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THE CHANGING GLOBAL PERSPECTIVES OF SUCCESSFUL AGEING FROM 2019 TO 2023

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ABSTRACT

This review paper explores the evolving perspectives on successful ageing from 2019 to 2023. It emphasizes the increasing global significance of this concept due to the growing older population. Successful ageing is typically defined by the absence of major illnesses or disabilities, as well as the maintenance of strong cognitive and physical abilities, and active social engagement. Despite extensive research in developed countries, there is still a gap in understanding how older adults perceive successful aging. The study highlights themes such as physical & psychological well-being, social & environmental factors, financial security & independence, cultural & regional variations, and psychosocial factors. It also brings attention to the concept of gerotranscendence, which involves a positive redefinition of self and relationships, as a potential precursor to successful ageing. The review emphasizes the complexities of defining and measuring successful ageing, given the numerous definitions found in the literature, and stresses the need for a nuanced understanding to inform policies and interventions. With ageing populations on the rise, the demand for health and social care to address age-related challenges will increase. Understanding the predictors of successful ageing and the combined impacts of behaviors and biomarkers is vital for policy development. The study calls for further research into the underlying mechanisms of successful ageing and comprehensive strategies to support the ageing population globally, addressing significant challenges in areas such as pensions, housing, and social security.

Keywords: Successful ageing, aging population, global, perspectives, gerotranscendence

INTRODUCTION

As the global population of elderly individuals continues to grow, the pursuit of enhanced quality of life and increased life satisfaction has rendered successful ageing a focal point of discussion (Okolie et al., 2023). Successful ageing is broadly characterized by the absence of major diseases and disabilities, the maintenance of strong cognitive and physical functioning, and active engagement with life (Jiang & Yang, 2022). However, a significant portion of the research has concentrated on specific highly industrialized countries, such as the USA, leading to a gap in understanding how older individuals in Southeastern European countries, like Romania, perceive successful ageing (Junaković & Ambrosi-Randić, 2022). The concept of successful ageing has undergone evolution over the past half-century, with early models proposed by Havighurst and later refined by Rowe and Kahn emphasizing the avoidance of disease, the preservation of cognitive and physical function, and social engagement. Nonetheless, a definitive consensus on its definition and measurement is yet to be reached (Nakagawa et al., 2021a).

Recent studies have identified various contributing factors to successful ageing, including resilience, autonomy, and social support. Particularly notable is the role of resilience, yet interventions to enhance it in older adults remain underdeveloped (Low et al., 2023). The ageing population has sparked growing interest in cultivating a society that supports successful ageing, which is crucial for addressing age-related challenges and promoting a high quality of life. Perceptions of successful ageing vary

widely, with barriers such as age discrimination, social isolation, and resource scarcity often cited. Proposed solutions include intergenerational support, health education, and transparent access to resources (Low et al., 2023).

Research also indicates that emotions significantly impact successful ageing, with both positive and negative affect influencing outcomes. The concept of gerotranscendence, entailing a positive redefinition of self and relationships, has arisen as a potential precursor to successful ageing (Troutman-Jordan, 2020). However, despite extensive literature, discrepancies in operational definitions and measures persist, with over 105 definitions identified. This diversity underscores the complexity of ageing and emphasizes the need for a nuanced understanding to inform policies and interventions aimed at improving the well-being of the elderly (Eustice-Corwin et al., 2020).

As societies continue to age, the demand for healthcare and the need to address age-related diseases and challenges will escalate. Understanding the predictors of successful ageing and the combined effects of behaviors and biomarkers is pivotal for policy development (Di Ciaula & Portincasa, 2020). The rapid aging of populations poses formidable challenges in areas such as pensions, housing, and social security, necessitating effective strategies to ensure successful ageing. (Harris et al., 2019). Despite the progress made, further research is imperative to explore the underlying mechanisms of successful ageing and to develop comprehensive

strategies to support the ageing population globally.(Mantantzis et al., 2019).

As a result, the purpose of this article is to conduct a thematic assessment of discussions on the evolving perspectives of Successful Ageing (SA) globally from the year 2019 to 2023. The decision to limit the literature review to the years 2019-2023 is made to ensure that the research is both current and pertinent, reflecting the latest trends and evolving perspectives on successful ageing. By focusing on this specific timeframe, the study seeks to capture recent advancements in the field,

particularly in light of demographic shifts, technological innovations, and new challenges the ageing population faces. This timeframe facilitates a contemporary analysis of global perspectives on successful aging, incorporating the most relevant findings and emerging themes that can guide effective policies and interventions to support older adults. This assessment will be guided by the research question: What are the changing perspectives on Successful Ageing (SA) being discussed globally from 2019 to 2023?

METHOD

The term thematic review using ATLAS.ti as the tool as being introduced by (Zairul, 2021b, 2021a; Zairul et al., 2023; Zairul & Zairul, 2020). This method has also been protected by copyright, under the registration number CRLY2023W02032 (Zairul, 2023). TreZ is utilized because the methodology of this study follows the thematic analysis procedure in conducting a literature review. Clarke & Braun (2013) define thematic analysis is a process of identifying the pattern and construct themes over thorough reading on the subject.

