

ABSTRACT

Title of the Research: **Attitude Towards Life as Perceived by the Elderly: A Basis for Program Development**

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This is a descriptive study that involved the elderly of Tahanan ni Maria Foundation Carmona, Cavite. This method is designed to investigate and describe relationships that may exist among naturally occurring phenomena without trying to alter these phenomena (Fabkael & Wallen in Parohinog, 2001). It was employed to determine the attitude towards life as perceived by the residents of Tahanan ni Maria when they are grouped according to age, sex, educational attainment, length of stay and mode of admission in the Foundation.

The theoretical framework evolved from the disengagement theory which states that "normal aging involves a natural and inevitable withdrawal of the individual from society" Quadagno (1999) and that disengagement theory is a process whereby people respond to aging by gradually withdrawing from the various roles, social relationships, values efficiency, competition, and individual achievement Zastrow (2000).

The main sources of data came primarily from 20 respondents of Tahanan ni Maria Foundation, Carmona, Cavite. Other background and demographic profile were gathered from the officer in charge and the on-the-job-training coordinator of the said foundation.

The findings reveal that there are no significant differences in the attitude of the elderly towards life when they are grouped according to age, civil status, sex, educational attainment, length of stay and mode of admission in the Foundation.

The study concludes that most of the elderly in the study are aged 65-69, female, under graduate of high school, had been staying to the Foundation for one to two years, and were brought in the Foundation by their friends. The attitude towards life of the elderly in terms of socialization, value of life, retirement and family relationship was moderately positive. Upon evaluation of the result, a development program for the elderly was proposed with its main objective of enhancing more positive outlook towards life among the elderly.

The present study thereby recommends that the administrators, staff and volunteer caregivers of the Tahanan ni Maria Foundation continue to work hand in hand in response to the needs of the elderly, and that the following program be used: family encounter, seminar on the life challenges of the elderly for the family members, tasking through volunteerism,

handicraft, sharing of successful stories, support group system and relaxation time.

