

Social Transformation of Indonesian Older Adults in Suburbs: An Exploratory-descriptive Qualitative Study

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ABSTRACT The older adult's phenomenon in suburban areas has been identified as a burden and is often neglected. The objective of this study is to find patterns of habits of the older adults in meeting basic needs, so they can survive in social life. This is a qualitative study related to the phenomenon of the older adults living their lives at the age 60 years or above. Collected data were analysed with a triangulation and inductive method, along with holistic exploration-descriptive qualitative, place aspects, actors and activities using the constructivism paradigm. In-depth interviews were conducted involving one of the closest family members. This study found determinants of long life (according to context) related to habit patterns: activity, rest and sleep, consumption of traditional foods and drinks carried out regularly and consistently. Then the other findings relate to a balanced mental attitude was identified as a determinant of the survival factor of the older adults in a period of social transformation and humanist patterns of social interaction.