Initially, the process begins with formulating the research question. This research question aims to explore and analyse how the concept and perspectives of Successful Ageing (SA) have evolved globally over the period from 2019 to 2024. It seeks to identify the shifts in definitions, theoretical frameworks, and practical applications related to SA across different cultural, socioeconomic, and geographic

contexts. The focus is on understanding the new dimensions, themes, and factors that have emerged in the discourse on SA, including but not limited to resilience, interventions, barriers, emotional impacts, and the diverse operational definitions and measures used in various studies. Additionally, the question looks at how global events, demographic changes, and advancements in gerontology have influenced these perspectives, which serves as a roadmap for the subsequent stages of the review, establishing the focus and scope. Next, the articles screening step.

The aim of this report is to present the findings from literature searches conducted on SCOPUS and Mendeley databases. The searches focused on the perspectives of Successful Ageing (SA) and covered articles published between 2019 and 2023. The objective is to analyze the quantity and nature of the research output related to SA during this period. (*Table 1*) involves identifying and preliminarily selecting studies based on their relevance to the

research question. The searches on SCOPUS and Mendeley yielded a substantial number of articles focused on successful ageing from 2019 to 2023. These articles encompass a broad spectrum of perspectives, reflecting the dynamic and multifaceted nature of the field.

This is followed by the articles filtering stage **(Filter)** (*Figure 1*), where inclusion and exclusion criteria are applied to refine the selection of studies, ensuring that only the most pertinent articles are retained for further analysis. The fourth step, cleaning

(Finalize) (*figure x*), involves a thorough double-checking of the metadata of the articles to ensure accuracy and completeness of the data collected. The final step in the process is data extraction **(Synthesis)** (*figure X*), where a thematic analysis is conducted using tools such as ATLAS.ti to develop themes based on extensive reading of the subject matter in the selected articles. This structured approach enhances the reliability and depth of the review, ensuring a comprehensive analysis of the literature.

Table 1: Search strings from Scopus and Mendeley

SCOPUS	TITLE-ABS-KEY ("successful ageing" AND "aging" AND "perspectives on ageing") AND PUBYEAR > 2019 AND PUBYEAR < 2023 AND (LIMIT-TO (DOCTYPE , "ar")) AND (LIMIT-TO (LANGUAGE , "English")) AND (LIMIT-TO (OA , "all"))	70 results
Mendeley	Results for "successful ageing" AND "aging" AND "perspectives on ageing" (All Fields) and Open Access and Article (Document Types) and English (Languages)	30 results

The next step involves identifying patterns and constructing categories to comprehend the perspectives on successful ageing as discussed in the literature spanning from 2019 to 2023. This phase of the research aims to analyse and interpret the findings to formulate recommendations for future research in the Successful Ageing (SA) globally. This approach will be instrumental in clarifying the evolution of these perspectives over time and identifying which new directions or findings could be crucial for future developments in these sectors. To ensure a comprehensive and relevant analysis, the selection of literature for this review was guided by specific criteria: 1) the publication date range from 2019 to 2023, ensuring the research is current and

significant; 2) the inclusion of key terms such as 'perspectives' 'successful ageing' in the literature, to focus on studies that are directly relevant to the main themes of this research. This methodical selection process helps in capturing a broad spectrum of contemporary insights and developments in these fields.

The literature review was conducted by searching two major academic databases, SCOPUS and Mendeley, chosen for their comprehensive coverage of peer-reviewed journals relevant to perspectives on successful ageing. In SCOPUS, the search was defined with the keywords "Successful ageing," "perspectives on ageing," and "ageing" in the title, abstract, and keywords (**TITLE-ABS-KEY**), targeting

publications from 2019 to 2023, and restricted to academic articles in English that were open access (**LIMIT-TO (DOCTYPE, "ar"), LIMIT-TO (LANGUAGE, "English"), LIMIT-TO (OA, "all")**). This search strategy resulted in 70 articles, indicating a substantial body of recent literature. Conversely, the search in Mendeley was broader, using the same keywords across all fields without specific field restrictions, and focused only on open access articles in English. This approach yielded 30 results. The difference in the number of articles retrieved from each database may reflect variations in their indexing depth, journal coverage, and search algorithm specifics, providing a diverse array of articles for review.

In the context of the thematic review (TreZ) utilizing specific search strings, this research meticulously outlined and executed a selection process to identify pertinent literature across two major academic databases, SCOPUS and Mendeley. Detailed below are the methodological steps undertaken, ensuring a robust selection of studies that enhance the validity and reliability of the review findings (Table 1).

The search began with carefully formulated queries tailored to my study's objectives. These queries were deployed in the SCOPUS and Mendeley, from which I identified a total of 70 and 30 records, respectively. The initial search results were comprehensive, aiming to encompass a broad spectrum of relevant literature. Upon merging the search results from both databases, I proceeded to identify and remove duplicate entries to maintain the uniqueness of each record in subsequent analyses. A total of 15 duplicates were identified and excluded from the dataset.

The consolidated list of records then underwent rigorous screening based on predefined inclusion and exclusion criteria. These criteria were meticulously developed to align closely with the research questions and objectives of my review. During this phase, 25 records were excluded as they did not meet the necessary criteria, ensuring that only the most pertinent studies were retained.

