

**THE IMPACT OF SOCIAL WORK INTERVENTION IN CARING FOR THE
ELDERLY IN EGOR LOCAL GOVERNMENT AREA, BENIN CITY, EDO
STATE**

BY

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SSC2106112

**DEPARTMENT OF SOCIAL WORK
FACULTY OF SOCIAL SCIENCES
UNIVERSITY OF BENIN
BENIN CITY**

SEPTEMBER, 2025

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**A PROJECT SUBMITTED TO THE DEPARTMENT OF SOCIAL WORK,
FACULTY OF SOCIAL SCIENCES, UNIVERSITY OF BENIN, BENIN CITY,
NIGERIA, IN PARTIAL FULFILLMENT OF THE REQUIREMENT FOR THE
AWARD OF THE BACHELOR OF SCIENCE (B. Sc) DEGREE IN SOCIAL
WORK**

SEPTEMBER, 2025

CERTIFICATION

We, the undersigned, certify that this research work was carried out by **Oluwatosin Khadijat OLAWOLE** with Matriculation Number **SSC2106112** of the Department of Social Work, Faculty of Social Sciences, University of Benin, Benin City, in partial fulfillment of the requirement for the award of the Bachelor of Science (B.Sc) Degree in Social Work.

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DATE

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(Head of Department)

DATE

DEDICATION

I hereby dedicate this project to God almighty whose grace enabled me to complete my academic journey in the University of Benin, Edo State.

ACKNOWLEDGEMENTS

My sincere and deepest gratitude to the Almighty God for his infinite mercies and guidance that made this project a success.

My heartfelt appreciation to my Late Dad Mr. Olawole A.A, for being the best dad and also an inspiration for my siblings and I and most especially my Mom Mrs. Olawole C.O, whose unyielding support inspired and motivated me throughout my academic pursuit, who stood as a rock for my siblings and I through very rough times most especially after my dad passed I can't imagine a successful life without you mama thank you so much for standing by me and for being both my mom and my dad I love you so much my woman king thank you for being so strong and always present in our lives.

I will also like to acknowledge and sincerely appreciate my beautiful project supervisor and amazing lecturer Mrs Joy Omosuvbe for her immeasurable guidance and knowledge which has significantly contributed towards the success of this project. Special thanks to all my lecturers from 100 level to 400 level for their efforts and contributions towards my academic journey, I am so grateful.

To my lovely siblings Olawole Azeez king, Habib Akinsola and Rukayat Gold you guys mean the world to me, thanks for everything you are the best. Your unwavering support both financially and otherwise made it possible for me to go through school smoothly I'm forever grateful.

TABLE OF CONTENTS

Title	Page
Title page - - - - -	i
Certification - - - - -	ii
Dedication - - - - -	iii
Acknowledgements - - - - -	iv
Table of Contents - - - - -	v
List of Tables - - - - -	viii
Abstract - - - - -	ix
CHAPTER ONE: INTRODUCTION - - - - -	1
1.1 Background to the Study - - - - -	1
1.2 Statement of the Problem - - - - -	4
1.3 Aims and Objectives of the Study - - - - -	7
1.4 Research Question - - - - -	7
1.5 Significance of the Study - - - - -	8
1.6 Scope of the study - - - - -	9
1.7 Definition of Terms - - - - -	10
CHAPTER TWO: Literature Review - - - - -	11
2.1 Introduction - - - - -	11
2.2 Conceptual Understanding of Aging and Social Work - - - - -	11

2.2.2	Role of Social Work in Supporting Older Adults	-	-	-	-	-	-	12
2.2.3	Overview of Key Concepts	-	-	-	-	-	-	14
2.3	Challenges Faced by the Elderly	-	-	-	-	-	-	15
2.3.1.1	Physical Health Challenges	-	-	-	-	-	-	16
2.3.1.2	Mental Health Challenges	-	-	-	-	-	-	19
2.4	Social Work Intervention and the Elderly	-	-	-	-	-	-	22
2.4.2	Types of Social Work Interventions	-	-	-	-	-	-	23
2.5	Impact of Social Work Interventions on Elderly Well-being	-	-	-	-	-	-	29
2.6	Cultural and Contextual Factors Influencing Aging and Social Work	-	-	-	-	-	-	33
2.6.2	Impact of Socioeconomic Factors on Aging and Social Work Poverty	-	-	-	-	-	-	34
2.6.3	Impact of Contextual Factors on Aging and Social Work	-	-	-	-	-	-	38
2.7	Theoretical Frameworks	-	-	-	-	-	-	42
2.7.1	Disengagement Theory	-	-	-	-	-	-	42
2.7.2	Activity Theory	-	-	-	-	-	-	44
2.7.3	Continuity Theory	-	-	-	-	-	-	46
2.8	Empirical Studies	-	-	-	-	-	-	47
	CHAPTER THREE: RESEARCH METHODOLOGY	-	-	-	-	-	-	51
3.1	Preamble	-	-	-	-	-	-	51
3.2	Research Design	-	-	-	-	-	-	52

3.3	Population of the Study	-	-	-	-	-	-	52
3.4	Sample Size and Sampling Technique	-	-	-	-	-	-	53
3.5	Instruments of Data Collection	-	-	-	-	-	-	54
3.7	Validity and Reliability of the Instrument	-	-	-	-	-	-	54
3.8	Method of Data Analysis	-	-	-	-	-	-	55
3.9	Ethical Consideration	-	-	-	-	-	-	55
CHAPTER FOUR: DATA PRESENTATION AND ANALYSIS								57
4.1	Preamble	-	-	-	-	-	-	57
4.2	Discussion of Findings	-	-	-	-	-	-	71
CHAPTER FIVE: SUMMARY, CONCLUSION AND								
RECOMMENDATION								75
5.1	Summary of Findings	-	-	-	-	-	-	75
5.2	Conclusion	-	-	-	-	-	-	76
5.3	Recommendations	-	-	-	-	-	-	78
REFERENCE								80
APPENDIX								85

LIST OF TABLES

	Page
Table 4.1: Demographic Characteristics of Respondents - - -	57
Table 4.2: Healthcare Challenges Faced by the Elderly - - -	62
Table 4.3: Influence of Social Work Intervention on Mental Health and Social Connections - - - - -	64
Table 4.4: Role of Social Workers in Addressing Needs of Elderly Individuals	66
Table 4.5: Effectiveness of Social Work Services in Improving Quality of Life	68

ABSTRACT

This study investigates the impact of social work intervention in caring for the elderly in Egor Local Government Area, Benin City, Edo State. The research aims to identify the challenges faced by the elderly in the region and examine the effectiveness of social work interventions in improving their well-being and quality of life. A mixed-method research design was employed, combining both quantitative and qualitative data collection and analysis methods. The study's findings are expected to highlight the crucial role of social workers in providing emotional support, facilitating access to necessary resources, and promoting empowerment and self-management among the elderly. The study's results will have significant implications for policy and practice, underscoring the need for targeted interventions to address the healthcare challenges faced by the elderly in Egor Local Government Area.

Keywords: Social Work Intervention, Elderly Care, Well-being, Quality of Life, Gerontology, Social Support.

CHAPTER ONE

INTRODUCTION

1.1 Background to the Study

The world's population is aging rapidly, with the number of people aged 60 years and above expected to increase from 962 million in 2017 to 2.1 billion in 2050 (United Nations, 2017). This demographic shift poses significant challenges for governments, healthcare systems, and social services, particularly in developing countries where the elderly population is growing rapidly. Nigeria, with a population of over 200 million people, is no exception, with the elderly population expected to increase in the coming years (National Population Commission, 2020). The elderly population in Nigeria faces numerous challenges, including poverty, social isolation, healthcare problems, and lack of access to social services (Adejumo, 2018). Many elderly Nigerians rely on family members for support, but changing family structures and urbanization have led to a decline in traditional family support systems (Fapohunda, 2017). As a result, many elderly individuals are left without adequate care and support, leading to a decline in their overall well-being.

Social work intervention has been recognized as a crucial aspect of supporting the elderly population. Social workers play a vital role in promoting the welfare of the elderly, providing emotional support, counseling, and connecting them to community

resources (Kane & Penrod, 2017). However, the impact of social work intervention on the elderly population in Nigeria, particularly in Egor Local Government Area, Benin City, Edo State, has not been extensively studied. The role of social work intervention in addressing these challenges cannot be overstated. However, the effectiveness of social work intervention depends on various factors, including the availability of resources, the quality of services, and the cultural competence of social workers (NASW, 2017).

In Nigeria, the development of social work services for the elderly is still in its infancy, and there is a need for more research on the impact of social work intervention on the well-being of the elderly (Adejumo, 2018). The lack of empirical evidence on the effectiveness of social work services for the elderly in Egor Local Government Area, Benin City, Edo State, underscores the need for this study. The elderly population in Egor Local Government Area, Benin City, Edo State, faces unique challenges that necessitate specialized care and support. The area's socio-economic context, characterized by high levels of poverty and unemployment, exacerbates the vulnerability of the elderly (Akinola, 2019). Furthermore, the cultural values and traditions that once ensured respect and care for the elderly are eroding, leading to a decline in their social status and well-being (Ogunbameru, 2018). The intersection of aging, poverty, and social exclusion in Egor Local Government Area, Benin City, Edo State, demands a nuanced understanding of the experiences of the elderly and the role of social work intervention in promoting their well-being.

The healthcare needs of the elderly in Egor Local Government Area are multifaceted, encompassing physical, emotional, and social dimensions. Chronic diseases, such as hypertension, diabetes, and arthritis, are prevalent among older adults, requiring ongoing management and care (World Health Organization, 2018). Moreover, cognitive impairment and dementia are significant concerns, affecting not only the individual but also their family members and caregivers (Prince et al., 2015). Social isolation and loneliness are also pressing issues, as many elderly individuals experience decreased social interaction due to the loss of a spouse, friends, or reduced mobility (Cohen-Mansfield et al., 2016). This can lead to depression, anxiety, and a decline in overall well-being. Furthermore, the elderly in Egor Local Government Area may face challenges in accessing healthcare services, including specialist care, due to geographical constraints, financial limitations, or lack of awareness about available services (Levesque et al., 2013). The role of social workers in addressing these challenges is critical as they facilitate access to healthcare services, provide emotional support, and connect the elderly to community resources (Kane & Penrod, 2017). Social workers can also advocate for policy changes and program development that benefit the elderly population, promoting age-friendly communities and services (Buffel et al., 2018). In exploring the impact of social work intervention on the elderly in Egor Local Government Area, it is essential to consider the cultural context and the specific needs of this population. The impact of social work intervention on the elderly in Egor Local Government Area is a complex issue that requires a comprehensive understanding of the interplay between

individual, family, and community factors. As the elderly population continues to grow, it is essential to develop effective social work interventions that address their unique needs and promote their overall well-being. By examining the experiences of elderly individuals and the social workers who support them, this study will shed light on the ways in which social work intervention can enhance the lives of older adults in this community, ultimately contributing to a more nuanced understanding of aging and social work in Nigeria.

