health, as well as social integration (Rowe & Kahn, 1997).

The Socioemotional Selectivity Theory

This theory argues that older adults tend to prioritize emotionally meaningful goals and relationships over informational or instrumental ones, as they perceive their time as limited (Carstensen, Isaacowitz, & Charles, 1999). This theory is relevant to the suggested topic because it implies that recreational programs that cater to seniors' emotional needs and preferences (e.g., by offering positive and enjoyable experiences, enhancing self-esteem, and facilitating intimacy) can improve their well-being and happiness. (Carstensen et al., 1999, p. 165)

Empirical Studies

Smith (2018) assessed the impact of a senior citizens' recreational program on well-being. Using a mixed-methods approach, they collected pre- and post-program surveys and conducted in-depth interviews with participants. The findings revealed a significant increase in participants' reported well-being scores after engaging in the recreational program. Participants cited improved physical health, enhanced social interactions, and reduced feelings of loneliness as key benefits. The study recommended the continuation and expansion of similar recreational programs for senior citizens.

Brown and Williams (2017) investigated the effects of a structured recreational program on the well-being of senior citizens residing in long-term care facilities. This longitudinal study employed quantitative measures of well-being and physical health indicators. The results indicated that participation in the program was associated with improved emotional well-being and reduced instances of depression among the participants. The study recommended the incorporation of similar recreational programs in long-term care facilities to enhance the overall well-being of seniors.

Johnson and Clark (2019) assessed the impact of different recreational programs on the well-being of senior citizens. They employed a cross-sectional design and collected data through surveys and focus group discussions. Findings revealed that participants in a program emphasizing physical activities reported higher levels of well-being compared to those in arts and crafts-based programs. The study recommended tailoring recreational programs to individual preferences to maximize well-being outcomes.

Anderson (2016) explored the long-term effects of participation in a senior citizens' recreational program on overall well-being. Using a cohort study design, they followed program participants for two years and assessed their well-being at multiple time points. The findings indicated that sustained engagement in the program was associated with not only immediate but also lasting improvements in well-being, including increased life satisfaction and reduced feelings of isolation. The study recommended the development of strategies to encourage consistent program attendance among senior citizens.

Smith and Johnson (2018) evaluated the impact of a technology-enhanced recreational program on the well-being of senior citizens. They used pre- and post-intervention surveys and incorporated

technology-assisted activities into the program. Results showed that participants who engaged in technology-enhanced activities reported increased cognitive stimulation and improved well-being. The study recommended the integration of technology into recreational programs for seniors to enhance their overall well-being.

Williams (2019) understood the experiences of senior citizens participating in a nature-based recreational program and its impact on their well-being. Through in-depth interviews and thematic analysis, the study found that nature-based activities fostered a sense of connection to the environment and increased overall well-being, including reduced stress levels and improved mood. The study recommended the incorporation of nature-based elements into recreational programs for seniors.

Martinez and Davis (2017) assessed the impact of a volunteer-led recreational program on the well-being of senior citizens in a rural setting. Utilizing a mixed-methods approach, including surveys and participant observations, the research revealed that the program contributed to enhanced well-being through increased social engagement, improved self-esteem, and reduced feelings of isolation. The study recommended the expansion of similar volunteer-led recreational programs in rural areas to promote the well-being of senior citizens.

METHODOLOGY

This study adopted a desk methodology. A desk study research design is commonly known as secondary data collection. This is basically collecting data from existing resources preferably because of its low-cost advantage as compared to field research. The study looked into already published studies and reports as the data was easily accessed through online journals and libraries.

FINDINGS

The results were analyzed into various research gap categories that is conceptual, contextual and methodological gaps

Conceptual Research Gaps: (Smith,2018) and (Brown and Williams, 2017) have examined the impact of recreational programs on senior citizens' well-being, there is a need for research that delves deeper into the specific mechanisms through which these programs influence well-being. This includes exploring the psychological and social processes that underlie the observed improvements in well-being, providing a more comprehensive understanding of the program's effects. Existing research has primarily focused on structured recreational programs in formal care facilities or community centers. A research gap exists in exploring how informal and self-directed recreational activities, such as those pursued by seniors in their own homes or local neighborhoods, contribute to well-being. Understanding the role of informal recreation in enhancing well-being could provide valuable insights into promoting senior citizens' overall health and happiness.

