

Table of Contents

Sr No.	Content	Page no.
	Abstract	1-10
	<u>Chapter 1: Introduction</u>	11-72
1.1	Population ageing as a global concern	11
1.2	Successful Ageing	14
1.2.1	Theories / Models of Successful Ageing	15
1.3	Old Age and Physical health	18
1.3.1	Old Age, Physical health and Wellbeing	18
1.4	Old Age and Wellbeing	19
1.4.1	Subjective Wellbeing	20
1.4.2	Theories of Subjective Wellbeing	21
1.5	Generativity	24
1.5.1	Theories/ Models of Generativity.....	25
1.6	Resilience	27
1.6.1	Models of Resilience	28
1.7	Mindfulness	30
1.7.1	Approaches to Mindfulness	32
1.7.2	Measurement of Mindfulness	34
1.8	Old Age and Nutrition	35
1.9	Old Age and Exercise	37
1.10	Old Age and Spirituality	37
1.11	Review of Literature	38
1.11.1	Health & Wellbeing in Successful Ageing	38
1.11.2	Nutrition in Health and Wellbeing	40
1.11.3	Exercise in Health and Wellbeing	42
1.11.4	Spirituality, Health and Wellbeing	44
1.11.5	Wellbeing and Health	47
1.11.6	Generativity, Health and Wellbeing	53

Sr No.	Content	Page no.
1.11.7	Mindfulness, Health and Wellbeing	56
1.11.8	Resilience, Health and Wellbeing	62
1.12	Research Gap	67
1.13	Rationale	67
1.14	Research Questions	71
<u>Chapter 2: Method</u>		73-113
2.1	Objectives of the Research	73
2.2	Research Design	74
2.3	Phase I – Quantitative Design	76
2.3.1	Hypotheses	76
2.3.2	Variables Under Study	81
2.3.3	Operational Definitions of Variables	81
2.3.4	Sample	83
2.3.4.1	Sample Description for Non-Institutionalized Elderly	84
2.3.4.2	Sample Description for Institutionalized Elderly	89
2.3.5	Tools Used in the Research	95
2.3.6	Procedure	101
2.3.6.1	Pilot Study	102
2.3.6.2	Main Study	102
2.4	Phase II- Qualitative Design	103
A	Semi-Structured Interview	103
2.4.1	Sample Description - Part A	103
2.4.2	Tool Used - Part A	109
2.4.3	Procedure - Part A	110
B	Interaction with Institutionalised Elderly	110
2.4.4	Procedure - Part B	111
2.4.4.1	Difficulties Experienced by Researcher	111
2.4.4.2	Observations of Researcher	111

Sr No.	Content	Page no.
2.4.4.3	Insights for Future	112
	<u>Chapter 3 Results – Quantitative Design</u>	114-153
3.1	Relationship Between Psychological Variables and Physical Health Parameters	114
3.2	Prediction of Physical Health Parameters and Subjective Wellbeing ...	117
3.3	Mediation Effect of Nutrition	119
3.4	Mediation Effect of Exercise	122
3.5	Mediation Effect of Spiritual Practices	126
3.6	Mean Differences in Psychological Variables and Physical Health Parameters-- t test	129
3.7	Mean Differences in Psychological Variables and Physical Health Parameters-- One-way ANOVA	136
3.8	Mean Differences in Psychological Variables and Physical Health Parameters— Chi Square Test	141
3.9	Integration of Quantitative & Qualitative data in the research	144
3.10	Crosstabulations of Pursuance of Hobbies and Engagement in Social Activities, across Sociodemographic Variables	147
	<u>Chapter 4: Results – Qualitative Design</u>	154-190
4.1	Beliefs and Perceptions with Verbatim	154
4.1.1	Perception of Physical Health	154
4.1.2	Perception of Happiness and Life Satisfaction	157
4.1.3	Perception of Prosocial Behaviour	161
4.1.4	Perception of Generativity	164
4.1.5	Perception of Resilience	168
4.1.6	Perception of Present- Preparedness	172
4.2	Beliefs and Perceptions - Thematic Analysis	175