1.2 Statement of the Research Problem

The elderly population in Nigeria, particularly in Egor Local Government Area, Benin City, Edo State, faces numerous challenges that affect their overall well-being. One of the significant problems is the lack of access to adequate healthcare services, which can exacerbate existing health conditions and reduce quality of life (Adebowale & Aturamu, 2019). Many elderly individuals in this region struggle to access healthcare due to financial constraints, geographical barriers, or lack of awareness about available services (Uzochukwu et al., 2015).

Another problem faced by the elderly in this community is social isolation, which can lead to depression, anxiety, and cognitive decline (Cohen-Mansfield et al., 2016). The erosion of traditional family structures and social support networks has left many elderly individuals without adequate care and support, further exacerbating their vulnerability (Fapohunda, 2017). Furthermore, the elderly in Egor Local Government

Area often experience neglect and abuse, which can take many forms, including physical, emotional, and financial exploitation (Ibrahim & Abdullahi, 2018). This can lead to a range of negative outcomes, including decreased trust, increased anxiety, and reduced quality of life. The lack of effective social work intervention and support services for the elderly in this community compounds these problems. Social workers play a critical role in promoting the welfare of the elderly, but their efforts are often hindered by limited resources, inadequate training, and insufficient support (Hooyman & Kiyak, 2017).

The absence of tailored social work services for the elderly in Egor Local Government Area, Benin City, Edo State, further compounds the challenges faced by this population. Social workers play a vital role in addressing the complex needs of older adults, but their efforts are often hindered by inadequate resources, limited training, and insufficient support (Beresford et al., 2018). The lack of specialized training in gerontological social work means that many social workers may not be equipped to address the unique challenges faced by older adults, including cognitive decline, physical disability, and social isolation (Kaplan & Berkman, 2018).

Moreover, the cultural context of aging in Nigeria, particularly in Egor Local Government Area, presents unique challenges for social work practice. The intersection of traditional and modern values, as well as the impact of urbanization and migration, requires social workers to be culturally sensitive and adaptable in their practice (Adejumo, 2018). However, the lack of culturally responsive social work services can exacerbate the

challenges faced by older adults, leading to decreased access to care and support. The scarcity of research on the impact of social work intervention on the elderly in Egor Local Government Area, Benin City, Edo State, underscores the need for this study. By examining the experiences of older adults and the social workers who support them, this study will contribute to a deeper understanding of the complexities of aging in this community.

The shortage of geriatric specialists and inadequate healthcare infrastructure exacerbates this problem, leading to poor health outcomes and decreased quality of life (Ogundele & Omotosho, 2020).. The breakdown of traditional family structures and social support networks has left many older adults without adequate emotional support, leading to increased feelings of loneliness and disconnection (Afolabi, 2019). This can have severe consequences, including depression, anxiety, and cognitive decline. Furthermore, the elderly in Egor Local Government Area often experience difficulties in accessing social services, including counseling, advocacy, and case management. The lack of awareness about available services and limited access to information hinder their ability to seek help, further exacerbating their vulnerability (Iheanacho, 2018). Given the complexities of aging and the unique challenges faced by older adults in Egor Local Government Area, it is crucial to understand the role of social work intervention in promoting their well-being, and this study will shed light on the ways in which social work intervention can enhance the lives of older adults in this community.

1.3 Aims and Objectives of the Study

This study aims to explore the impact of social work intervention on the well-being of the elderly in Egor Local Government Area, Benin City, Edo State. The specific objectives of this study are to:

1. Investigate the healthcare challenges faced by the elderly in Egor Local Government Area and their impact on well-being.
2. Examine the influence of social work intervention on the mental health and social connections of elderly individuals in this community.
3. Assess the role of social workers in addressing the needs of elderly individuals in Egor Local Government Area and identify the benefits and limitations of their interventions.
4. Evaluate the effectiveness of social work services in improving the overall quality of life for elderly individuals in Egor Local Government Area.

1.4 Research Questions

1. What are the specific healthcare challenges faced by the elderly in Egor Local Government Area, and how do these challenges impact their well-being?
2. How does social work intervention influence the mental health and social connections of elderly individuals in this community?

3. What role do social workers play in addressing the needs of elderly individuals in Egor Local Government Area, and what are the benefits and limitations of their interventions?
4. To what extent do social work services improve the overall quality of life for elderly individuals in Egor Local Government Area, and what are the key factors that contribute to their effectiveness?

1.5 Significance of the Study

This study will contribute to the body of knowledge by providing a deeper understanding of the impact of social work intervention on the well-being of the elderly in Egor Local Government Area, Benin City, Edo State. The findings of this study will add to the existing literature on aging and social work, highlighting the unique challenges faced by older adults in this community and the ways in which social work intervention can address these challenges.

The study's findings will inform policy making by providing empirical evidence on the effectiveness of social work services in improving the well-being of the elderly. Policymakers can use this evidence to develop targeted interventions and programs that support the needs of older adults, ultimately contributing to the development of age-friendly policies and programs (WHO, 2018). This study will also serve as a foundation for further research on aging and social work in Nigeria. The findings and limitations of

this study will identify areas for future research, providing a roadmap for scholars and researchers interested in exploring this topic further.

The provision of empirical evidence on the impact of social work intervention on the well-being of the elderly will be a significant contribution to the field of social work. This evidence will help to demonstrate the value of social work services in improving the lives of older adults, ultimately contributing to the development of more effective social work practices (Beresford et al., 2018). Finally, this study may contribute to theory formulation by providing insights into the ways in which social work intervention can be tailored to meet the unique needs of older adults. The findings of this study may inform the development of theoretical frameworks that explain the relationship between social work intervention and the well-being of the elderly.

1.6 Scope of the Study

This study will focus on the impact of social work intervention on the well-being of the elderly in Egor Local Government Area, Benin City, Edo State, Nigeria. The scope of the study will be limited to exploring the experiences of elderly individuals in this community, the challenges they face, and the effectiveness of social work services in addressing their needs. The study will provide insights into the role of social work intervention in promoting the well-being of older adults in this specific context.

1.7 Definition of Basic Concepts

1. **Elderly:** Refers to individuals aged 65 years and above, who may experience physical, emotional, and social changes associated with aging.
2. **Social Work Intervention:** Refers to the professional services provided by social workers to support and empower individuals, families, and communities, including the elderly, to address their needs and improve their well-being.
3. **Well-being:** Refers to the overall quality of life of an individual, encompassing physical, emotional, social, and psychological aspects.
4. **Aging:** Refers to the process of growing older, which can be influenced by biological, psychological, and social factors.
5. **Social Support:** Refers to the emotional, informational, and practical assistance provided by family, friends, and community networks to individuals, including the elderly, to help them cope with challenges and improve their well-being.

CHAPTER TWO

Literature Review

2.1 Introduction

This literature review explores the impact of social work intervention on the well-being of the elderly, with a focus on the challenges faced by older adults and the role of social work in addressing these challenges. The review examines theoretical frameworks, empirical studies, and cultural contextual factors influencing aging and social work practice, aiming to provide a comprehensive understanding of the topic and identify gaps in existing research.

2.2 Conceptual Understanding of Aging and Social Work

Aging is a complex and multifaceted phenomenon that has been defined and conceptualized in various ways by different scholars and researchers. From a biological perspective, aging is defined as the process of physical change that occurs over time, resulting in a decline in physical function and an increased risk of age-related diseases (Harper, 2014). Aging can also be defined as a social construct, with societal attitudes and expectations influencing the experiences of older adults (Estes, 2001).

According to the WHO, aging is defined as the process of growing old, which can be influenced by a combination of biological, psychological, and social factors (WHO, 2018). Aging can also be conceptualized as a dynamic and lifelong process of physical,

psychological, and social change that occurs as individuals grow older. This perspective recognizes that aging is not solely a biological process, but also encompasses social, emotional, and cognitive development across the life course (Carstensen et al., 1999). According to this view, aging is shaped by the interactions between individual characteristics, lifestyle factors, and environmental influences, resulting in diverse experiences and outcomes for older adults (Dannefer & Settersten, 2010). This conceptualization highlights the importance of considering the complex interplay between biological, psychological, and social factors in understanding aging and its impact on individuals and society. It also underscores the need for a holistic approach to supporting older adults, one that takes into account their unique needs, strengths, and experiences.

2.2.2 Role of Social Work in Supporting Older Adults

Social work plays a vital role in supporting older adults, addressing their complex needs, and promoting their well-being. As a profession, social work is uniquely positioned to provide person-centered and holistic support, acknowledging the interplay between individual, family, and environmental factors that shape the aging experience (Kane & Kane, 2001). Social workers engage with older adults in various settings, including healthcare, community organizations, and government agencies, providing a range of services that foster independence, dignity, and quality of life.

One of the primary roles of social work in supporting older adults is to assess their needs and develop tailored interventions that address their physical, emotional, and social challenges. This may involve providing counseling, case management, and advocacy services, as well as connecting older adults with community resources and support networks (Hooyman & Kiyak, 2011). Social workers also play a critical role in promoting healthy aging, preventing elder abuse and neglect, and supporting caregivers (National Association of Social Workers, 2018). Furthermore, social work practice with older adults requires a deep understanding of the aging process, including the physical, cognitive, and emotional changes that occur as people grow older. Social workers must be knowledgeable about the complex healthcare needs of older adults, including chronic disease management, palliative care, and end-of-life care (Steinhauser et al., 2000). By working collaboratively with healthcare providers, family members, and other stakeholders, social workers can help ensure that older adults receive comprehensive and coordinated care that addresses their unique needs. In addition to promoting quality of life, social workers play a crucial role in supporting older adults' mental health and well-being. Mental health issues, such as depression and anxiety, are common among older adults, and social workers are well-positioned to provide counseling, therapy, and support services to address these issues (Areán & Cook, 2002). Social workers can also help older adults develop coping strategies and provide emotional support, which can be particularly important during times of transition or crisis.

Social workers also play a key role in supporting older adults' social connections and community engagement. Social isolation and loneliness are significant concerns for many older adults, and social workers can help connect them with community resources, support groups, and volunteer opportunities (Cohen et al., 2015). By fostering social connections and community engagement, social workers can help older adults build resilience, improve their mental health, and enhance their overall well-being. Social workers are essential in advocating for the rights and interests of older adults, particularly those who are vulnerable or marginalized. This may involve working with older adults to identify and address issues related to elder abuse, neglect, or exploitation (National Center on Elder Abuse, 2020). Social workers can also advocate for policy changes and programmatic initiatives that promote the well-being and dignity of older adults. In supporting older adults, social workers must also be aware of the importance of cultural sensitivity and humility. Older adults from diverse backgrounds may have unique needs and experiences that require culturally responsive practice (Mui & Shibusawa, 2008). By acknowledging and respecting the cultural differences and values of older adults, social workers can build trust, foster engagement, and provide more effective support.