After this thorough screening process, 55 studies were selected for inclusion in my thematic review (TreZ). These studies collectively met all specified eligibility requirements and are expected to provide substantial insights pertinent to my research questions. The systematic approach to study selection outlined above highlights the diligence required to conduct a thorough review. This selection process not only ensures the inclusion of relevant data but also minimizes biases, contributing significantly to the reliability of the review's conclusions. This report serves as a foundational component of my review paper, providing clarity and transparency about the methods used in study selection, which is critical for replicability and trust in the findings presented (Figure 1).

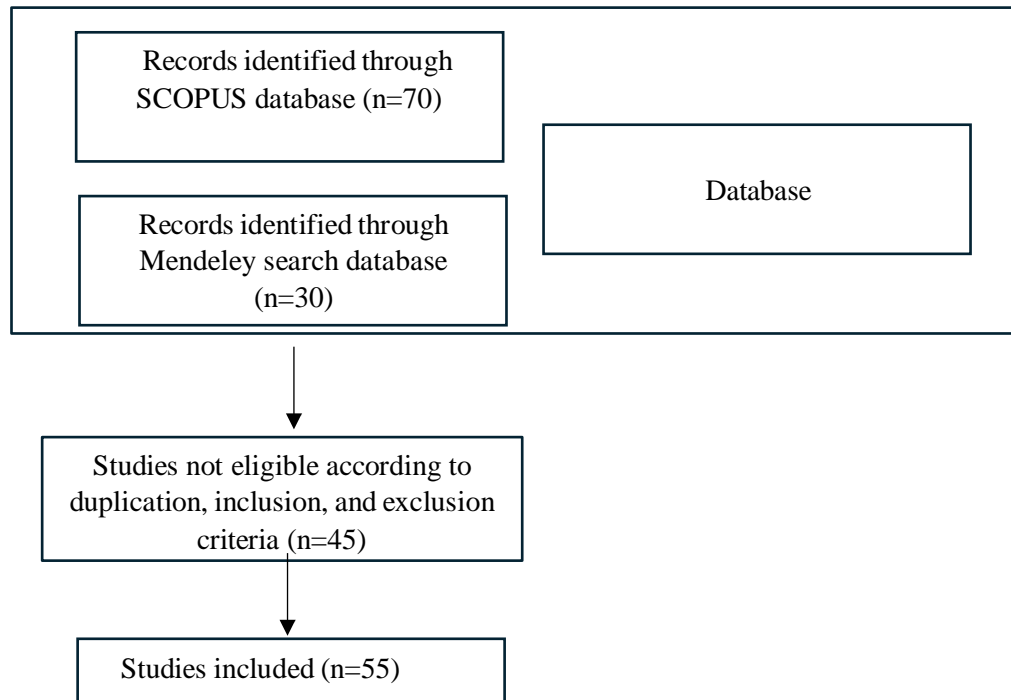


Figure 1: Inclusion and Exclusion Process

The dataset contains an in-depth analysis of the participation of different countries from 2019 to 2023, documenting the yearly frequencies of events and characteristics related to ageing studies. The goal of the study is to shed light on the evolving perspectives on successful ageing during this timeframe. The data indicates significant disparities in the frequency of events among the countries under study. Some countries consistently exhibit high levels of engagement in researching and examining successful ageing over multiple years, while others display sporadic or minimal involvement. The term "perspective" in the title signifies the article's thematic analysis approach, which explores various viewpoints and dimensions related to successful ageing, rather than merely enumerating individual factors. The paper addresses elements such as physical and psychological well-being, social and environmental influences,

financial security, cultural and regional variations, and psychosocial aspects. These themes serve as distinct lenses through which successful ageing is understood globally.

The study stresses the necessity of recognizing how perceptions of successful ageing differ across various contexts and cultures. Each factor presents a unique angle or perspective. For example, cultural and regional variations highlight that definitions of successful aging can change based on societal norms and values. In contrast, psychosocial factors reflect personal attitudes and broader societal influences on aging. Thus, the notion of "perspective" in the title encapsulates a global and multidimensional examination of successful aging, transcending a straightforward factor-based analysis.

Out of the 55 studies surveyed, 36 countries are represented, with the USA

being the most extensively represented in 26 studies, accounting for approximately 36.6% of the total. China and Korea also exhibit significant representation, each contributing 5 studies, or about 7% of the total. The studies encompass various continents, with substantial contributions from Asian countries such as China, Korea, Hong Kong, Japan, Malaysia, and Taiwan. This geographical breakdown offers valuable insights into the origins of the studies highlighted in the review paper, emphasizing both strong representation and potential areas for enhancement in future research.

The study covers a total of 5 years from 2019 to 2023 and includes a total of 55 studies. Breakdown by year reveals the highest representation in 2019, with 19 publications accounting for approximately 33.9% of the total studies. In 2020, there were 15 studies, making up about 25% of the total. The year 2021 had 8 studies, contributing to approximately 17.9% of the total, while 2022 included 7 studies,

representing about 16.1% of the total. The lowest representation was in 2023 with 4 publications, accounting for about 7.1% of the total. This analysis offers a clear insight into the distribution of publication years in the included studies.