Sr No.	Content	Page no.
4.2.1	Perception of Physical Health	175
4.2.2	Perception of Happiness and Life Satisfaction.....	176
4.2.3	Perception of Helping Behaviour	179
4.2.4	Perception of Generativity	181
4.2.5	Perception of Resilience	184
4.2.6	Perception of Present Preparedness	187
	<u>Chapter 5: Discussion – Quantitative Analysis</u>	191-214
5.1	Discussion of Findings from Hypotheses Testing	191
5.1.1	H1: Relationship Between Psychological Variables and Physical Health Parameters	191
5.1.2	H2: Difference in Psychological Variables as a Result of Physical Health Parameters	194
5.1.3	H3: Prediction of Physical Health and Subjective Wellbeing by Generativity, Resilience and Mindfulness	195
5.1.4	H4: Mediation Effect of Nutrition	197
5.1.5	H5: Mediation Effect of Exercise	199
5.1.6	H6: Mediation Effect of Spiritual Practices	200
5.1.7	H7: Difference in Physical and Psychological Parameters - Hobbies	202
5.1.8	H8: Difference in Physical and Psychological Parameters - Engagement in Social Activities	203
5.1.9	H9: Difference in Physical and Psychological Parameters - Place of Stay	204
5.1.10	H10: Difference in Physical and Psychological Parameters - Gender	207
5.1.11	H11: Difference in Physical and Psychological Parameters - Type of Family	208
5.1.12	H12: Difference in Physical and Psychological Parameters - Educational Status	209
5.1.13	H13: Difference in Physical and Psychological Parameters - Socioeconomic Status	210

Sr No.	Content	Page no.
5.1.14	H14: Difference in Physical and Psychological Parameters - Working Status	212
	<u>Chapter 5: Discussion – Qualitative Analysis</u>	215-230
5.2	Discussion of Findings from Semi-structured Interviews	215
5.2.1	Perception of Physical Health	217
5.2.2	Perception of Happiness	219
5.2.3	Perception of Life Satisfaction	220
5.2.4	Perception of Pro social Behaviour	221
5.2.5	Contexts of Pro social Behaviour Among Young Elderly	222
5.2.6	Contexts of Generativity Among Young Elderly	224
5.2.7	Feelings of Young Elderly Being Generative	225
5.2.8	Contribution of Young Elderly Towards Family.....	226
5.2.9	Strategies Used by Young Elderly to Face Challenges.....	226
5.2.10	Qualities of Young Elderly To Face Challenges	227
5.2.11	Present Preparedness Among Young Elderly	229
5.2.12	Qualities Among Young Elderly to Accept Life	230
	<u>Chapter 6: Summary, Conclusion, Limitations, Implications</u>	231-239
6.1	Major Findings	231
6.1.1	Phase I- Quantitative Design	231
6.1.2	Phase II- Qualitative Design	233
6.2	Conclusion	234
6.3	Limitations	236
6.4	Implications	237
6.5	Suggestions for future research	238
	<u>References</u>	240-296

Sr No.	Content	Page no.
<u>Appendices</u>		
Appendix A		
	Tools Used	
1.	Questionnaire- English & Hindi	1-35
2.	Questionnaire- Marathi	36-58
Appendix B		
	PhD Coursework Certificate	60
Appendix C		
	Publications as a Part of PhD Work	61-92
1.	Subjective Wellbeing and Mindfulness as Concomitants of Physical Health among Older Adults in India Stechnolock Public Health and Research- Open access https://www.stechnolock.com/article/Subjective-Wellbeing-and-Mindfulness.pdf	61-76
2.	Mindfulness, Generativity and Subjective Wellbeing among Older Adults (2021) An Indexed, Refereed and Peer-reviewed Journal of Higher Education, <i>Towards Excellence</i> , <i>UGC Human Resource Development Centre,13(4),29-44</i>	77-92
Appendix D		
	Certificates of Paper Presentations, as a Part of PhD Research	94-97
1.	International Conference on Human Development in a Globalizing World: Perspectives from South & South-East Asia (January 31- February 2, 2019)	94
2.	World Congress on Gerontology and Geriatrics	95

Sr No.	Content	Page no.
	5 th International Conference on Healthy Ageing in the Changing World-2019 (November21&22,2019)	
3.	Online Multidisciplinary International Conference on Psychological Wellbeing in COVID Milieu: Futuristic Dynamics (August 13 &14,2020)	96
4.	International Conference on Healthy Ageing organized by Jain University &NIMHANS (March10-12, 2022)	97
	*Received the Best Paper Award	
	Appendix E	
	Certificate of Organizational Attachment / Interactions with institutionalised Elderly, as a Part of PhD Work	99
	Certificate of Appreciation – Vatsalya Trust, Mumbai	