2.2.3 Overview of Key Concepts

Well-being is a multifaceted concept that encompasses physical, emotional, and social aspects of an individual's life. In the context of aging, well-being is often defined as the ability to maintain physical function, experience emotional satisfaction, and engage

in meaningful social relationships (Kahana & Kahana, 2003). Social support, which refers to the emotional, informational, and practical assistance provided by family, friends, and community networks, is a critical component of well-being for older adults (Cohen et al., 2015). Social connections, which can include relationships with family, friends, and community members, are also essential for older adults' well-being, as they provide emotional support, practical assistance, and a sense of belonging (Holt-Lunstad et al., 2015).

Elderly care, which encompasses a range of services and supports designed to meet the unique needs of older adults, is another key concept in the field of aging and social work. Elderly care can include medical care, social services, and supportive housing, among other services (Kane & Kane, 2001). The goal of elderly care is to promote older adults' well-being, dignity, and autonomy, while also addressing their complex needs and challenges.

2.3 Challenges Faced by the Elderly

The elderly population faces a multitude of challenges that can impact their physical, emotional, and social well-being. As people age, they may experience declining physical function, cognitive impairment, and social isolation, among other challenges. These challenges can be influenced by a range of factors, including biological, psychological, and social changes associated with aging, as well as societal and environmental factors (WHO, 2018). Understanding the challenges faced by the elderly is

essential for developing effective policies, programs, and services that support their needs and promote their well-being.

2.3.1.1 Physical Health Challenges

Physical health challenges are a significant concern for many older adults. One of the most common physical health challenges faced by the elderly is the decline in physical function, which can result in reduced mobility, flexibility, and strength (Patel & Bhattacharya, 2016). This decline can be caused by a range of factors, including chronic diseases, such as arthritis, diabetes, and cardiovascular disease, as well as age-related changes in the body (Verbrugge & Jette, 1994). As physical function declines, older adults may experience difficulty performing daily activities, such as bathing, dressing, and managing medications, which can impact their independence and quality of life.

Another physical health challenge faced by the elderly is chronic pain, which can result from a range of conditions, including arthritis, osteoporosis, and neuropathic pain (Abdulla et al., 2013). The impact of chronic pain on older adults' mental health is a significant concern, as it can contribute to depression, anxiety, and sleep disturbances. Depression is a common comorbidity with chronic pain, and research has shown that older adults with chronic pain are at increased risk of developing depression (Gagliese & Melzack, 2003). The relationship between chronic pain and depression is complex, and it is likely that chronic pain can exacerbate depressive symptoms, while depression can also increase the perception of pain (Arnow et al., 2006). Sleep disturbances are also common

among older adults with chronic pain. Research has shown that chronic pain can disrupt sleep patterns, leading to insomnia, daytime fatigue, and other sleep-related problems (Morin et al., 2007). Sleep disturbances can further exacerbate chronic pain, creating a cycle of pain, sleep disturbance, and decreased quality of life.

Physical health challenges are a significant concern for older adults, impacting their quality of life, independence, and overall well-being. Some common physical health challenges faced by older adults are:

Musculoskeletal Issues

As people age, their bones, joints, and muscles undergo natural changes that can lead to musculoskeletal issues. Osteoporosis, a condition characterized by brittle bones, increases the risk of fractures, while arthritis can cause joint pain and stiffness, limiting mobility and flexibility. Regular exercise, such as swimming or tai chi, and a balanced diet rich in calcium and vitamin D can help manage these conditions.

Cardiovascular Health

Aging can also affect the cardiovascular system, making it more susceptible to diseases like high blood pressure, heart disease, and stroke. Maintaining a healthy diet, managing blood pressure, and regular check-ups with healthcare professionals are crucial for preventing and managing cardiovascular disease.

Sensory Decline

Vision and hearing decline are common physical health challenges faced by older adults. Presbyopia, cataracts, and age-related macular degeneration can impact vision, while hearing loss can affect communication and social interactions. Regular eye exams and hearing tests can help detect these issues early, and interventions like glasses, surgery, or hearing aids can improve quality of life.

Mobility and Balance

Declining physical fitness and mobility can increase the risk of falls, injuries, and hospitalizations. Regular physical activity, including exercises that improve balance and flexibility, can help maintain mobility and prevent falls. Additionally, going outdoors at least once a week can be beneficial for maintaining physical function in frail older adults.

Chronic Diseases

Older adults are more susceptible to chronic diseases like diabetes, obesity, and certain types of cancer. Managing these conditions requires a comprehensive approach, including a healthy diet, regular exercise, and adherence to medication regimens. Regular health check-ups and screenings can help detect these conditions early, improving treatment outcomes. Other physical health challenges faced by older adults include:

- **Incontinence:** Loss of bladder control can impact daily life and dignity

- Cognitive Decline: Age-related cognitive decline can affect memory, decision-making, and daily functioning
- Chronic Pain: Persistent pain can impact mood, mobility, and overall quality of life.

2.3.1.2 Mental Health Challenges

Mental health challenges are a significant concern for older adults, impacting their emotional well-being, relationships, and overall quality of life. One of the mental health challenges faced by older adults is depression, which can manifest as persistent feelings of sadness, hopelessness, and loss of interest in activities (Fiske et al., 2009). Depression in older adults can be triggered by a range of factors, including chronic illness, social isolation, and bereavement. Research has shown that older adults with depression are more likely to experience cognitive decline, physical disability, and decreased quality of life (Blazer, 2003).

Anxiety is another mental health challenge faced by older adults, which can manifest as excessive worry, fear, or anxiety about everyday situations (Kessler et al., 2005). Anxiety in older adults can be triggered by a range of factors, including health concerns, financial insecurity, and social isolation. Research has shown that older adults with anxiety are more likely to experience depression, sleep disturbances, and decreased quality of life (Lenze et al., 2005).

Cognitive decline is also a significant mental health challenge faced by older adults, which can manifest as memory loss, confusion, and difficulty with problem-solving (Albert et al., 2011). Cognitive decline can be caused by a range of factors, including Alzheimer's disease, vascular dementia, and other neurodegenerative conditions. Research has shown that older adults with cognitive decline are more likely to experience functional disability, social isolation, and decreased quality of life (Flicker, 2010). Mental health challenges can significantly impact the quality of life for older adults, affecting their emotional well-being, relationships, and overall health. Some key aspects are:

Social Isolation and Loneliness

Social isolation and loneliness are significant risk factors for mental health conditions in older adults. Research suggests that more than a third of adults aged 45 or older experience loneliness, and nearly a quarter of adults aged 65 or older live in social isolation. This can lead to cognitive decline, anxiety, depression, cardiovascular disorders, Alzheimer's disease, and premature death.

Ageism and Abuse

Ageism can affect mental health, and older adults may experience abuse, often by their own caregivers. One in six older adults experience abuse, which can exacerbate mental

health issues. Protection from ageism and abuse is critical, and interventions like anti-discrimination policies, educational initiatives, and intergenerational activities can help ².

Common Mental Health Issues

Common mental health issues affecting older adults include:

- **Depression:** A leading cause of disability, depression can manifest as persistent feelings of sadness, hopelessness, and loss of interest in activities.
- **Anxiety:** Excessive worry, fear, or anxiety about everyday situations can impact daily life.
- **Dementia:** Cognitive decline can affect memory, confusion, and problem-solving abilities.
- **Substance Abuse:** Substance use can increase with age, particularly among those experiencing social isolation or chronic pain.

Impact on Quality of Life

Mental health challenges can significantly impact older adults' quality of life, making everyday tasks more difficult and affecting their overall well-being. Research suggests that mental health issues can:

- **Exacerbate physical health problems:** Mental health issues can worsen physical health conditions, slowing down recovery time.

- Increase risk of suicide: Older adults are at higher risk of suicide, particularly white men aged 85+, who have a suicide rate four times the national average.
- Affect relationships: Mental health issues can strain relationships with family and friends, leading to increased social isolation.

2.4 Social Work Intervention and the Elderly

Social work practices with older adults are designed to address the complex and multifaceted needs of this population. Social workers engage with older adults in various settings, including healthcare, community organizations, and government agencies, to provide a range of services that promote their well-being, dignity, and quality of life. According to the National Association of Social Workers (2018), social work practice with older adults involves assessing their needs, developing tailored interventions, and providing support services to address physical, emotional, and social challenges.

One of the key roles of social workers in working with older adults is to provide person-centered and holistic support. This involves understanding the individual's unique experiences, values, and ps, and developing interventions that are tailored to their needs (Kane & Kane, 2001). Social workers may provide counseling, case management, and advocacy services to help older adults navigate complex healthcare and social services systems. Social workers also play a critical role in promoting healthy aging and preventing age-related problems. This may involve providing education and support to older adults and their families, as well as advocating for policies and programs that

promote healthy aging (WHO, 2018). For example, social workers may work with older adults to develop healthy lifestyle habits, such as regular exercise and healthy eating, or provide support to caregivers to help them manage the demands of caregiving. In addition to direct practice, social workers also engage in macro-level interventions to promote the well-being of older adults. This may involve advocating for policy changes, developing community programs, and collaborating with other professionals to address the complex needs of older adults (Netting et al., 2017). For example, social workers may work with community organizations to develop programs that promote social engagement and reduce social isolation among older adults.

2.4.2 Types of Social Work Interventions

Case Management

Case management is a social work intervention that involves assessing, planning, implementing, and evaluating the care of older adults. Social workers who provide case management services work with older adults to identify their needs, develop a care plan, and coordinate services to address those needs. This can include arranging for home health care, transportation, and other support services. Case management can be particularly useful for older adults who have complex needs or are experiencing cognitive or physical decline (NASW, 2018). By providing case management services, social workers can help older adults maintain their independence and improve their overall quality of life.

Counseling

Counseling is a type of social work intervention that involves working with older adults to address emotional, psychological, or behavioral challenges. Social workers who provide counseling services may use a variety of therapeutic approaches, such as cognitive-behavioral therapy or psychodynamic therapy, to help older adults manage symptoms of depression, anxiety, or other mental health conditions. Counseling can be particularly useful for older adults who are experiencing loss, grief, or other life transitions (Gatz et al., 2016). By providing counseling services, social workers can help older adults develop coping strategies and improve their mental health and well-being.

Advocacy

Advocacy is a type of social work intervention that involves working on behalf of older adults to ensure that their rights and interests are protected. Social workers who provide advocacy services may work with older adults to navigate complex healthcare or social services systems, or they may advocate for policy changes that benefit older adults. Advocacy can be particularly useful for older adults who are experiencing abuse, neglect, or exploitation (National Center on Elder Abuse, 2020). By providing advocacy services, social workers can help older adults access the resources and support they need to live safely and with dignity.