The review paper draws from studies conducted in 36 different countries, with a significant focus on research from the USA, China, and Korea, which collectively make up the majority of the studies. The geographic distribution is diverse, encompassing various continents, with substantial representation from Asia and North America. However, there is a noticeable underrepresentation of studies from regions such as Africa and South America. Over the span of five years (2019-2023), the majority of publications were in 2019, followed by 2020. There is a clear downward trend in the number of studies published from 2021 to 2023, possibly influenced by the impact of the COVID-19 pandemic on research activities.

RESULTS AND DISCUSSION

This thematic review (TreZ) provides a comprehensive five-year analysis of global perspectives on successful ageing (SA) in order to gauge the level of awareness of the gerontology field in research. The selected articles highlight the significant role that successful ageing plays in helping people progress in life mentally, physically, and socially, maintaining their role in the community as they age.

The studies provide a comprehensive understanding of SA and the active interactions between multiple determinants of SA. These determinants encompass

physical and psychological well-being, social and environmental factors, financial security and independence, as well as cultural and regional variations. The studies also shed light on the influence of psychosocial factors on overall SA. The included articles conceptually explore the determinants, role, advantages, and challenges associated with social annotation within the themes gathered in this study.

For instance, (Low et al., 2023) highlights that high level of resilience is positively related to SA, and there is a need for

interventions to increase resilience among this group. , while (Thuesen et al., 2023) emphasizes the role of reablement approach in social and health care model as the paper discusses how the key principles , components and outcomes in reablement corresponds with the paradigm of SA. Furthermore, (A. Rubtsova et al., 2020) discusses the discrimination, social stigma and social isolation experienced by elderly people living with HIV. The study also examined the barriers and facilitators of SA among men living with HIV.

The thematic review and findings contribute to the existing literature by

offering insights into various aspects of implementing and practicing SA for a more positive ageing experience. The key results of this thematic review are summarized, highlighting the critical areas where SA can enhance sustainability practices where people can age well independently with lesser burden and cost to the government and still contribute socially as ageing is not a disease but just a process that we go through mentally, physically and socially. The quantitative analysis supports the qualitative evaluation, addressing the first research question through quantitative data and the second through qualitative insights.

Quantitative reporting

The table provided presents a comprehensive breakdown of research articles focusing on various aspects of successful ageing (SA). The themes covered in the table encompass a wide range of topics investigated by researchers, including physical and psychological well-being, social and environmental factors, financial security, independence, cultural and regional variations, and psychosocial factors. Notably, the abundance of articles addressing physical and psychological well-being, psychosocial factors, and

social environmental factors underscores the crucial importance of these aspects in studying successful ageing in the field of gerontology. The significant emphasis on these key themes underscores the urgent need for effective strategies to achieve objectives related to successful ageing. Each theme plays a unique role in advancing our understanding of evolving perspectives on SA and addresses complex issues to ensure a sustainable approach to global ageing in the future.

Table 1: Author (s) & Theme similarity

Author (s)	Theme 1: Psychological Wellbeing	Theme 2: Environmental Factors	Theme 3: Financial Security & Independence	Theme 4: Cultural & Regional Variations	Theme 5: Psychosocial Factors
(Okolie et al., 2023)	-	-	-	-	/
(Low et al., 2023)	/	-	-	-	/
(Saito et al., 2023)	/	-	-	-	-
(Thuesen et al., 2023)	/	/	-	-	-
(Mancilla et al., 2023)	/	-	-	-	/
(Khan et al., 2023)	-	-	-	/	/
(Jiang & Yang, 2022)	-	/	-	/	-
(Junaković & Ambrosi-Randić, 2022)	-	-	/	/	-
(J. Lewis & Kim, 2022)	-	-	-	/	-
(A. Rubtsova et al., 2022)	-	/	-	-	/
(Roquet et al., 2022)	/	-	-	/	-
(Cohen et al., 2022)	-	-	/	-	/
(Seo et al., 2022)	/	-	-	-	-
(Chung & Yeung, 2021)	-	/	-	/	/
(Wong et al., 2021)	-	-	-	-	/
(Cheng et al., 2021)	/	-	-	-	/
(S. Lee & Wallace, 2021)	-	-	-	-	/
(A. Rubtsova et al., 2021)	-	/	-	-	/
(Nakagawa et al., 2021b)	-	-	-	/	/
(Rafizah et al., 2021)	/	/	-	-	-
(A. Rubtsova et al., 2020)	-	/	/	-	-
(Whitley et al., 2020)	/	/	-	-	-
(A. Rubtsova et al., 2020)	/	-	-	-	/
(J. Y. Lee et al., 2020)	/	/	-	-	-
(Rodriguez & Mendoza-Ruvalcaba, 2020)	-	/	-	-	-
(Scott & Mayo, 2020)	/	-	-	-	-
(Hamm & Wrosch, 2020)	-	-	-	-	/
(Troutman-Jordan, 2020)	-	-	-	-	/
(Tse et al., 2020)	/	-	-	-	-
(W. J. Lee et al., 2020)	/	-	/	-	-
(Boot, 2020)	/	/	-	-	-
(Nagaich et al., 2020)	-	-	/	-	-
(J. Lewis & Kim, 2020)	/	/	-	/	-
(Eustice-Corwin et al., 2020)	/	-	-	-	-
(Garcia et al., 2020)	/	-	-	/	/
(Di Ciaula & Portincasa, 2020)	/	/	-	-	-
(Gallardo-Peralta & Sánchez-Moreno, 2019)	-	/	-	/	-
(Choi & Kwon, 2019)	/	-	/	/	-
(Tzioumis et al., 2019)	/	-	-	/	-
(G. Lee & Lee, 2019)	/	/	-	-	/
(Lan, 2019)	/	-	-	-	-
(J. P. Lewis & Wortman, 2019)	/	-	-	/	/
(Chen et al., 2019)	/	-	/	/	-
(Nuccio & Stripling, 2019)	/	-	/	-	-
(Webster et al., 2019)	/	/	-	-	-
(Cho et al., 2019)	/	-	-	/	-
(S. Lee et al., 2019)	/	/	-	-	-
(Stewart et al., 2019)	/	/	-	-	/

