



Active Aging and Quality of Life: A Bibliographical Review

Envejecimiento Activo y Calidad de Vida: Una Revisión Bibliográfica

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ABSTRACT

The article responds to a result related to the theoretical foundations on health promotion, disease prevention in older adults, well-being environments and quality of life corresponding to the research project "Health promotion and disease prevention for the improvement of "the quality of life of the elderly of the Clemencia Foundation and the Sofía Ratinoff Asylum of the City of Guayaquil." In it, a compilation of relevant research and studies on active aging was carried out, addressing factors associated with subjective well-being, the perception of quality of life, and the influence of comprehensive health care programs in older adults. A qualitative methodology was worked on; Documentary research was developed, particularly bibliographic review, for the construction of a theoretical framework, and a variety of theoretical methods were used, such as analysis and synthesis, inductive-deductive, with the objective of critically and reflexively analyzing the existing literature on the active aging and quality of life, to take a position from a comprehensive vision. The results obtained

during the research highlight the need for holistic interventions adapted to the reality of the context, and the implementation of educational programs to face the challenges of aging.

RESUMEN

En el artículo responde a un resultado relativo a los sustentos teóricos sobre promoción de la salud la prevención de enfermedades en adultos mayores, entornos de bienestar y calidad de vida correspondiente al proyecto de investigación “Promoción de la salud y prevención de enfermedades para el mejoramiento de la calidad de vida de los adultos mayores de la Fundación Clemencia y el Asilo Sofía Ratinoff de la Ciudad de Guayaquil”. En el mismo se realizó una recopilación de investigaciones y estudios relevantes sobre el envejecimiento activo, abordando factores asociados al bienestar subjetivo, la percepción de calidad de vida, y la influencia de programas de atención integral de salud en adultos mayores. Se trabajó un enfoque cualitativo con investigación de tipo documental en particular de revisión bibliográfica para la construcción de un marco teórico, y se utilizó variedad de métodos teóricos como el análisis y síntesis, lo inductivo-deductivo, con el objetivo de analizar crítica y reflexivamente la literatura existente sobre el envejecimiento activo y la calidad de vida, para la toma de posición desde una visión integral. Los resultados obtenidos durante la investigación resaltan la necesidad de intervenciones holísticas adaptadas a la realidad del contexto, y de la implementación de programas de educativos para enfrentar los desafíos del envejecimiento.

Keywords / Palabras clave

active aging, quality of life, health promotion, well-bein

envejecimiento activo, calidad de vida, promoción de la salud, bienestar.

Introduction

Population aging is a worldwide phenomenon that demands increasingly significant public health attention. As the proportion of older adults steadily increases, the need to understand and

comprehensively address the complexities associated with aging intensifies. In this context, promoting health and improving the quality of life in the elderly have been established as fundamental pillars to respond to the challenges that this phenomenon entails.

An exhaustive analysis of the existing literature reveals a multiplicity of approaches and perspectives from which these issues have been explored. The studies conducted offer a wealth of information that contributes not only to the understanding of the factors that influence the health and well-being of older adults, but also to the identification of effective strategies to improve their quality of life. In this literature review research, a critical and reflective analysis of the collected sources is conducted through the establishment of indicators related to quality of life in the context of aging.

By outlining the current research landscape in this field, we seek not only to consolidate previous knowledge, but also to highlight key areas that require further attention and development. A thorough understanding of the theoretical underpinnings, successful practices, and challenges inherent in health promotion in later life is crucial to developing policies, interventions, and programs that effectively address the needs of an increasingly aging population.

In this research, we explore relevant models, examine health promotion strategies implemented nationally and internationally, and review the literature on factors associated with subjective well-being and quality of life in older adults. By integrating these perspectives, the aim is to obtain a comprehensive and updated vision that can serve as a solid basis for future research and for the formulation of policies aimed at improving the experience of aging.

The aim of the literature review article is to critically and reflectively analyze the existing literature on health promotion and quality of life in the elderly, which will contribute to take a position from a comprehensive and updated viewpoint.

Materials and Methods

The research has a qualitative approach; of documentary type in particular of bibliographic review for the construction of a theoretical framework, and a variety of theoretical methods were used such as analysis and synthesis, inductive-deductive, with the objective of

critically and reflexively analyzing the existing literature on active aging and quality of life, for taking a position from an integral vision, whose fundamental purpose was to thoroughly understand the phenomenon of aging from different perspectives. The choice of this approach is justified by the need to flexibly explore and analyze the existing literature, thus allowing an enriched understanding of the complexities associated with active aging and quality of life in old age.