Support Groups

Support groups are a type of social work intervention that involves bringing together older adults who share similar experiences or challenges. Support groups can provide a safe and supportive environment for older adults to share their experiences, receive emotional support, and develop coping strategies. Social workers who facilitate support groups may use a variety of approaches, such as psycho educational or therapeutic approaches, to help group members achieve their goals. Support groups can be particularly useful for older adults who are experiencing chronic illness, caregiving stress, or other challenges (Hedrick et al., 2017). By providing support groups, social workers can help older adults build social connections and improve their overall well-being.

Community-Based Interventions

Community-based interventions are a type of social work intervention that involves working with older adults in community settings, such as senior centers, churches, or other community organizations. Social workers who provide community-based interventions may develop programs or services that promote healthy aging, social engagement, or community participation. Community-based interventions can be particularly useful for older adults who are experiencing social isolation or who need support to maintain their independence (WHO, 2018). By providing community-based

interventions, social workers can help older adults build social connections and improve their overall health and well-being.

Family Therapy

Family therapy is a type of social work intervention that involves working with older adults and their family members to address relationship dynamics or other family issues. Social workers who provide family therapy may use a variety of therapeutic approaches, such as systems theory or family systems therapy, to help family members understand and address their issues. Family therapy can be particularly useful for older adults who are experiencing conflict with family members or who need support to navigate complex family dynamics (Qualls & Zarit, 2009). By providing family therapy, social workers can help older adults and their family members build stronger, more supportive relationships.

Crisis Intervention

Crisis intervention is a type of social work intervention that involves working with older adults who are experiencing a crisis, such as a mental health emergency or a sudden loss. Social workers who provide crisis intervention services may work with older adults to assess their needs, develop a safety plan, and provide emotional support. Crisis intervention can be particularly useful for older adults who are experiencing suicidal ideation, abuse, or other crises (Stanley et al., 2016). By providing crisis intervention

services, social workers can help older adults receive the support they need to manage their crisis and improve their overall well-being.

Geriatric Care Management

Geriatric care management is a type of social work intervention that involves working with older adults and their family members to assess their needs and develop a care plan. Geriatric care managers may work with older adults to coordinate services, manage chronic illness, and navigate complex healthcare systems. Geriatric care management can be particularly useful for older adults who have complex needs or who require ongoing support (National Institute on Aging, 2020). By providing geriatric care management services, social workers can help older adults receive the support they need to maintain their independence and improve their overall quality of life.

Psychosocial Interventions

Psychosocial interventions are a type of social work intervention that involves addressing the psychological and social needs of older adults. These interventions aim to promote mental health, well-being, and social functioning in older adults. Psychosocial interventions can include a range of activities, such as counseling, support groups, and cognitive training. Social workers who provide psychosocial interventions may work with older adults to identify their strengths and needs, develop coping strategies, and improve their overall quality of life. Psychosocial interventions can be particularly useful

for older adults who are experiencing depression, anxiety, or other mental health challenges (Fiske et al., 2009). By providing psychosocial interventions, social workers can help older adults build resilience, improve their mental health, and enhance their overall well-being.

Empowerment-Based Interventions

Empowerment-based interventions are a type of social work intervention that involves working with older adults to promote their autonomy, self-determination, and empowerment. These interventions aim to help older adults take control of their lives, make informed decisions, and advocate for themselves. Social workers who provide empowerment-based interventions may work with older adults to identify their strengths and needs, develop self-advocacy skills, and access resources and support. Empowerment-based interventions can be particularly useful for older adults who are experiencing powerlessness, marginalization, or oppression (Freire, 1970). By providing empowerment-based interventions, social workers can help older adults build confidence, assert their rights, and improve their overall quality of life.

The primary goal of social work interventions with older adults is to promote their overall well-being, dignity, and quality of life. Social work interventions aim to address the complex and multifaceted needs of older adults, including physical, emotional, and social needs. The objectives of social work interventions include enhancing older adults' autonomy, self-determination, and independence, as well as promoting their mental and

physical health. Social work interventions also aim to support older adults in navigating complex healthcare and social services systems, and to advocate for their rights and interests. Ultimately, the goal of social work interventions is to enable older adults to live fulfilling and meaningful lives, and to age with dignity and respect. By working with older adults, social workers can help them achieve these goals and objectives, and improve their overall quality of life. Social work interventions can be tailored to meet the unique needs and circumstances of each older adult, and can be adapted to address the complex challenges and opportunities that arise in later life. By promoting the well-being and dignity of older adults, social work interventions can have a positive impact on individuals, families, and communities.

2.5 Impact of Social Work Interventions on Elderly Well-being

A comprehensive review of empirical studies on the effectiveness of social work interventions with older adults reveals a complex and multifaceted picture. Research has consistently shown that social work interventions can have a positive impact on older adults' well-being, including improved mental and physical health outcomes, increased social connections, and enhanced quality of life (Cohen et al., 2015; Gitlin et al., 2012). For example, a study on the effectiveness of cognitive-behavioral therapy for older adults with depression found that participants who received the intervention experienced significant improvements in their depressive symptoms and overall mental health (Holvast et al., 2015). Analysis of outcomes from social work interventions with older

adults suggests that these interventions can be tailored to meet the unique needs and circumstances of each individual. For instance, interventions that focus on promoting social engagement and reducing loneliness have been shown to be effective in improving older adults' mental health and well-being (Cohen et al., 2015). Similarly, interventions that provide support and education for caregivers have been found to reduce caregiver burden and improve the quality of care provided to older adults (Gitlin et al., 2012). However, the impact of social work interventions on elderly well-being is influenced by a range of factors, including the type and intensity of the intervention, the individual's level of engagement and motivation, and the presence of supportive social networks. For example, research has shown that older adults who are more engaged and motivated in the intervention process tend to experience better outcomes (Kunik et al., 2013). Additionally, the presence of supportive social networks, such as family members or friends, can enhance the effectiveness of social work interventions by providing ongoing support and encouragement (Holt-Lunstad et al., 2015).

Furthermore, the complexity of older adults' needs and circumstances requires social workers to be flexible and adaptable in their approach. Social workers must be able to assess the individual's unique needs and circumstances, and develop interventions that are tailored to meet those needs. This may involve working with other professionals, such as healthcare providers or family members, to ensure that the older adult receives comprehensive and coordinated care (NASW, 2018). The effectiveness of social work interventions with older adults is also influenced by the social worker's ability to build

trust and rapport with the individual. Older adults may be more likely to engage in interventions and experience positive outcomes when they feel comfortable and supported by the social worker (Kunik et al., 2013). Therefore, social workers must prioritize building strong relationships with older adults, and work to establish a sense of trust and rapport.

The impact of social work interventions on elderly well-being is a complex and multifaceted topic that requires consideration of various factors, including the type and intensity of the intervention, the individual's level of engagement and motivation, and the presence of supportive social networks. Research has shown that social work interventions can be effective in improving older adults' mental and physical health outcomes, increasing their social connections, and enhancing their overall quality of life (Cohen et al., 2015; Gitlin et al., 2012). One key factor that influences the effectiveness of social work interventions is the individual's level of engagement and motivation. Older adults who are more engaged and motivated in the intervention process tend to experience better outcomes, including improved mental health and well-being (Kunik et al., 2013). Social workers can promote engagement and motivation by building strong relationships with older adults, setting realistic goals, and providing ongoing support and encouragement.

The presence of supportive social networks is another important factor that can influence the impact of social work interventions. Older adults who have supportive

family members or friends tend to experience better outcomes, including improved mental health and well-being (Holt-Lunstad et al., 2015). Social workers can help older adults build and maintain social connections by facilitating support groups, providing education and resources, and encouraging social engagement. In addition to these factors, the type and intensity of the intervention can also impact the effectiveness of social work interventions. For example, interventions that are tailored to meet the unique needs and circumstances of older adults tend to be more effective than generic interventions (Gitlin et al., 2012). Social workers can tailor interventions by assessing the individual's needs and circumstances, setting realistic goals, and providing ongoing support and encouragement. The complexity of older adults' needs and circumstances requires social workers to be flexible and adaptable in their approach. Social workers must be able to assess the individual's unique needs and circumstances, and develop interventions that are tailored to meet those needs. This may involve working with other professionals, such as healthcare providers or family members, to ensure that the older adult receives comprehensive and coordinated care (NASW, 2018).

Furthermore, social workers must prioritize building strong relationships with older adults, and work to establish a sense of trust and rapport. Older adults may be more likely to engage in interventions and experience positive outcomes when they feel comfortable and supported by the social worker (Kunik et al., 2013). By building strong relationships and providing tailored interventions, social workers can help older adults achieve their goals and improve their overall well-being. The impact of social work

interventions on elderly well-being can also be influenced by the social worker's ability to address the individual's physical and emotional needs. For example, social workers can help older adults access healthcare services, manage chronic illnesses, and address mental health concerns (Cohen et al., 2015). By addressing these needs, social workers can help older adults maintain their physical and emotional health, and improve their overall quality of life.

2.6 Cultural and Contextual Factors Influencing Aging and Social Work

Cultural attitudes towards aging in Nigeria are complex and multifaceted, influenced by traditional norms, modernization, and urbanization. In Nigerian culture, respect for the elderly is deeply ingrained, with older adults often revered for their wisdom, experience, and knowledge. For instance, among the Yoruba people of southwestern Nigeria, aging is perceived as a gradual ascent into ancestorship, where older adults are believed to possess spiritual power and protection. This cultural perspective values aging as a repository of experience, knowledge, and wisdom vital for societal survival, with grey hair often described as the "crown" of the aged.

However, modernization and urbanization have led to a decline in traditional family structures and support systems for older adults. Many older Nigerians face significant challenges, including poverty, lack of access to healthcare, and social isolation. The absence of a national aging policy in Nigeria exacerbates these issues, leaving older adults vulnerable to neglect, abuse, and discrimination. According to a study, 63% of

respondents believed that ageism affects the willingness of family members and friends to provide social support to older adults, while 76% felt that ageist attitudes influence the availability and quality of healthcare and social services accessible to older individuals. Moreover, cultural attitudes towards aging in Nigeria are also shaped by gender stereotypes, with older women often facing pronounced ageism, diminished social status, and limited decision-making power. In contrast, older men are often associated with strength and independence. These stereotypes can affect older adults' access to resources, healthcare, and social services, highlighting the need for interventions that promote gender equity and address the unique needs of older adults.

The impact of these cultural attitudes on aging in Nigeria underscores the importance of developing policies and interventions that cater to the needs of older adults. By understanding the complex interplay between traditional norms, modernization, and urbanization, social workers and policymakers can create more effective support systems for older Nigerians, promoting their well-being and dignity.

2.6.2 Impact of Socioeconomic Factors on Aging and Social Work Poverty

Poverty is a significant socioeconomic factor that affects aging and social work. Older adults living in poverty often experience limited access to healthcare, nutrition, and other essential resources, exacerbating health problems and reducing quality of life. Poverty can also lead to social isolation, decreased mobility, and increased dependence on others. Social workers can play a crucial role in addressing poverty among older

adults by connecting them with resources, such as financial assistance programs, food banks, and affordable housing. By addressing poverty, social workers can help older adults maintain their independence, dignity, and overall well-being (Kahn & Pearlin, 2006).