(Decancq & Michiels, 2019)	-	-	/	-	/
(Ruvalcaba et al., 2019)	/	/	-	-	-
(Harris et al., 2019)	/	-	-	-	/
(Subramaniam et al., 2019)	/	/	-	-	-
(Mantantzis et al., 2019)	/	-	-	-	-
(A. A. Rubtsova et al., 2019)	-	/	-	-	/
(Nosraty et al., 2019)	/	-	-	-	-

Qualitative reporting

The data visualization offers an analysis of the prevalent themes in discussions on successful ageing from 2019 to 2023, encompassing five key themes. The first theme, "Physical & Psychological Well-being," is the most frequently referenced, with 36 mentions, underscoring the significance of upholding physical, mental, and emotional well-being for achieving successful ageing. The second theme, "Social & Environmental Factors," delves into topics such as social inclusion, interpersonal connections, community involvement, and environmental influences, accounting for 22 references. Additionally, Theme 3, "Financial security & independence," is highlighted 9 times, underscoring the notable focus on financial stability and the capacity to live

autonomously as crucial factors in successful ageing. Notably, various studies underscore the importance of financial standing, life contentment, and self-sufficiency in daily activities. Theme 4, "Cultural & Regional Variations," is mentioned 15 times, showcasing the diverse viewpoints on successful ageing across different cultures and regions. Finally, Theme 5, "Psychosocial factors," is referenced 22 times, exploring psychosocial attributes like optimism, resilience, and adaptability in embracing ageing as pivotal determinants of successful ageing. These psychosocial factors impact both subjective and objective assessments of successful ageing, influencing how older adults navigate the ageing process.

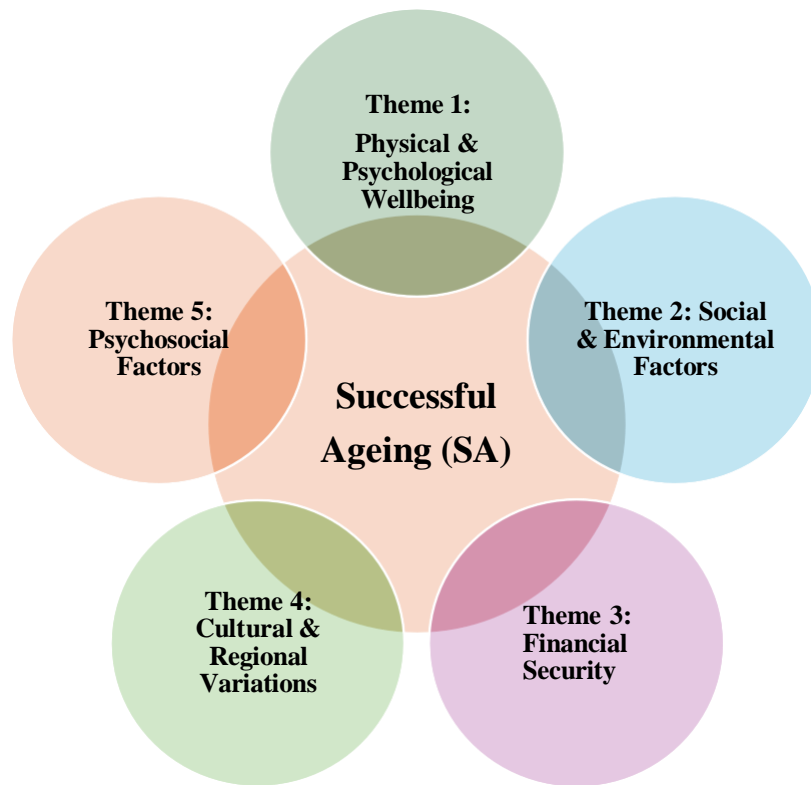


Figure 2: Successful Ageing (SA) based on theme

Theme 1: Physical & Psychological Well-Being

Successful ageing (SA) is a multifaceted concept that encompasses various factors affecting the quality of life in older adults (Garcia et al., 2020). Central to SA are physical and psychological well-being, with research indicating that regular physical activity is crucial for maintaining health and preventing chronic diseases. Rowe & Kahn's Successful Ageing model emphasizes the absence of chronic disease as vital for SA, while increased physical activity positively correlates with subjective well-being (Mancilla et al., 2023). Health is viewed as a fundamental aspect of life, and both psychosocial and health factors are essential to successful ageing (Cheng et al., 2021). A balanced diet, limited intake of fast and processed foods, and nutritional supplements are