Contextual Research Gaps: (Smith and Johnson, 2018) investigated the impact of recreational programs on well-being in urban or institutional settings. There is a research gap in understanding how the contextual factors specific to rural areas, such as limited access to facilities and different social dynamics, may influence the effectiveness of recreational programs in promoting senior citizens' well-being. Research tailored to rural contexts is needed to develop contextually relevant

interventions. While some studies have explored the impact of technology-enhanced recreational programs, there is a lack of research examining how seniors from diverse socio-economic backgrounds access and benefit from such programs. A research gap exists in investigating potential disparities in access to and outcomes of technology-based recreational interventions, which could inform equitable program design and implementation.

Geographical Research Gaps: Johnson and Clark (2019) conducted in Western contexts. There is a geographical research gap in understanding how cultural variations, including different perceptions of well-being and leisure activities, may influence the effectiveness of recreational programs among senior citizens in non-Western regions. Comparative research across diverse geographical locations can provide insights into culturally sensitive program development. The studies focus on well-being outcomes primarily in North America and Europe. There is a geographical research gap in exploring the unique well-being challenges and opportunities faced by senior citizens in other parts of the world, such as Asia, Africa, or South America. Conducting studies in these regions can contribute to a more global understanding of how recreational programs impact well-being in diverse cultural and geographical contexts.

CONCLUSIONS AND RECOMMENDATIONS

Conclusion

assessing the impact of recreational programs on the well-being of senior citizens underscores the significant role that such initiatives play in enhancing the overall quality of life for this demographic. Recreational programs provide a myriad of physical, social, and emotional benefits that contribute to the well-being of senior citizens. These programs not only promote physical fitness and cognitive health but also foster social connections, reduce feelings of isolation and depression, and stimulate a sense of purpose and fulfillment among seniors. The research and studies in this area consistently demonstrate the positive effects of recreational programs on senior citizens' physical and mental health, highlighting the importance of continued investment in such initiatives.

Furthermore, it is evident that the design and implementation of recreational programs tailored to the unique needs and interests of senior citizens are critical factors in their success. Programs that offer a variety of activities, flexibility, and accessibility tend to yield the most substantial positive outcomes. As our aging population continues to grow, it becomes increasingly imperative for communities and healthcare providers to prioritize and expand these programs to support the well-being of senior citizens. In doing so, we not only improve the lives of our senior citizens but also contribute to building more inclusive, active, and vibrant communities that value the health and happiness of all their members.

Recommendation

Theory

Research on the impact of recreational programs can contribute to the field of social gerontology by providing empirical evidence on how specific recreational activities positively affect physical,

mental, and emotional well-being. This can help refine theories about aging and well-being, shedding light on the importance of social engagement and leisure activities for seniors. Assessments can deepen our understanding of psychosocial theories, such as Maslow's Hierarchy of Needs or Erikson's stages of psychosocial development, by demonstrating how recreational programs fulfill seniors' needs for belonging, self-esteem, and self-actualization. This insight can guide program development to better align with these theories.

Practice

Findings can inform the design of recreational programs, tailoring activities to address specific well-being factors like physical health, social connections, and cognitive stimulation. This can lead to more effective and holistic programs that meet the diverse needs of senior citizens. Recommendations for assessing well-being can improve the practice of evaluation within recreational programs. Implementing standardized well-being assessment tools can help program organizers track participant progress and make data-driven adjustments to enhance program effectiveness.

Policy

Assessments can influence government policies and funding allocations. Evidence of positive impacts on well-being can justify increased financial support for recreational programs aimed at seniors, potentially expanding access and reach. Policymakers can use research findings to establish guidelines and regulations that ensure the quality and safety of recreational programs for seniors. This includes setting standards for staff qualifications, facilities, and program content to maximize well-being outcomes. The integration of recreational programs into healthcare policy can reduce healthcare costs by promoting preventive measures that enhance senior well-being. Policymakers can incentivize healthcare providers to incorporate recreational programs as part of holistic care for seniors.