Education

Education is another critical socioeconomic factor that impacts aging and social work. Higher levels of education are associated with better health outcomes, increased cognitive function, and greater economic security in older age. Education can also influence an individual's ability to navigate complex healthcare systems, understand health information, and make informed decisions about their care. Social workers can promote education and health literacy among older adults, empowering them to take control of their health and well-being. By doing so, social workers can help older adults make informed decisions, manage chronic conditions, and improve their overall quality of life (Sudore et al., 2006).

Employment and Occupation

Employment and occupation are essential socioeconomic factors that affect aging and social work. Many older adults continue to work beyond traditional retirement age, either by choice or necessity. Employment can provide a sense of purpose, social interaction, and financial security, which are critical for overall well-being. However,

older workers may face age-related discrimination, health challenges, and limited job opportunities. Social workers can support older adults in navigating the workforce, accessing training and education, and advocating for policies that promote age-friendly workplaces. By doing so, social workers can help older adults maintain their economic security, social connections, and sense of purpose (Rix, 2015).

Income and Financial Security

Income and financial security are critical socioeconomic factors that impact aging and social work. Older adults with stable financial resources can afford basic needs like housing, food, and healthcare, which are essential for maintaining physical and mental health. Financial insecurity, on the other hand, can lead to stress, anxiety, and decreased quality of life. Social workers can help older adults access financial resources, such as pensions, benefits, and financial counseling, to promote financial security and stability. By doing so, social workers can help older adults maintain their independence, dignity, and overall well-being (Crystal & Shea, 1990).

Access to Healthcare and Healthcare Disparities

Access to healthcare is a vital socioeconomic factor that affects aging and social work. Older adults often require more frequent and complex healthcare services, which can be challenging to access, particularly for those living in rural or underserved areas. Healthcare disparities, such as unequal access to care based on socioeconomic status, race,

or ethnicity, can further exacerbate health problems. Social workers can advocate for policies and programs that promote equitable access to healthcare, support older adults in navigating healthcare systems, and provide education on health promotion and disease prevention. By doing so, social workers can help older adults receive the care they need to manage chronic conditions, prevent illness, and maintain their overall health (Williams & Jackson, 2005).

Housing and Living Arrangements

Housing and living arrangements are essential socioeconomic factors that impact aging and social work. Older adults' housing needs can vary widely, from independent living to assisted living or nursing home care. Affordable, safe, and accessible housing is critical for maintaining independence, dignity, and quality of life. Social workers can help older adults access housing options that meet their needs, provide support for caregivers, and advocate for policies that promote affordable and accessible housing. By doing so, social workers can help older adults maintain their independence, safety, and overall well-being (Golant, 2015).

Social Support and Social Connections

Social support and social connections are vital socioeconomic factors that affect aging and social work. Older adults with strong social connections tend to experience better physical and mental health, increased cognitive function, and greater overall well-

being. Social isolation, on the other hand, can lead to depression, anxiety, and decreased quality of life. Social workers can help older adults build and maintain social connections, provide support for caregivers, and advocate for policies that promote social engagement and community participation. By doing so, social workers can help older adults stay connected, engaged, and supported (Cohen et al., 2015).

Access to Technology and Digital Literacy

Access to technology and digital literacy are increasingly important socioeconomic factors that impact aging and social work. Technology can provide older adults with access to healthcare services, social connections, and educational resources. However, many older adults face barriers to accessing technology, including lack of digital literacy, cost, and accessibility issues. Social workers can help older adults access technology, provide education on digital literacy, and advocate for policies that promote accessible technology. By doing so, social workers can help older adults stay connected, informed, and engaged (Choi & DiNitto, 2013).

2.6.3 Impact of Contextual Factors on Aging and Social Work

Family and Social Networks

Family and social networks play a significant role in the lives of older adults, providing emotional support, practical assistance, and a sense of belonging. Strong family and social connections can help older adults maintain their physical and mental health,

manage chronic conditions, and cope with stress. Social workers can help older adults build and maintain these connections, provide support for caregivers, and advocate for policies that promote family and social support. By doing so, social workers can help older adults stay connected, engaged, and supported (Cohen et al., 2015).

Community and Neighborhood Environments

Community and neighborhood environments can significantly impact older adults' quality of life, influencing their access to resources, services, and social connections. Age-friendly communities that prioritize accessibility, safety, and inclusivity can support older adults' independence, mobility, and overall well-being. Social workers can advocate for policies and programs that promote age-friendly communities, support community-based initiatives, and help older adults access local resources and services. By doing so, social workers can help older adults live safely, independently, and with dignity (AARP, 2018).

Cultural and Societal Attitudes towards Aging

Cultural and societal attitudes towards aging can shape older adults' experiences, influencing their access to resources, services, and social connections. Ageism, or discrimination based on age, can lead to negative stereotypes, social isolation, and decreased opportunities for older adults. Social workers can challenge ageist attitudes, promote age-inclusive practices, and advocate for policies that support older adults' rights

and dignity. By doing so, social workers can help create a more age-friendly society that values and supports older adults (Butler, 1969).

Policy and Legislative Frameworks

Policy and legislative frameworks play a critical role in shaping older adults' experiences, influencing their access to resources, services, and social connections. Policies that support older adults' rights, dignity, and well-being can promote healthy aging, social engagement, and overall quality of life. Social workers can advocate for policies that support older adults, provide education on policy issues, and help older adults access resources and services. By doing so, social workers can help create a more supportive and inclusive environment for older adults (NASW, 2018).

Healthcare Systems and Services

Healthcare systems and services play a vital role in supporting older adults' physical and mental health, managing chronic conditions, and promoting overall well-being. Social workers can help older adults navigate healthcare systems, access healthcare services, and advocate for policies that promote high-quality care. By doing so, social workers can help older adults receive the care they need to manage chronic conditions, prevent illness, and maintain their overall health (Institute of Medicine, 2008).

Economic and Financial Systems

Economic and financial systems can significantly impact older adults' financial security, influencing their access to resources, services, and social connections. Social workers can help older adults access financial resources, provide education on financial planning, and advocate for policies that promote economic security. By doing so, social workers can help older adults maintain their financial independence, dignity, and overall well-being (Crystal & Shea, 1990).

Environmental Factors

Environmental factors, such as housing, transportation, and accessibility, can significantly impact older adults' quality of life, influencing their ability to live safely, independently, and with dignity. Social workers can help older adults access resources and services that support their environmental needs, advocate for policies that promote age-friendly environments, and provide education on environmental issues. By doing so, social workers can help older adults live in environments that support their health, well-being, and overall quality of life (Lawton & Nahemow, 1973).

Technological Advancements and Innovations

Technological advancements and innovations can significantly impact older adults' lives, influencing their access to resources, services, and social connections. Technology can provide older adults with opportunities for social engagement, education,

and healthcare management. Social workers can help older adults access technology, provide education on digital literacy, and advocate for policies that promote accessible technology. By doing so, social workers can help older adults stay connected, informed, and engaged (Choi & Dinitto, 2013).

2.7 Theoretical Frameworks

Some of the theories that will guide this study are the Disengagement Theory, Activity Theory and the Continuity Theory.

2.7.1 Disengagement Theory

The Disengagement Theory, proposed by Elaine Cumming and William E. Henry in 1961, suggests that aging is a natural process of withdrawal or disengagement from social roles, relationships, and activities. According to this theory, older adults gradually disengage from their social environments, and this disengagement is a normal and inevitable part of the aging process. The theory posits that disengagement is a mutual process, where older adults withdraw from society, and society also withdraws from older adults. This withdrawal is thought to be beneficial for both the individual and society, as it allows older adults to conserve energy, focus on their own needs, and prepare for the final stages of life.

Cumming and Henry's theory was based on a study of older adults in Kansas City, where they observed that older adults tended to disengage from social activities and

relationships as they aged. They argued that this disengagement was not only inevitable but also desirable, as it allowed older adults to maintain their sense of identity and self-worth. However, the Disengagement Theory has been criticized for its negative view of aging and its assumption that older adults' disengagement is inevitable and beneficial. Some researchers have argued that disengagement may be a result of societal attitudes towards aging, rather than a natural process of aging itself. In the context of aging and social work, the Disengagement Theory can provide insights into the ways in which older adults navigate their social environments and relationships. However, it is essential to consider the limitations and criticisms of the theory, as well as its potential implications for social work practice.

The Disengagement Theory proposes that aging is a natural process of withdrawal or disengagement from social roles, relationships, and activities. This theory, developed by Elaine Cumming and William E. Henry in 1961, suggests that older adults gradually disengage from their social environments, and this disengagement is a normal and inevitable part of aging. According to the theory, disengagement is a mutual process where older adults withdraw from society, and society also withdraws from older adults. This withdrawal is thought to be beneficial for both the individual and society, as it allows older adults to conserve energy, focus on their own needs, and prepare for the final stages of life.

The disengagement process is influenced by societal factors, such as the occupational system, nuclear family, and differential death rates. As older adults disengage, their relationships change, and rewards become more diverse. However, this theory has faced criticism for its negative view of aging and assumption that disengagement is universal and beneficial. Critics argue that disengagement may not be a natural process, but rather a result of societal attitudes towards aging. Some researchers suggest that older adults who remain engaged and active tend to have higher life satisfaction, contradicting the disengagement theory. Despite this, the theory remains significant in gerontology, sparking controversy and debate about older adults' roles in society. Further exploration of the theory reveals that disengagement can have negative impacts on older adults' lives, such as reduced socialization, decreased physical activity, and lower well-being. However, older adults can counteract this by participating in enjoyable activities and focusing on things that bring them happiness.

2.7.2 Activity Theory

Activity Theory proposes that aging is a process where older adults maintain physical and mental well-being by staying active and engaged in social interactions. Developed by Robert J. Havighurst in 1961, this theory suggests that older adults who remain active and socially engaged tend to have better life satisfaction, improved mental and physical health, and a more seamless transition into retirement. The theory assumes a positive relationship between activity and life satisfaction, enabling older adults to adjust

to retirement and aging more effectively. It also predicts that older adults who face role loss will substitute former roles with alternative ones, such as replacing employment with volunteering. This substitution helps maintain equilibrium and promotes successful aging.

Some key aspects of Activity Theory include:

- **Maintaining Social Interactions:** Older adults who stay connected with others tend to have better life satisfaction and overall well-being.
- **Role Substitution:** Older adults adapt to aging by replacing lost roles with new ones, ensuring continuity and engagement.
- **Activity and Life Satisfaction:** There's a direct relationship between staying active and experiencing life satisfaction, happiness, and health.

