

Transitional Object Among Selected Filipino Elderly in Cavite

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ABSTRACT

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Scope and Coverage: This research focused on transitional object of selected elderly in Cavite. This research deals with ten (10) elderly participants located in different area of Cavite. Out of ten (10), Six (6) are females and four (4) are males and their age are ranging from 63-80 years old. This study deals with respondents' demographic profile in terms of their nicknames/aliases, age, sex, status, and family background. This research also aimed to discuss what are the transitional object of the selected

elderly in Cavite and its symbolic representation in their lives.

Methodology:

This study is a qualitative research. Qualitative research is used when the data needed in the research is highly context-bound. It is also being utilized when stressing meaning and interpretation rather than transforming the data into numbers. The researchers also used the method of case study to get a deeper and more meaningful information in the life of the elderly participants. The researchers also used the interview, a method of data collection that involves a series of questions. And since our participants are elderly, the researchers decided to use the *pakikipagkwentuhan* in order for the respondents to feel free in telling their life-story and have a free flowing conversation with them.

Major Findings:

1. The demographic profile of the elderly participants especially in terms of age are very important because it determines the level of functioning of individual since the meaning and the idea that the transitional objects represent in one's life varies depending on their maturity and how they perceive and associate things in their life.
2. The transitional objects of the elderly is their own way of establishing their relationship with God, fulfilling their unfinished business, reminding them of their past and some significant events and people in their lives, bringing back to life what has been lost especially their loved ones, protection and savior for those who have their dog as their transitional object, and their own way also of representing themselves.
3. The past events in every people's lives really affect on how they view their lives. Their attitudes, their coping mechanism, the way

they used things and portray themselves will somehow give a hint of who they were before and their struggles in life.

Conclusions:

- Eight (8) of the respondents are associated or doing different religious activities such engaging some activities in the church, praying at a specific time in a day, attending services and connecting to a small group. Though they vary in religion and religious practices, one thing is common; these give meaning in their lives.
- Objects that the elderly are keeping do not just have sentimental value but these objects represent part or area of their lives that cannot be merely describe by words.
- Those objects can give other people a hint or glimpse of who once they were, their resentment in life, the challenges that they have overcome and their former relationship with significant people in their life.

- Elderly who have pets as transitional object associates those pets in the people that become part of their life. These pets give them security and strength, an assurance that no matter what happen, those pets will be with them. This can be their source of unconditional love and that the world neglects to show.

Recommendations:

The following are recommendations formulated based on the research findings:

1. **Elderly.** It is advised for the elderly to keep one or two objects since radical changes starting to occur in an aging individual. Their physical, emotional and especially their cognitive ability become inadequate anymore, when these happen, those objects will serve a vital purpose of reminding them about their past and making them feel comfortable and secure. The researchers also recommend elderly to have pets like dogs and cats as transitional object because these will serve as good companion and security for them. This

can give them a different strength and happiness that makes them more enthusiastic every day and for some these will also make them busy and forget the illness that they endure.

2. **Future researchers.** Institutionalized elderly and elderly found in the street as their participants or respondents are recommended because it might produce a result, a broad knowledge of what transitional object can really do among elderly that has no family. Also, it is advised to the future researchers to conduct a longitudinal study in this type of topic for a deeper understanding and more profound data on what transitional objects signify and can really do in the lives of the elderly.

3. **Family of the elderly.** Instead of insisting to throw away those objects that their elderly relatives, grandparents or even their parent are keeping, try to discover what is with that objects that made them really attached to it

because they might draw a conclusion or have an idea on how to approach and deal with them. This might also give them a chance to know them more.

4. **Institutions for the elderly.** They must be aware and be sensitive with the objects that the elderly have because this might help them understand more their elderly patients and this might also give them a hint on how to treat them. Providing one or two objects for them to keep or letting them keep one or two (because there are some institutions that do not tolerate the elderly to keep objects) are recommended because as our study reveals, transitional objects can really help elderly soothe and calm their feelings especially in times of stress, loneliness, distress and even in happiness.

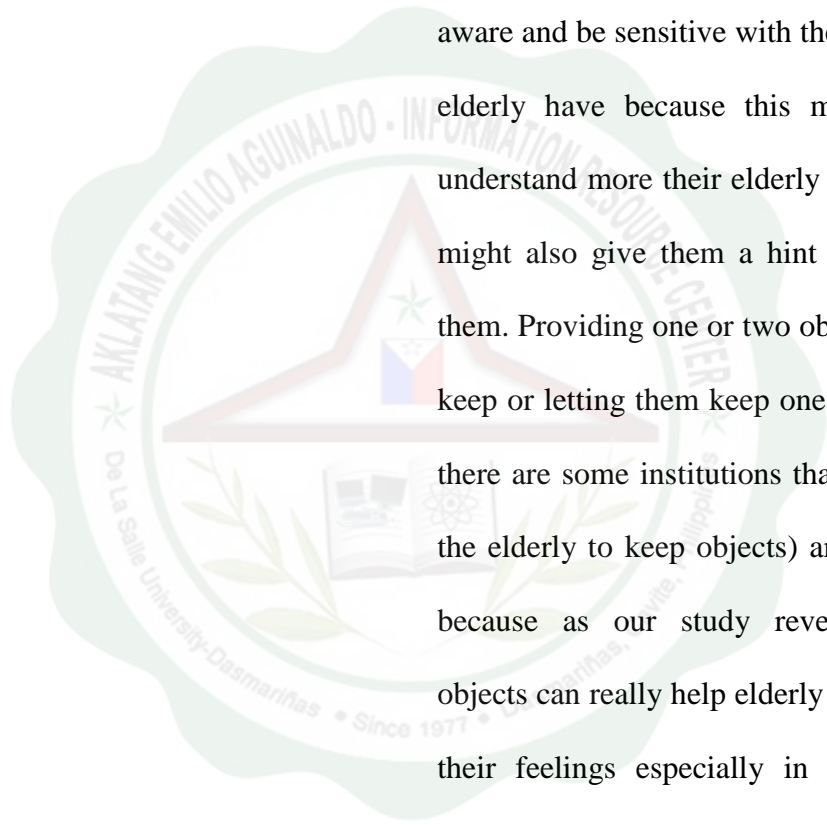


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