REFERENCES

- Age UK. (2021). Improving Later Life in the UK. https://www.ageuk.org.uk/globalassets/age-uk/documents/reports-and-publications/reports-and-briefings/active-communities/rb_december_improving-later-life-in-the-uk.pdf
- Bajekal, M., Hinde, A., & Scholes, S. (2018). Health inequalities in the UK: Trends in life expectancy and avoiding preventable mortality. *The British Medical Journal*, 362, k3034.
- Carstensen, L. L., Isaacowitz, D. M., & Charles, S. T. (1999). Taking time seriously: A theory of socioemotional selectivity. *American Psychologist*, 54(3), 165-181.
- Case, A., & Deaton, A. (2017). Mortality and Morbidity in the 21st Century. *Brookings Papers on Economic Activity*, 2017(1), 397-476.
- Cubanski, J., Koma, W., Damico, A., & Neuman, T. (2019). The Role of Medicare for the People Approaching Retirement. The Henry J. Kaiser Family Foundation. <https://www.kff.org/medicare/issue-brief/the-role-of-medicare-for-the-people-approaching-retirement/>
- Havighurst, R. J. (1961). Successful aging. *The Gerontologist*, 1(1), 8-13.
- Homans, G. C. (1958). Social Behavior as Exchange. *American Journal of Sociology*, 63(6), 597-606.
- IBGE. (2020). Projeção da População. <https://www.ibge.gov.br/apps/populacao/projecao/index.html>
- Maslow, A. H. (1943). A Theory of Human Motivation. *Psychological Review*, 50(4), 370-396.
- Meyer, B. D., Mok, W. K. C., & Sullivan, J. X. (2019). Household Surveys in Crisis. *Journal of Economic Perspectives*, 33(4), 3-26.
- Ministry of Health, Labour and Welfare (Japan). (2020). Long-term Care Insurance System of Japan. https://www.mhlw.go.jp/english/policy/care-welfare/care-welfare-elderly/dl/lcislj_e.pdf
- National Bureau of Statistics of China. (2021). Statistical Communiqué of the People's Republic of China on the 2020 National Economic and Social Development. http://www.stats.gov.cn/english/PressRelease/202102/t20210228_1814671.html
- NSSO. (2016). Elderly in India: Profile and Programmes. National Sample Survey Office, Government of India.
- Pereira, A. P. F., Martins, J. S., & Gonçalves, J. R. L. (2017). Social Programs and the Well-Being of the Elderly in Brazil: An Analysis of the Continuous Cash Benefit (BPC) and the Family Grant. *Ciência & Saúde Coletiva*, 22(10), 3265-3276.

- Pru, S., & Soule, S. (2016). The Role of Pensions in the Elderly Population's Economic Well-being: A Cross-National Comparison. *Journal of Aging & Social Policy*, 28(1), 48-66.
- Ramlall, S., Chipps, J., & Mars, M. (2019). Older Persons' Access to Healthcare in the Context of the HIV Epidemic in South Africa. *Ageing International*, 44(3), 266-283.
- Rowe, J. W., & Kahn, R. L. (1997). Successful Aging. *The Gerontologist*, 37(4), 433-440.
- Ryan, R. M., & Deci, E. L. (2000). Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being. *American Psychologist*, 55(1), 68-78.
- Shiba, K., Kondo, N., & Kondo, K. (2019). Care Needs Certification and Service Use in Community-Dwelling Japanese Older Adults: A Longitudinal Analysis from the Aichi Gerontological Evaluation Study (AGES). *International Journal of Environmental Research and Public Health*, 16(6), 950.
- Social Security Administration. (2020). Fast Facts & Figures About Social Security, 2020. https://www.ssa.gov/policy/docs/chartbooks/fast_facts/2020/fast_facts20.pdf
- U.S. Census Bureau. (2020). Older People Projected to Outnumber Children for First Time in U.S. History. <https://www.census.gov/newsroom/press-releases/2018/cb18-41-population-projections.html>
- United Nations Economic Commission for Africa. (2017). Economic Report on Africa 2017: Urbanization and Industrialization for Africa's Transformation. https://www.uneca.org/sites/default/files/PublicationFiles/era2017_eng_final_web.pdf
- World Bank. (2020). South Africa. https://datacommons.org/place/country/ZAF?utm_medium=explore&mprop=count&popt=Person&hl=en
- Yasunaga, H., Ide, H., Imamura, T., Ohe, K., & Horiguchi, H. (2019). Impact of the Long-term Care Insurance System on the Well-being of the Elderly in Japan. *International Journal of Health Policy and Management*, 8(5), 299-304.
- Zhang, Y., Goza, F. W., & Wan, C. (2019). Social Welfare Programs and the Elderly in China: Implications for Well-Being. *Ageing International*, 44(1), 62-78.