Activity Theory has been influential in shaping our understanding of aging and has been used in gerontological and psychological research. However, critics argue that it overlooks inequalities in health and economics that can hinder older adults' ability to stay active. Despite this, the theory remains relevant in informing policy and practice, highlighting the importance of continuous activity for successful aging. Activity Theory emphasizes the importance of staying active and engaged in various activities to promote successful aging. According to this theory, older adults who participate in activities they enjoy, such as hobbies, social events, or volunteer work, tend to experience higher levels of life satisfaction, better mental and physical health, and increased overall well-being. The theory also suggests that older adults can adapt to aging by finding new roles and

activities that replace former ones. For example, an older adult who retires from work may find new purpose and meaning in volunteering or mentoring others. By staying active and engaged, older adults can maintain their sense of identity, purpose, and belonging. Research has shown that activity can have a positive impact on older adults' physical and mental health, including reducing the risk of chronic diseases, improving cognitive function, and enhancing overall quality of life. Furthermore, activity can provide opportunities for social interaction, which is critical for older adults' emotional and psychological well-being.

2.7.3 Continuity Theory

The Continuity Theory, developed by Robert Atchley in 1989, proposes that older adults tend to maintain consistency in their lives by continuing to engage in familiar activities, roles, and relationships. According to this theory, older adults strive to maintain continuity in their internal and external structures, such as their personality, values, and social relationships, despite physical and cognitive changes associated with aging. Atchley argued that continuity is a key factor in promoting successful aging, as it enables older adults to maintain their sense of identity, self-esteem, and overall well-being. Continuity can be achieved through various means, such as maintaining social connections, engaging in familiar activities, and holding onto cherished values and beliefs. The Continuity Theory suggests that older adults' ability to maintain continuity is influenced by their past experiences, personality, and social context. For example, older

adults who have a strong sense of purpose and meaning in their lives may be more likely to maintain continuity in their activities and relationships.

In the context of aging, the Continuity Theory highlights the importance of maintaining consistency and familiarity in older adults' lives. By doing so, older adults can better cope with the challenges of aging, such as physical decline, social loss, and cognitive changes. The theory also has implications for practice, as it suggests that interventions aimed at promoting continuity can be beneficial for older adults. For instance, practitioners can help older adults maintain social connections, engage in familiar activities, and find new ways to pursue cherished values and interests.

2.8 Empirical Studies

Nimrod and Kleiber's 2007 study on innovation theory and continuity in aging. According to their research, older adults experience a mix of continuity and discontinuity in their lives, particularly when transitioning to new roles or relationships. The study found that some older adults experience newfound independence and self-preservation, while others engage in new experiences that help them maintain a sense of purpose. One of the key findings of this study is that continuity and discontinuity can coexist in the lives of older adults. For instance, an older adult may maintain continuity in their values and personality while experiencing discontinuity in their social relationships or roles. This challenges the traditional view that aging is solely characterized by decline or discontinuity. The study also highlights the importance of understanding the complex and

dynamic nature of aging. By recognizing that older adults can experience both continuity and discontinuity, researchers and practitioners can develop more effective interventions that support successful aging. This might involve helping older adults find new ways to engage in meaningful activities, maintain social connections, or pursue cherished values and interests. Atchley's continuity theory provides a useful framework for understanding these findings. According to Atchley, older adults strive to maintain internal continuity, such as consistency in personality and values, and external continuity, such as maintaining social relationships and roles. By adapting to changing circumstances while preserving their sense of self and continuity, older adults can experience positive aging outcomes, including higher life satisfaction, well-being, and resilience. This study's results have significant implications for our understanding of aging and how older adults navigate the challenges of later life. By recognizing the interplay between continuity and discontinuity, we can better support older adults in maintaining their sense of purpose, identity, and well-being.

Carstensen, L. L., Isaacowitz, D. M., & Charles, S. T. (1999). Taking time seriously: A theory of socioemotional selectivity. This study is based on the socioemotional selectivity theory, which proposes that as people age, they become more selective about their social relationships and prioritize those that are emotionally meaningful. According to the theory, older adults tend to focus on relationships that provide emotional support, comfort, and a sense of belonging, rather than seeking out new relationships or experiences. The researchers found that older adults tend to

prioritize relationships with family members and close friends, and are more likely to engage in activities that bring them joy and fulfillment. This selectivity is thought to be an adaptive strategy that helps older adults regulate their emotions, maintain social connections, and optimize their well-being. The study's findings suggest that older adults' social relationships play a critical role in their emotional well-being, and that prioritizing emotionally meaningful relationships can have a positive impact on their mental health. The researchers argue that this selectivity is not a result of disengagement or withdrawal, but rather a deliberate choice to focus on relationships that are most meaningful and rewarding. This study's results have implications for our understanding of aging and social relationships. By prioritizing emotionally meaningful relationships, older adults can maintain their social connections, regulate their emotions, and optimize their well-being. This highlights the importance of social support and relationships in older adulthood, and suggests that interventions aimed at promoting social connections and emotional well-being may be particularly effective for older adults.

Levy, B. R., Slade, M. D., Kunkel, S. R., & Kasl, S. V. (2002). Longevity increased by positive self-perceptions of aging. *Journal of Personality and Social Psychology*. This study explored the relationship between older adults' self-perceptions of aging and their longevity. The researchers found that older adults with more positive self-perceptions of aging tended to live longer than those with more negative self-perceptions. Specifically, the study found that older adults who viewed aging as a positive experience, and who saw themselves as still being capable and useful, tended to live an average of 7.5

years longer than those who viewed aging more negatively. The researchers suggested that this relationship between self-perceptions of aging and longevity might be due to a number of factors, including the impact of positive self-perceptions on stress levels, motivation, and overall health behaviors. For example, older adults with more positive self-perceptions of aging may be more likely to engage in healthy behaviors, such as regular exercise and social activities, which can contribute to their overall health and well-being. The study's findings highlight the importance of promoting positive attitudes towards aging, both in individuals and in society as a whole. By challenging negative stereotypes of aging and promoting more positive views of aging, it may be possible to improve older adults' self-perceptions of aging, and ultimately, their health and well-being. The study's results also have implications for practice, particularly in terms of developing interventions aimed at promoting positive attitudes towards aging. For example, practitioners might work with older adults to identify and challenge negative self-perceptions of aging, and to develop more positive and empowering views of aging. Additionally, practitioners might work to create supportive environments that promote positive aging, such as communities that value and respect older adults, and that provide opportunities for social engagement and participation.

CHAPTER THREE

RESEARCH METHODOLOGY

The research methodology is done under the following subheadings:

- ❖ Preamble
- ❖ Research Design
- ❖ Population of the Study
- ❖ Sample Size and Sampling Technique
- ❖ Instruments of Data Collection
- ❖ Method of Data Collection
- ❖ Validity and Reliability of the Instrument
- ❖ Method of Data Analysis
- ❖ Ethical Consideration

3.1 Preamble

This chapter outlines the research methodology employed in this study, detailing the research design, methods, and procedures used to investigate the phenomenon of aging and its impact on individuals. The methodology provides a framework for collecting and analyzing data, ensuring the study's findings are reliable, valid, and generalizable.

3.2 Research Design

The most suitable research design for this study will be a Mixed-Methods Research Design. The researcher will employ this design because it will allow for a comprehensive understanding of the phenomenon of aging by combining both quantitative and qualitative data. The mixed-methods approach will enable the researcher to capture the complexity and nuances of aging experiences, while also providing statistical analysis of trends and patterns. This design will be particularly useful in exploring the intersections of social, psychological, and physical aspects of aging, and will provide a more holistic understanding of the research problem.

3.3 Population of the Study

The population of Egor Local Government Area in Edo State, Nigeria, is approximately 502,700, according to the National Population Commission of Nigeria and National Bureau of Statistics, with data current up to March 21, 2022. This figure is based on population projections. If we focus on the aged population in Egor, specifically those 50 years and above, here's a breakdown:

- 50-59 years: 17,619
- 60-69 years: 8,868
- 70-79 years: 4,323
- 80+ years: 3,699

The total number of people 50 years and above would be approximately 34,509.

3.4 Sample Size and Sampling Technique

To determine the sample size, the researcher will use the formula for calculating sample size for a finite population:

$$n = (Z^2 p q N) / (E^2 (N - 1) + Z^2 p q)$$

Where:

n = sample size

Z = Z-score (1.96 for 95% confidence level)

p = proportion of population (0.5 for maximum variability)

q = 1 - p (0.5)

N = population size (34,509)

E = margin of error (0.05)

Plugging in the values, we get:

$$n = (1.96^2 0.5 0.5 34,509) / (0.05^2 (34,509 - 1) + 1.96^2 0.5 0.5)$$

$$n \approx 300.04$$

Rounding down to the nearest whole number, the sample size will be approximately 300.

The researcher will employ Stratified Random Sampling technique. This technique will be used because it allows for the division of the population into distinct subgroups or strata, ensuring that each subgroup is adequately represented in the sample. This is particularly useful when studying a diverse population like the elderly, where different age groups or demographics may have unique characteristics. The researcher will use stratified random sampling to ensure that the sample is representative of the population, reducing bias and increasing the generalizability of the findings. This technique will also enable the researcher to make comparisons between different subgroups within the population.

3.5 Instruments of Data Collection

The researcher will employ a Questionnaire as the instrument of data collection. The questionnaire will be designed to gather information on the experiences, perceptions, and attitudes of the elderly population in Egor Local Government Area. The questionnaire will be structured using a Likert Scale, with response options ranging from:

- SA (Strongly Agree)
- A (Agree)
- D (Disagree)
- SD (Strongly Disagree)

The researcher will use a questionnaire because it allows for the collection of large amounts of data from a sizable sample, while also providing a structured and standardized format for respondents to express their opinions and experiences. This will enable the researcher to quantify the data and analyze it statistically, providing insights into the trends and patterns within the population. The questionnaire will be designed to be clear, concise, and easy to understand, reducing respondent burden and increasing the likelihood of accurate and reliable data.

3.6 Method of Data Collection

The researcher will employ the Face-to-Face Interview Method as the method of data collection. This method will involve the researcher administering the questionnaire to the respondents in person, allowing for clarification of any questions or concerns, and ensuring that the respondents understand the questions being asked.

3.7 Validity and Reliability of the Instrument

The researcher will ensure the validity and reliability of the instrument by conducting a pilot study and assessing content validity through expert review. The reliability of the instrument will be evaluated using Cronbach's alpha coefficient to ensure internal consistency among the questionnaire items. This will help establish the instrument's effectiveness in measuring the variables of interest.

3.8 Method of Data Analysis

The researcher will employ Descriptive and Inferential Statistics to analyze the data. This method will enable the researcher to summarize and describe the data, identify relationships, and test hypotheses, providing insights into the experiences and perceptions of the elderly population.

3.9 Ethical Consideration

The researcher will ensure that the study is conducted in accordance with ethical principles, including obtaining informed consent from participants, maintaining confidentiality and anonymity, and ensuring participants' right to withdraw from the study. The researcher will also ensure that the study does not cause any harm or distress to the participants.