Interventions

The research focuses on gathering and analyzing relevant information on active aging and quality of life in older adults, based on a systematic search of the literature, following the steps below:

Literature Search: An exhaustive search of sources related to active aging and quality of life in older adults is performed. More than 200 primary, secondary and tertiary sources were consulted, mainly scientific articles published in indexed journals from 2017 to 2023. Databases such as Dialnet, Digitalia, Esboco, E-Libro, Scopus, Scielo, Redalyc, among others, were used.

Organization of the information: The information collected is organized in a systematic and logical manner. Using word processing programs such as Word and Zotero, the sources were organized by title, author and main contributions. Twenty-four relevant sources were selected for critical analysis.

Information Analysis: A critical and reflective analysis of the selected sources was carried out. The most significant contributions in relation to active aging and quality of life in old age were identified and evaluated. This analysis allowed assuming a critical position on active aging and quality of life in older adults.

Results

In the analysis of the selected information on active aging and quality of life in older adults, indicators were established that allowed a better understanding of the literature reviewed, such as:

- Factors associated with subjective well-being
- Perception of quality of life
- Health promotion and theoretical models
- Comprehensive care programs
- Global challenges and opportunities

Factors Associated with Subjective Well-being

In the literature review of this first indicator, 10 articles were found in the specific interval from 2017 to 2023, of which only three are related to older adults (Alvarado et al., 2017; Hernández et al., 2018; Torres & Flores, 2018) of the selected studies none is developed in Ecuador, but if they respond to the reality of the countries of the region, these three studies provide valuable perspectives for future research on active aging and quality of life in older adults.

Although they do not respond to the Ecuadorian reality, their regional approach makes them relevant for understanding the challenges and opportunities associated with aging in the region. In relation to this indicator, the literature review shows the need for holistic interventions that consider both physical and mental health. Incorporating socially interactive recreational activities can be crucial, as they not only promote physical activity, but also strengthen social ties, essential factors for subjective well-being.

The authors of this study share the research developed by Alvarado et al., (2017) because it comprehensively addresses factors linked to subjective well-being in older adults. The research highlights key elements, such as mental health, social relationships and recreational activities, evidencing their determinant role in the subjective perception of well-being. These findings underscore the need to consider these aspects in the formulation of health promotion strategies, focusing not only on physical health but also on emotional and social well-being.

Perception of Quality of Life.

In the literature review of this second indicator, 20 articles are located in the specific interval from 2017 to 2023, of which eight are related to the perception of quality of life of the older adult (García & Arteaga, 2018; González & Lima, 2017; Palma & Mendoza, 2018; Quiroga et al., 2022; Ramírez, 2019; Solís & Villegas, 2021).

These authors consider that population aging is a global reality that demands special attention in terms of public health. This literature review focuses on relevant studies that explore the perception and quality of life in older adults. A summary of some key research is presented below:

The authors (Gonzalez & Lima, 2017) explore self-efficacy, health perception and loneliness, and their relationship with quality of life in older adults. It offers an integrative view of psychological and social factors. Their findings contribute to understanding how these factors influence quality of life.

In relation to psychological factors, authors such as (García & Arteaga, 2018) highlight the importance of psychological strategies to improve quality of life; for their part, (Ramírez, 2019) proposes ideas on autonomy and quality of life in this population; and (Solís & Villegas, 2021) examines psychological well-being and the perception of quality of life in indigenous older adults in Ecuador, providing a unique perspective on quality of life in a specific cultural context.

In contrast, (Palma & Mendoza, 2018) provide a perspective on the role of social work in improving quality of life. On the other hand, (Bustos & Guzmán, 2021) investigate that the perception of quality of life in older adults in geriatric centers in Ecuador, and the incidence of the residential environment on their quality of life. In turn, (Quiroga et al., 2022) analyze the perception of social support and quality of life in Chilean elderly, especially during the 2020 pandemic, which addresses the influence of the social environment on quality of life.

In general, these investigations highlight the diversity of factors that influence the perception and quality of life of the elderly, from psychological and social aspects to specific interventions. Although not all the studies focus exclusively on Ecuador, they offer valuable contributions to the research topic.

Health Promotion and Theoretical Models.

In the literature review of this third indicator, 28 articles are located in the specific interval from 2017 to 2023, of which six are related to health promotion and theoretical models of the older adult: (Broche, 2018; Bustamante et al., 2023; Díaz & Arias, 2021; Duque et al., 2020; Herrera et al., 2022; Yordi & Ramos, 2019). These studies provide a wide range of information on health promotion and theoretical models used to address various aspects of health in different populations and contexts.

Author (Broche, 2018) addresses cognitive health promotion and dementia prevention from a multidimensional perspective; providing information on relevant strategies and dimensions to promote mental health, especially among older adults. While the authors (Yordi &

Ramos, 2019) evaluate in their research the relevance of health promotion in the Cuban gerontological scenario, expose the health promotion needs in the older adult population and propose strategies to address these needs.

