

**ABSTRACT**

**NAME OF ORGANIZATION** : SENIOR CITIZEN ORGANIZATION  
**TITLE** : The Implication of Pet  
 Companionship to the Psychological  
 Well-Being of the Elderly in  
 Dasmariñas, Cavite  
**AUTHOR** : Angelito A. Aniag  
 Cherrie Vee Azur  
 Anna Liza C. de Mesa  
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**OBJECTIVES OF THE STUDY:****General:**

The primary concern of this study is to determine what is the implication of pets to the physical, emotional and social psychological well-being of the elderly.

**Specific:**

1. To determine the demographic profile of the elderly respondent in terms of age, pet owned and years of having pet.
2. To determine the physical, emotional and social psychological well-being of the elderly.
3. To determine the implication of pet companionship to the physical, emotional and social psychological well-being of the elderly.

**Scope and Limitation:**

The researchers focused on the marked implications of pet companionship mainly in the physical, emotional and social well-being of elderly. Respondents of the study involved nine elderly, age 60 and above who are living from selected baranggays in Dasmariñas, Cavite. All of the elderly have their own personal pets limited to dogs and cats for the reason that those pets are the common pets adopted by Filipinos. The researchers also involved one companion of the elderly to support the information given by the elderly.

**Research Design:**

Descriptive method was used to conduct the study. The researcher made use of unstructured self-made interview guide as a tool in gathering data in the case study. Interview and keen observation were used to

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determine the implications of pet to the physical, emotional and social well-being of the elderly.

#### Major Findings:

Demographic profile of the nine respondents range from 60 to 74 years of age. Majority of them owned dogs while two (2) owned cats. The longest duration of companionship is along four (4) years while the shortest is one (1) year.

Regarding the present psychological-well being of the elderly, most of them have good physical well-being as they have strong body and resistance. However, other respondents have weak body, two reported of having highblood pressure, two respondents have heart disease but both of the said illnesses are not in severe cases. One respondent also had undergone an operation. Majority of the respondents are happy persons, cheerful, and can manage their feelings well. Only two respondents had a hard time managing their feelings and one was sensitive. Regarding their social well being almost all of the respondents are socially active of being a member of the Senior Citizen organization. Others get well in the community because of being cheerful, talkative and friendly. Two who manages a business gain acquaintances and friends though their job. Only one respondent is less active in community.



Pets can improve the physical well being of the elderly by making the body stronger through exercise while engaging in various activities with pets. Like simply walking with pets and playing with them. Pets can also help lessen illness of heart attack through good emotional condition pets can give to elderly. As what the elderly believe, pets or in particular, cats can be life savers as well. As superstition says they save lives of those people endangered of death.

With regard to their emotional well-being pets can make elderly conquer loneliness, boredom, forget their problems, and make them happier just by mere watching the pet's behavior or playing with them. Pets give feelings of security to the elderly, and make them comfortable all the time because they know someone might guard them in their house. When pets are not around, the elderly are usually worried and long for their pets

Pets can also lessen feeling of boredom of the elderly by having someone to talk to especially when they are left at home. Pets can also help elderly gain more acquaintances and can make them closer to other people if the people around share the same compassion with pets. However when other people even members of the family do no the share the same compassion, pets can also bring conflict to them.

#### Conclusions:

Pets can improve well-being of the elderly in many ways. They make their elderly body stronger through exercise they gain in engaging with activities



with pets. Pets can also help lessen illness of heart attack through good emotional condition pets can give to elderly. In emotional well being, pets help the elderly conquer loneliness, boredom, forget their problems, and make them happier just by mere watching the pet's behavior or playing with them. In addition pets can provide feelings of security and comfort inside and outside the house. Through pets elderly also gain more acquaintances and can become closer to other people if the people around them share the same concern with their pets.

However negative responses revealed that pets can also bring conflicts to the well-being of the elderly. Pets can be additional responsibility to them, attachment to pets can have a greater impact to the emotional well being elderly especially if their pets die. Elderly also mourn and long for their lost pets. Pets can also bring conflict to the social well-being of the elderly if the members of the community do not share the same compassion for their pets for example, if pets are harassed elderly might retaliate.

Researchers also concluded that pet companionship is more appropriate in foreign countries because elderly from other countries are neglected are taken for granted by their families. Elderly are usually given residence in institutions and pets can be more useful to them where in they can divert their love and attention. Unlike in the Philippines where there is close family-tie, the elderly are still taken care by their families.

**Recommendation:**

1. Researchers recommend that families who have elderly members try to have pets, and encourage their elderly family members to be close with them. Especially for those who have busy schedules in their job, pets could be a good companion of their mother or father, who is at old age stage of life, thus could make them find their lives meaningful despite their age. .
2. For future researchers, they should try to conduct a study having elderly who are in a higher level of social status, because almost all of the respondents of this study are in the middle class, there is a great possibility that those who are in a higher social status could manifest a greater care for pets.
3. Future researchers could also use different technique in assessing the implication of pets to the well-being of elderly. They could provide a pet to those elderly who do not own one and note the changes that will occur in their well-being.
4. Researchers could also use medical records of their respondents in their future research in order to have more accurate and reliable data on their physical psychological well-being.
5. Hospitals, medical institutions and other therapists could have an alternative in improving the health of the elderly in our country. Instead of using medicines and other drugs in order to manage the well being of



the elderly, they may advise their patients to own a pet which is cheaper, convenient and a less hassle way of treating conditions.