recommended to optimize health as individuals age. Environmental factors, such as pollution, can negatively affect cardiovascular health, making a healthy diet and physical activity vital for counteracting these effects (Di Ciaula & Portincasa, 2020). Regular health screenings for conditions like hypertension, high cholesterol, and cancer are also critical for early detection and management. Successful ageing is defined as the absence of major chronic diseases and the presence of good physical and psycho-cognitive functions (Rafizah et al., 2021). Mental and emotional health are equally important; maintaining a sound mental state enables individuals to embrace the ageing process and manage stress effectively. Engaging in mentally stimulating activities and

cultivating resilience through community participation are beneficial for SA (Low et al., 2023). Psychological well-being also involves finding purpose and joy in daily life, nurturing gratitude, and living in the present (Seo et al., 2022). Contrasting opinions suggest that the absence of disease and disability may not be essential for SA. Some individuals successfully age despite chronic illnesses, indicating that physical health alone does not define successful ageing (Eustice-Corwin et al., 2020; Tzioumis et al., 2019). Conversely, those with a history of hospitalization may require additional support to age successfully within the community (J. Y. Lee et al., 2020). Overall, SA can be characterized by brisk walking,

independence, emotional well-being, and self-assessed health (W. J. Lee et al., 2020). The integration of physical and psychological well-being is vital, as improving physical health can enhance mood and alleviate anxiety and depression. Social activities that provide both physical and mental stimulation, like group exercise classes, offer comprehensive benefits. Successful ageing emphasizes a holistic approach to health, which includes an active lifestyle, balanced nutrition, regular health check-ups, mental health support, strong social relationships, a sense of purpose, and resilience. Addressing these areas can significantly enhance the quality of life and contribute to a fulfilling ageing process.

Theme 2: Social & Environmental Factors on Successful Ageing

Social and environmental factors are crucial in promoting successful ageing, significantly impacting the quality of life, well-being, and longevity of older adults. Strong social support networks, including family, friends, and community organizations, provide essential emotional and practical assistance, reducing feelings of loneliness and enhancing a sense of belonging (Gallardo-Peralta & Sánchez-Moreno, 2019). Participation in community activities, such as group meals and exercise classes, is associated with increased life satisfaction (Webster et al., 2019). Emotional well-being, community engagement, spirituality, and physical health are instrumental in fostering successful ageing (J. Lewis & Kim, 2020). The interactions between health conditions and external environments shape ageing outcomes (Wong et al., 2021). Maintaining healthy relationships involves open communication and mutual respect, which

significantly contribute to psychological well-being. Access to affordable health facilities is also crucial for life satisfaction, ensuring social opportunities for all older adults regardless of socioeconomic status (Wong et al., 2021). Environmental health factors, including neighbourhood safety and accessibility, are vital for successful ageing (Di Ciaula & Portincasa, 2020). Creating age-friendly environments involves ensuring homes are safe and promoting universal design in public spaces. The current WHO definition of healthy ageing emphasizes individuals' ability to adapt and self-manage, highlighting the importance of access to health and social services (Whitley et al., 2020). Services like primary healthcare, mental health support, and recreational programs are essential for community-dwelling older adults (J. Y. Lee et al., 2020). Integrating social and environmental factors creates holistic approaches to

successful ageing. An unhealthy environment can accelerate decline and increase vulnerability (Di Ciaula & Portincasa, 2020). Policies supporting affordable housing, transportation, and healthy living can enhance social connections and accessibility. A study identified 12 factors conceptualizing successful ageing, including adequate health, social contributions, and adaptive

coping strategies (Chung & Yeung, 2021). In conclusion, social and environmental factors are integral to successful ageing. Strong support networks, community engagement, safe living environments, and access to health services contribute to the overall well-being of older adults. Addressing these factors can enhance the ageing experience and promote a fulfilling life in later years.

Theme 3: Financial Security Financial Security for Successful Ageing

Ageing presents challenges and opportunities, with financial security being a critical aspect influencing the quality of life in old age. Financial security involves planning and managing resources, encompassing savings, investments, healthcare costs, and social support systems (Junaković & Ambrosi-Randić, 2022). It is essential for maintaining independence and well-being, allowing older adults to afford necessary expenses without financial stress. Studies indicate that older adults who manage their daily lives and experience control define successful ageing (Cohen et al., 2022). The rapid ageing of societies poses policy challenges in areas like pensions, housing, and social security (WHO, 2015; Decancq & Michiels, 2019). Key components of financial security for older individuals include retirement savings, pensions, personal savings, employer-sponsored plans, and government programs. A 2020 study found that while Baby Boomers are confident about their

retirement finances, many lack long-term care insurance, highlighting gaps in preparation (Nagaich et al., 2020). Self-management is crucial for successful ageing, involving proactive behaviors and informed decision-making (Cohen et al., 2022). In Shanghai, participants emphasized self-reliance supported by financial security as a goal for successful ageing (Chen et al., 2019). Similarly, a study in Korea identified financial security as a primary determinant of successful ageing, along with physical activity and life satisfaction (Choi & Kwon, 2019; W. J. Lee et al., 2020). In summary, financial security is foundational for a fulfilling ageing process. Proactive financial strategies, including diligent savings and healthcare provisions, can establish a robust foundation for retirement. With effective management, older adults can approach their later years with confidence and financial autonomy.