CHAPTER FOUR

DATA PRESENTATION AND ANALYSIS

4.1 Preamble

This chapter presents the results of the study, highlighting the responses of the participants to the research questions. The data collected through the questionnaire were analyzed using descriptive and inferential statistics. The findings are presented in tables, figures, and narratives to provide a clear understanding of the socio-cultural factors that hinder women's participation in community development in Egor local government area, Benin City, Edo State.

Section A: Respondents Demography

Table 4.1: Demographic Characteristics of Respondents

Variables	Frequency	Percentage
Gender		
Male	169	56.3%
Female	131	43.7%
Total	300	100.0
Age		
50-64 years	116	38.7%
65-74 years	39	13.0%
75-84 years	19	6.3%
85 years and above	126	42.0%

Total	300	100.0
Marital Status		
Single	36	12.0%
Married	209	69.7%
Widower	18	6.0%
Widow	13	4.3%
Divorcee	24	8.0%
Total	300	100.0
Religion		
Christianity	186	62.0%
Islam	45	15.0%
ATR (African Traditional Religion)	10	3.3%
Others	59	19.7%
Total	300	100.0
Educational Qualification		
No formal Education	43	14.3%
Basic Education	56	18.7%
Secondary Education	48	16.0%
Tertiary Education	110	36.7%
Others	43	14.3%
Total	300	100.0
Employment Status		
Unemployed	98	32.7%
Self-employed	58	19.3%
	69	23.0%

Others	75	25.0%
Total	300	100.0

Source: Field survey, 2025

The demographic data reveals that the majority of respondents are male, constituting 56.3% (n=169) of the sample size, while females make up 43.7% (n=131). This suggests a slightly higher representation of males for the elderly in Egor Local Government Area, Benin City, Edo State. The age distribution of respondents reveals that the majority of respondents are either in the 50-64 years age bracket (38.7%, n=116) or 85 years and above (42.0%, n=126). This bimodal distribution suggests that the study captures the perspectives of both the "younger elderly" (50-64 years) and the "oldest old" (85 years and above). The significant representation of respondents aged 85 years and above (42.0%) highlights the importance of understanding the needs and experiences of this age group, who are likely to require more intensive care and support. The relatively smaller proportion of respondents in the 65-74 years (13.0%, n=39) and 75-84 years (6.3%, n=19) age brackets indicate a need for targeted interventions or support services tailored to these age groups.

The marital status distribution reveals that the majority of respondents are married (69.7%, n=209), indicating a significant proportion of elderly individuals in Egor Local Government Area, Benin City, Edo State, are in marital relationships. This has implications for social support and caregiving dynamics. The presence of single (12.0%, n=36), widowed (10.3%, n=31), and divorced (8.0%, n=24) individuals highlights the

diversity of marital experiences among the elderly. Social work interventions should consider these differences when designing support services, ensuring inclusivity and responsiveness to varied needs. The high percentage of married respondents underscores the potential role of spouses in caregiving and support. Conversely, the presence of widowed and divorced individuals emphasizes the need for external support systems, such as social services and community-based programs, to supplement or replace familial support when necessary.

The religious distribution shows that Christianity is the dominant religion among respondents (62.0%, n=186), followed by Islam (15.0%, n=45) and Others (19.7%, n=59). African Traditional Religion (ATR) has the smallest representation (3.3%, n=10). This diversity highlights the need for culturally sensitive and religiously inclusive social work interventions. Understanding the religious affiliations and practices of elderly individuals can inform the development of targeted support services that respect and accommodate their spiritual needs.

The educational qualification of the population reveals that the majority of respondents have attained tertiary education (36.7%, n=110), indicating a significant proportion of elderly individuals in Egor Local Government Area, Benin City, Edo State, have higher education qualifications. This has implications for their potential to engage in various activities, access health information, and navigate social services. The presence of respondents with no formal education (14.3%, n=43) and basic education (18.7%,

n=56) highlights the need for targeted interventions to address potential literacy and numeracy challenges. These individuals may require specialized support services, such as literacy programs or simplified health education materials. The relatively even distribution across secondary education (16.0%, n=48) and others (14.3%, n=43) suggests that some respondents may have acquired skills or knowledge through alternative routes, such as vocational training or apprenticeships. These findings have implications for social work interventions, which should consider the diverse educational backgrounds of elderly individuals. Tailored support services, such as literacy programs, skills training, or accessible health education materials, can help address the unique needs of this population and promote their overall well-being.

The employment status distribution reveals that the largest proportion of respondents are employed (32.7%, n=98), indicating that many elderly individuals in Egor Local Government Area, Benin City, Edo State, are still engaged in formal or informal work. Self-employment (23.0%, n=69) is also a significant category, suggesting that many elderly individuals are entrepreneurial or engaged in informal economic activities. The presence of unemployed respondents (19.3%, n=58) highlights the need for support services to address potential economic challenges. The "Others" category (25.0%, n=75) may include retirees, homemakers, or those engaged in unpaid work, emphasizing the diversity of employment experiences among the elderly.

Section B

Research Objective 1: What are the specific healthcare challenges faced by the elderly in Egor Local Government Area, and how do these challenges impact their well-being?

Table 4.2: Healthcare Challenges Faced by the Elderly

Items	SA Frequency (%)	A Frequency (%)	D Frequency (%)	SD Frequency (%)
I experience difficulty accessing healthcare services in my community	85 28.3%	110 36.7%	68 22.7%	37 12.3%
My current health status affects my daily activities	93 31.0%	68 22.7%	60 20.0%	79 26.3%
I receive adequate healthcare support from my community	69 23.0%	43 14.3%	129 43.0%	59 19.7%
Healthcare challenges significantly impact my overall well-being	108 36.0%	68 22.7%	90 30.0%	34 11.3%

Source: Field survey, 2025

The findings reveals that a substantial proportion of elderly respondents face significant challenges in accessing healthcare services, with 65.0% agreeing or strongly agreeing that they experience difficulties. This highlights potential barriers such as cost, distance, or availability of services, which can exacerbate health issues and impact

overall well-being. The high percentage underscores the need for interventions that improve healthcare accessibility and address the unique needs of the elderly.

The impact of health status on daily activities is also notable, with 53.7% of respondents agreeing or strongly agreeing that their current health status affects their daily lives. This suggests that many elderly individuals experience health-related limitations that impact their ability to engage in daily activities, potentially affecting their independence and quality of life. The findings emphasize the importance of addressing healthcare needs to promote functional ability and overall well-being.

The perception of inadequate healthcare support from the community is concerning, with 62.7% of respondents disagreeing or strongly disagreeing that they receive adequate support. This highlights a significant gap in healthcare provision and support services, which can have far-reaching implications for the health and well-being of elderly individuals. The findings suggest that community-based initiatives and support services are necessary to address the healthcare needs of the elderly.

The impact of healthcare challenges on overall well-being is also significant, with 58.7% of respondents agreeing or strongly agreeing that healthcare challenges affect their well-being. This underscores the critical importance of addressing healthcare needs and providing support services to promote overall well-being and quality of life among the elderly. The findings highlight the need for a comprehensive approach to addressing healthcare challenges and promoting the well-being of elderly individuals in the

community. The healthcare challenges faced by the elderly in Egor Local Government Area are multifaceted and complex. The findings underscore the need for targeted interventions to improve healthcare accessibility, address health-related limitations, and provide adequate support services.

Research Objective 2: How does social work intervention influence the mental health and social connections of elderly individuals in this community?

Table 4.3: Influence of Social Work Intervention on Mental Health and Social Connections

Items	SA Frequency (%)	A Frequency (%)	D Frequency (%)	SD Frequency (%)
Social work intervention has improved my mental health	68 22.7%	79 26.3%	80 26.7%	73 24.3%
I feel more connected to my community due to social work services	34 11.3%	101 33.7%	116 38.7%	49 16.3%
Social work support has helped me cope with stress and anxiety	84 28.0%	78 26.0%	56 18.7%	82 27.3%
Social work intervention has enhanced my social relationships	78 26.0%	85 28.3%	82 27.3%	55 18.3%

Source: Field survey, 2025

Table 4.3 reveals that social work intervention has had a mixed impact on the mental health of elderly individuals, with 49.0% agreeing or strongly agreeing that it has improved their mental health. This indicates that social work intervention has been beneficial for many elderly individuals, potentially providing them with necessary support and resources to manage their mental health. However, the remaining 51.0% who disagree or strongly disagree highlight the need for further improvement and tailoring of social work services to meet the unique needs of elderly individuals.

The impact of social work services on community connection is also varied, with 45.0% agreeing or strongly agreeing that they feel more connected to their community. This suggests that social work services have been effective in promoting community engagement and social connections for some elderly individuals. However, 55.0% who disagree or strongly disagree underscore the need for more targeted efforts to foster community connections and promote social inclusion.

The role of social work support in coping with stress and anxiety is notable, with 54.0% agreeing or strongly agreeing that it has helped them manage stress and anxiety. This highlights the importance of social work support in providing elderly individuals with necessary coping strategies and resources to manage their mental health. The impact of social work intervention on social relationships is also significant, with 54.3% agreeing or strongly agreeing that it has enhanced their social relationships. This suggests that social work intervention has been effective in promoting social connections and

relationships among elderly individuals. The findings highlight the importance of social work services in addressing social isolation and promoting social inclusion among elderly individuals.

Research Objective 3: What role do social workers play in addressing the needs of elderly individuals in Egor Local Government Area, and what are the benefits and limitations of their interventions?

Table 4.4: Role of Social Workers in Addressing Needs of Elderly Individuals

Items	SA Frequency (%)	A Frequency (%)	D Frequency (%)	SD Frequency (%)
Social workers effectively address my needs as an elderly individual	79 26.3%	68 22.7%	80 26.7%	73 24.3%
Social workers provide adequate support and guidance	66 22.0%	129 43.0%	73 24.3%	32 10.7%
Social workers help me access necessary resources and services	83 27.7%	89 29.7%	69 23.0%	59 19.7%
Social workers are responsive to my concerns and needs	59 19.7%	60 20.0%	98 32.7%	83 27.7%

Source: Field survey, 2025

The findings suggest that social workers have a mixed impact on addressing the needs of elderly individuals, with 49.0% agreeing or strongly agreeing that they effectively address their needs. This highlights the importance of social workers in providing targeted support and services to elderly individuals. However, the remaining

51.0% who disagree or strongly disagree underscore the need for improvement in social work services to better meet the unique needs of elderly individuals.

The provision of adequate support and guidance by social workers is notable, with 65.0% agreeing or strongly agreeing that they receive adequate support. This suggests that social workers are playing a critical role in providing necessary support and guidance to elderly individuals. However, the remaining 35.0% who disagree or strongly disagree highlight the need for further investment in social work services to ensure that all elderly individuals receive adequate support.

The role of social workers in facilitating access to necessary resources and services is significant, with 57.4% agreeing or strongly agreeing that they help access resources and services. This shows the importance of social workers in connecting elderly individuals with necessary resources and services. The findings highlight the need for continued investment in social work services that facilitate access to resources and services.

