

عنوان مقاله:

Development and Validation of Successful Aging Instrument

محل انتشار:

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نویسندگان:

Nasibeh Zanjari - *Iranian Research Centre on Aging, University of Social Welfare and Rehabilitation Sciences, Tehran, Iran*

Maryam Sharifian Sani - *Department of Social Work, University of Social Welfare and Rehabilitation Sciences, Tehran, Iran*

Meimanat Hosseini-Chavoshi - *School of Population and Global Health, University of Melbourne, Melbourne, Australia*

Hassan Rafiey - *Department of Social Work, University of Social Welfare and Rehabilitation Sciences, Tehran, Iran*

Farahnaz Mohammadi-Shahboulaghi - *Department of Nursing, University of Social Welfare and Rehabilitation Sciences, Tehran, Iran*

خلاصه مقاله:

Objectives: Successful aging is an interdisciplinary concept. Despite the great body of literature on successful aging, few studies have focused on its subjective and multidimensional measurements. Thus, the present study aimed to develop an instrument to measure self-perceived successful aging. **Methods:** We used a mixed method approach. The successful aging dimensions were explored through an integrative review and qualitative study among 64 older adults. Based on the obtained qualitative data, initial item pool was designed and its content validity was evaluated. A quantitative survey among 600 older adults and exploratory factor analysis was applied to test the structural validity of the instrument. **Results:** The EFA results indicated that the instrument loaded into seven factors; "psychological well-being", "social support", "financial and environmental security", "spirituality", "physical and mental health", "functional health", and "health-related behavior". In addition, the instrument had a high degree of reliability coefficients. **Discussion:** The obtained results indicated methods of measuring successful aging, as well as the importance of generating social policy in the area of aging well; researchers should consider all dimensions of successful aging at individual and social levels.

کلمات کلیدی:

Successful aging, Mixed methods research, Psychometrics, Factor analysis, Older adults

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