On the other hand, (Duque et al., 2020) develop a literature review research on the relationship between physical activity, aging and functional capacity; they expose in their work the benefits of physical activity in health promotion and maintenance of functionality in older adults.

In contrast, (Herrera et al., 2022) analyze the role of the nursing professional in health promotion at the second level of care; they propose strategies and nursing practices to promote health and prevent diseases in health care settings. Similarly, (Díaz & Arias, 2021) in their study evaluate the effectiveness of a nursing intervention in the promotion of healthy lifestyle habits using the theoretical model of Nola Pender, demonstrating from the results of the intervention, the adoption of healthy behaviors by the participants.

In the case of (Bustamante et al., 2023) they examine health promotion in an urban community from the perspective of Nola Pender's model, and propose in their study strategies and actions based on this theoretical model to improve health and well-being in the community.

These studies provide a comprehensive view of health promotion and theoretical models applied to older adults. The results of each study contribute to the understanding of how to address the specific health challenges of this population and propose effective strategies to improve their well-being and quality of life.

Comprehensive Care Programs

The analysis of comprehensive care programs for the elderly in Ecuador, Mexico and Peru reveals an organized and professional structure in the implementation of public health policies and strategies in these countries.

In Peru, through the (Ministry of Public Health of Peru, 2010), the National Health Plan of Peru to 2021 has been established, which provides information on health programs and policies, including those aimed at comprehensive care for older adults in the country. On the other hand, in Mexico, the (Ministry of Public Health of Mexico, 2016)

in Programa Nacional de Salud 2013-2018, which contains detailed information on the programs aimed at comprehensive care for the elderly, as well as the objectives and strategies for their implementation. In Ecuador, through the (Ministerio de Inclusión Económica y Social, 2014) has established the National Plan for Good Living 2013-2017, which focuses on improving the quality of life of older adults through specific programs and policies.

As a result of the literature review, it was found that there is little research in the country on comprehensive care programs for older adults; it is worth mentioning authors such as (Puello et al., 2017) who developed a study to determine the impact of the actions of a nursing program with a promotional and self-care approach on the functional capacity of older adults; concluding that the actions developed improved the levels of functionality of the participants in terms of reversing the limitations in functional capacity: from moderate dependence to mild dependence and from mild to independent; likewise, they potentiated the capacity to regulate the self-sufficiency and autonomy of the subject thereby benefiting health.

The nursing care actions carried out with timeliness, quality and warmth simultaneously accompanied by alternative educational support programs in health promotion, allowed keeping the older adult active, participating in groups, with higher levels of knowledge regarding self-care, with adequate nutritional practices, and regular physical exercise; they are also able to focus their actions on the prevention of disabilities and to responsibly assume their self-care in both health and disease (Puello et al., 2017).

In addition, from the systematic review research conducted by (Bonilla et al., 2020) and the comparative study conducted by (Garza & González, 2017) offer a very general overview of comprehensive care programs in the elderly, highlighting their approaches, outcomes and possible areas for improvement.

These studies demonstrate professional and organized work in addressing comprehensive care for older adults in the region, with an emphasis on evaluating the effectiveness of interventions and adapting them to the specific needs of each population.

Global Challenges and Opportunities.

The literature review on aging and health of the older adult, based on reports from the (Pan American Health Organization, 2022), provides

an organized and professional perspective on the challenges and opportunities in this crucial field. According to the report of the (World Health Organization, 2015) provides a detailed overview of the challenges facing health promotion in this population. It highlights the vital importance of promoting healthy aging and offers key recommendations to address these concerns globally. This report reflects a structured, evidence-based approach to understanding and addressing the challenges related to aging and health.

On the other hand, the "Healthy Aging" campaign conducted by the (World Health Organization, 2015) represents a central initiative to promote the health of older adults globally. By providing specific strategies and resources, this campaign demonstrates a practical and action-oriented approach to improving the well-being and quality of life of older people worldwide. Its focus on providing tangible solutions highlights the importance of addressing the challenges of aging proactively.

The inclusion of these sources in the literature review provides a comprehensive and professional view on the subject. It highlights the importance of promoting healthy aging and offers practical recommendations for addressing the challenges in this field internationally. This robust and structured approach establishes a comprehensive framework for understanding the relevance and applicability of health promotion strategies in different contexts and countries.

Conclusions

The literature review provided a solid foundation for understanding key factors related to health promotion and quality of life in older adults.

The results highlight the need for holistic, culturally sensitive interventions tailored to the specific realities of each region, and the need to implement ongoing evaluation and global collaboration programs to address the challenges of global aging.

The results obtained from the literature review demonstrated the relevance and timeliness of the research topic and the need for it to be addressed not only by health professionals but also by multidisciplinary teams that, from different approaches, provide valuable contributions to the formulation of policies and programs aimed at improving the experience of aging in today's society.

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