Theme 4: Cultural & Regional Variations

The theme of cultural and regional variations is essential for understanding how ageing and successful ageing are perceived globally. Diverse cultures

emphasize different aspects of ageing, illustrating that priorities can significantly vary. Successful ageing has gained attention as researchers seek to identify

factors that enable individuals to maintain a high quality of life in later years (Urtamo et al., 2019). However, definitions of successful ageing differ across cultures, highlighting the importance of physical, cognitive, social, and psychological well-being (Guo et al., 2020). In the United States, Rowe and Kahn's model defines successful ageing as the absence of disease, maintenance of function, and social engagement. Yet, many older Americans do not fit this definition, as it overlooks those with chronic conditions who still perceive themselves as ageing successfully (Guo et al., 2020; Urtamo et al., 2019). Cultural variations in successful ageing are evident; for instance, older adults in certain Asian and Latin American cultures prioritize family connections and spiritual well-being (Teater & Chonody, 2020). Studies show that successful ageing rates differ across East Asian countries, with Japan noted for its longevity, attributed to preventive healthcare and cultural caregiving practices (Tzioumis et al., 2019). In contrast, North Alaskan populations value emotional well-being, community engagement, and spiritual practices, emphasizing connections to traditional cultural activities (J. Lewis & Kim, 2020). Among indigenous communities, such as the Aymara in Chile, successful ageing correlates with community integration, social support, and an active lifestyle. Interventions focused on community contexts can enhance the

ageing process and prevent mental health deterioration (Gallardo-Peralta & Sánchez-Moreno, 2019). Similar findings apply to Hispanic populations, where psychosocial factors are as important as physical health in self-rated successful aging (Garcia et al., 2020). In Korea, factors like stress, physical activity, and educational level influence successful aging, with universal healthcare and traditional dietary practices playing key roles (Choi & Kwon, 2019). Romanian older adults with positive views on aging reported greater satisfaction linked to social resources and independence (Roquet et al., 2022). In Shanghai, self-reliance emerged as a crucial goal for successful aging, involving physical activity and community connectedness (Chen et al., 2019). Chinese cultural values emphasize respect for elders and familial duties, impacting perceptions of ageing. However, Chinese Americans face unique challenges, including feelings of alienation and safety concerns due to rising anti-Asian hate crimes, which affect their ageing experience (Khan et al., 2023). Overall, cultural and regional variations in successful ageing demonstrate that experiences and perceptions are shaped by cultural values, social norms, healthcare systems, family structures, and economic conditions. Recognizing these differences is vital for developing tailored approaches to support successful ageing that respect the unique needs of diverse older adults.

Theme 5: Psychosocial Factors

The fifth theme of this paper addresses the vital psychosocial aspects of successful ageing (SA), defined as the relationship between social factors and individual

thoughts and behaviors, encompassing emotions, attitudes, and their social influences. Ageism can negatively impact perceptions of ageing, highlighting the

importance of understanding how different age groups view successful ageing (Cheng et al., 2021). Strong social networks and community involvement are essential for emotional support and a sense of belonging, promoting successful ageing in older adults (Kim et al., 2023). Psychological well-being, characterized by positive attitudes, self-esteem, and engagement in intellectually stimulating activities, is crucial for cognitive function and emotional health. Factors such as personal resources, social support, and a sense of control significantly contribute to perceived successful ageing (Harris et al., 2019). Enhancing healthcare and reducing negative attitudes toward older individuals are necessary for supporting their successful ageing (Cheng et al., 2021). Studies indicate that socioeconomic status, health functioning, and social capital greatly affect perceptions of ageing and well-being (Cheng et al., 2021; Yeo & Lee, 2019). Advancements in digital technology play a critical role in maintaining social connections, particularly among rural older women. Access to digital technology can enhance social ties, emphasizing the need for interventions that improve social relationships and digital accessibility (Okolie et al., 2023). Social connectedness and resilience are integral to successful ageing, influencing physical, mental, and emotional well-being. These interconnected factors enhance life satisfaction and health outcomes among older adults (Stewart et al., 2019). Gerotranscendence is an emerging concept in gerontology that reflects a shift in perspective during ageing, leading to increased life satisfaction and redefined self-relationships (J. P. Lewis & Wortman, 2019). This emerging concept in

gerontology, as outlined by (Troutman-Jordan, 2020), indicates that ageing presents both opportunities and challenges, manifested through various physical changes and significant life events. The way these events are perceived is profoundly affected by an individual's mental health, which is crucial to the notion of gerotranscendence. This optimistic approach to ageing entails redefining one's sense of self and relationships and is regarded as a precursor to successful ageing. Although, gerotranscendence focuses on inner peace and the way events are perceived in life, it could directly contribute to physical health by reducing stress and promoting mental clarity, which supports the overall psychological and physiological health. Discrete emotions, such as happiness and sadness, also significantly impact the ageing process, with older adults often experiencing enhanced emotional regulation and a focus on positive emotions (Hamm & Wrosch, 2020). Dispositional optimism, the expectation that good things will happen, correlates with better health outcomes, resilience, and life satisfaction. Optimistic older adults engage more in health-promoting behaviors, contributing to successful ageing (G. Lee & Lee, 2019). The psychosocial aspects of successful ageing highlight the importance of social connections, resilience, and a positive outlook, all of which significantly enhance physical health, mental well-being, and overall life satisfaction in older adults. Engaging in meaningful relationships and maintaining optimism enable individuals to navigate the challenges of ageing, resulting in a higher quality of life and a more fulfilling ageing experience.

CONCLUSION

The exploration of evolving perspectives on ageing from 2019 to 2023 provides significant insights into the future of gerontology amid the pressing global phenomenon of ageing. By examining various studies worldwide that seek to understand societal attitudes toward ageing, this research highlights the necessity of integrating key themes derived from the analysis. These themes—namely Physical and Psychological Well-Being, Social and Environmental Factors, Financial Security, Cultural and Regional Variations, and Psychosocial Factors—serve as foundational elements for comprehending the predictors and precursors of the ageing phenomenon. A nuanced understanding of the ageing population and their perceptions can lead to more effective policy actions that address the complexities of ageing, fostering a society that supports healthy and successful ageing (Cheng et al., 2021). Identifying modifiable predictors of successful ageing is particularly crucial for public health policymakers and healthcare providers aiming to develop programs that enhance the quality of life for older adults (Stewart et al., 2019). Jiang and Yang (2022) further emphasize that the insights gained from such studies can inform targeted ageing policies, especially in developing countries, which are often underrepresented in the discourse on successful ageing despite its global relevance (Roquet et al., 2022). Consequently, this thematic analysis successfully gathers information from diverse cultures and regions, encouraging further research on ageing-related topics. The concept of gerotranscendence as described by (J. P. Lewis & Wortman,

2019) helps older people to be more intentional in their relationships and build a stronger connection to traditional cultural and spiritual activities. The understanding of the concept gerotranscendence may be used to develop community specific health promotion and prevention programs to improve services for the elderly.

This knowledge is vital for effectively managing the global ageing phenomenon. Additionally, the thematic analysis serves as a self-management tool for middle-aged and older individuals, facilitating their understanding of self-management as a proactive strategy for addressing the challenges associated with ageing. Cohen et al. (2022) note that this diversity necessitates that each older adult tailor their approach to self-management to navigate their ageing journey successfully. Understanding the concepts of successful ageing and subjective health awareness among frail older adults is crucial for implementing effective interventions (Seo et al., 2022). In conclusion, this study advocates for a comprehensive approach to successful ageing, emphasizing the importance of prioritizing social, physical, psychological, mental, emotional, and environmental support through innovative practices. By employing advanced methodologies, we can foster successful ageing. Embracing these practices and being informed and prepared will ensure a more sustainable transition into the realities of global ageing. The findings underscore that integrating knowledge from various studies on successful ageing is not only achievable but essential for navigating the ageing process effectively.

CONTRIBUTIONS AND BENEFITS OF STUDY

This study makes significant contributions to the field of gerontology, enriching our understanding of successful ageing. It provides an updated review of evolving perspectives on successful ageing from 2019 to 2023, emphasizing the latest trends and research findings. By highlighting the growing global significance of successful ageing in light of demographic shifts, the study underscores the urgency of addressing the needs of an ageing population. Additionally, it identifies and elaborates on key themes related to successful ageing, including physical and psychological well-being, social and environmental factors, financial security, and cultural and regional variations. This comprehensive approach facilitates a deeper understanding of the multifaceted nature of ageing. Moreover, the study introduces and explores the concept of gerotranscendence as a potential precursor to successful ageing, adding a new dimension to the discourse and offering a positive redefinition of self and relationships in older adults and these findings can also be used by health care providers to help elders find meaningful activities that promote health and teach individuals to cope with ageing-related changes (J. P. Lewis & Wortman, 2019).

The review emphasizes the complexities involved in defining and measuring successful ageing, highlighting the necessity for a nuanced understanding to inform effective policies and interventions. It also addresses the increasing demand for

health and social care services, emphasizing the need for comprehensive strategies to tackle age-related challenges. By identifying gaps in the current understanding of how older adults perceive successful ageing—particularly across different cultural and regional contexts—the study advocates for further research into the underlying mechanisms and predictors of successful ageing. It stresses the importance of integrating behavioral and biomarker indicators in predicting successful ageing and calls for policies that address critical areas such as pensions, housing, and social security. Overall, this study advances the discourse on successful ageing, offering valuable insights and recommendations for researchers, policymakers, and practitioners dedicated to supporting the ageing population worldwide. The primary benefit of this study lies in its comprehensive understanding of successful ageing, which can assist policymakers in crafting more effective and targeted interventions to support older adults. By pinpointing gaps in the existing literature, particularly regarding older adults' perceptions of successful ageing, the study can direct future research efforts toward areas that warrant further exploration, ultimately enriching the field of gerontology. Furthermore, by disseminating knowledge about successful ageing, the study has the potential to increase public awareness, encouraging individuals to adopt healthier lifestyles and engage in behaviors that promote well-being as they age.

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