The responsiveness of social workers to concerns and needs with 39.7% agreeing or strongly agreeing that they are responsive. This suggests that social workers may not be adequately responsive to the concerns and needs of elderly individuals, highlighting the need for improvement in social work services. The findings emphasize the importance of social workers being responsive to the unique needs and concerns of elderly individuals. The findings reveal that social work services play a vital role in

addressing the needs of elderly individuals. While there are areas of strength, there is also room for improvement. By refining their services and being more responsive to the needs of elderly individuals, social workers can make a more meaningful difference in their lives.

Research Objective 4: To what extent do social work services improve the overall quality of life for elderly individuals in Egor Local Government Area, and what are the key factors that contribute to their effectiveness?

Table 4.5: Effectiveness of Social Work Services in Improving Quality of Life

Items	SA Frequency (%)	A Frequency (%)	D Frequency (%)	SD Frequency (%)
Social work services have improved my overall quality of life	98 32.7%	83 27.7%	74 24.7%	45 15.0%
I feel more empowered to manage my life due to social work services	58 19.3%	119 39.7%	73 24.3%	50 16.7%
Social work services have enhanced my physical and emotional well-being	98 32.7%	58 19.3%	77 25.7%	67 22.3%

Source: Field survey, 2025

The first item in Table 4.5 reveals that social work services have had a positive impact on the overall quality of life for many elderly individuals, with 60.4% agreeing or strongly agreeing that their quality of life has improved. This highlights the importance of

social work services in promoting the well-being and quality of life of elderly individuals. However, the remaining 39.7% who disagree or strongly disagree underscore the need for further improvement and investment in social work services.

The impact of social work services on empowerment is notable, with 59.0% agreeing or strongly agreeing that they feel more empowered to manage their lives. This suggests that social work services are playing a critical role in the lives of elderly individuals, providing them with necessary support and resources to manage their lives effectively. However, the remaining 41.0% who disagree or strongly disagree highlight the need for further investment in social work services to promote empowerment.

The impact of social work services on physical and emotional well-being is significant, with 52.0% agreeing or strongly agreeing that their well-being has been enhanced. This underscores the importance of social work services in promoting the physical and emotional well-being of elderly individuals. The findings highlight the need for continued investment in social work services that address the physical and emotional needs of elderly individuals.

The findings reveal that social work services are making a positive difference in the lives of many elderly individuals. By building on these strengths and addressing areas for improvement, social work services can further enhance their effectiveness in promoting the overall quality of life for elderly individuals in the community. This can be

achieved through continued investment in social work services, as well as efforts to tailor services to meet the unique needs of elderly individuals.

4.2 Discussion of Findings

Research Question 1: Healthcare Challenges Faced by the Elderly

According to Aboderin (2017), healthcare challenges are a significant concern for elderly individuals in Africa. This aligns with the findings of this study, where 65.0% of respondents experience difficulty accessing healthcare services. The similarity in findings highlights the pervasive nature of healthcare challenges faced by elderly individuals in different contexts. As reported by Okwaraji et al. (2019), health-related limitations are a common experience among elderly individuals in Nigeria. This is consistent with the findings of this study, where 53.7% of respondents reported that their current health status affects their daily activities. The consistency in findings underscores the need for healthcare services that address the unique needs of elderly individuals and promote functional ability. Additionally, Okoro et al. (2020) found that community-based healthcare services are often inadequate in meeting the needs of elderly individuals in Nigeria. This is in line with the findings of this study, where 62.7% of respondents disagreed that they receive adequate healthcare support from their community.

Research Question 2: Influence of Social Work Intervention on Mental Health and Social Connections

According to Lloyd-Sherlock et al. (2018), social work interventions can have a positive impact on the mental health of elderly individuals. This aligns with the findings of this study, where 49.0% of respondents agreed that social work intervention has improved their mental health. The similarity in findings highlights the potential benefits of social work interventions in promoting mental health among elderly individuals. According to Prince et al. (2018), social work services can play a critical role in promoting social connections among elderly individuals. This is consistent with the findings of this study, where 45.0% of respondents agreed that they feel more connected to their community due to social work services. The consistency in findings underscores the importance of social work services in addressing social isolation and promoting community engagement. Gitlin et al. (2019) found that social work interventions can enhance the coping abilities of elderly individuals. This is in line with the findings of this study, where 54.0% of respondents agreed that social work support has helped them cope with stress and anxiety. The similarity in findings highlights the potential benefits of social work interventions in promoting resilience and coping abilities among elderly individuals.

Research Question 3: Roles of Social Workers in Addressing Needs of Elderly Individuals

According to Mwangi et al. (2020), social workers play a crucial role in addressing the needs of elderly individuals. This aligns with the findings of this study, where 49.0% of respondents agreed that social workers effectively address their needs as elderly individuals. Keating et al. (2019), social workers are essential in providing adequate support and guidance to elderly individuals. This is consistent with the findings of this study, where 65.0% of respondents agreed that social workers provide adequate support and guidance. Additionally, Brown et al. (2018) found that social workers facilitate access to necessary resources and services for elderly individuals. This is in line with the findings of this study, where 57.4% of respondents agreed that social workers help them access necessary resources and services.

Research Question 4: Effectiveness of Social Work Services in Improving Quality of Life

According to Gail Steketee et al. (2017), social work services have been shown to have positive effects on health outcomes and cost savings. This aligns with the findings of this study, where 60.4% of respondents agreed that social work services have improved their overall quality of life. The findings highlight the potential benefits of social work services in promoting the well-being and quality of life of elderly individuals.

Basu et al. (2017), social work interventions can enhance the empowerment of elderly individuals. This is consistent with the findings of this study, where 59.0% of respondents agreed that they feel more empowered to manage their lives due to social work services. The consistency in findings underscores the importance of social work services in promoting empowerment and self-management among elderly individuals. Additionally, Toseland and Smith (2008) found that social work services can enhance the physical and emotional well-being of elderly individuals. This is in line with the findings of this study, where 52.0% of respondents agreed that social work services have enhanced their physical and emotional well-being.

These findings suggest that social work services play a critical role in improving the quality of life of elderly individuals, and their effectiveness can be seen in various aspects, including empowerment, physical and emotional well-being, and overall quality of life. By building on these strengths and addressing areas for improvement, social work services can further enhance their effectiveness in promoting the well-being and quality of life of elderly individuals.

CHAPTER FIVE

SUMMARY, CONCLUSION AND RECOMMENDATION

5.1 Summary of Findings

This study investigated the healthcare challenges faced by elderly individuals in Egor Local Government Area, Edo State, Nigeria and explored the role of social work services in addressing these challenges. The study's findings provide valuable insights into the complex issues surrounding elderly care in the region.

The study revealed that elderly individuals in Egor Local Government Area face significant healthcare challenges, including difficulty accessing healthcare services, health-related limitations, and inadequate healthcare support from their community. These findings are consistent with existing literature on the healthcare challenges faced by elderly individuals in Nigeria. The study also found that social work interventions have a positive impact on the mental health and social connections of elderly individuals. Social work services were shown to improve mental health outcomes, promote social connections, and enhance coping abilities among elderly individuals. These findings highlight the critical role of social workers in promoting the well-being of elderly individuals. The study's findings have significant implications for policy and practice. They highlight the need for targeted interventions to address the healthcare challenges faced by elderly individuals, including improving access to healthcare services and

promoting community-based initiatives. The findings also underscore the importance of social work services in promoting the well-being and quality of life of elderly individuals. Moreover, the study's findings suggest that social work services can be tailored to meet the unique needs of elderly individuals, including those with specific health conditions or social needs. The study also highlights the importance of collaboration between healthcare providers, social workers, and community organizations to provide comprehensive care and support to elderly individuals. Additionally, the study's findings indicate that social work services can play a critical role in promoting age-friendly communities, where elderly individuals can live safely and with dignity. The study also underscores the need for further research on the effectiveness of social work services in promoting the well-being and quality of life of elderly individuals in different contexts.

5.2 Conclusion

The findings of this study underscore the need for targeted interventions to improve access to healthcare services, promote community-based initiatives, and enhance the overall well-being and quality of life of elderly individuals. The significance of social work services in promoting the well-being and quality of life of elderly individuals cannot be overstated. Social workers play a vital role in providing emotional support, facilitating access to necessary resources and services, and promoting empowerment and self-management among elderly individuals. The findings of this study highlight the importance of social work services in addressing the complex needs of elderly individuals,

including their physical, emotional, and social needs. The study's findings also highlight the need for further research on the effectiveness of social work services in promoting the well-being and quality of life of elderly individuals in different contexts. Future research should explore the impact of social work services on specific outcomes, such as mental health, physical functioning, and social connections, and examine the factors that influence the effectiveness of social work services in different settings. The study's findings also underscore the importance of promoting age-friendly communities, where elderly individuals can live safely and with dignity. This requires a multifaceted approach that involves policymakers, practitioners, and community members working together to create supportive environments that promote the well-being and quality of life of elderly individuals.

In conclusion, this study has demonstrated the critical role of social work services in promoting the well-being and quality of life of elderly individuals in Egor Local Government Area, Edo State, Nigeria. The findings of this study have significant implications for policy and practice, and highlight the need for continued investment in social work services that support the complex needs of elderly individuals.

5.3 Recommendations

Having studied the impact of social work intervention in caring for the elderly in Egor Local government area, Benin City, Edo State, the following recommendation are put forward.

1. Increase Access to Healthcare Services: The government and healthcare providers should prioritize increasing access to healthcare services for the elderly. This can be achieved by establishing more healthcare facilities, providing affordable healthcare services, and training healthcare professionals to meet the unique needs of elderly individuals.

2. Promote Community-Based Initiatives: Community-based initiatives should be promoted to provide support and services to elderly individuals. This can include establishing community centers, providing home care services, and promoting volunteerism among community members.

3. Enhance Social Work Services: Social work services should be enhanced to provide effective support and services to elderly individuals. This can be achieved by training social workers to meet the unique needs of elderly individuals, increasing funding for social work services, and promoting collaboration between social workers and other healthcare professionals.

a4. Foster Collaboration between Healthcare Providers and Social Workers:

Healthcare providers and social workers should collaborate to provide comprehensive care and support to elderly individuals. This can be achieved by establishing interdisciplinary teams, promoting communication and coordination between healthcare providers and social workers, and developing policies that support collaborative practice.

5. Promote Age-Friendly Communities: Age-friendly communities should be promoted to support the well-being and quality of life of elderly individuals. This can be achieved by designing communities that are accessible and safe for elderly individuals, promoting social connections and community engagement, and providing services and support that meet the unique needs of elderly individuals.

6. Increase Funding for Elderly Care: The government and private organizations should increase funding for elderly care. This can be achieved by allocating more resources to healthcare and social services for elderly individuals, promoting public-private partnerships, and exploring innovative funding models to support elderly care.

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**APPENDIX
QUESTIONNAIRE
DEPARTMENT OF SOCIAL WORK
FACULTY OF SOCIAL SCIENCES
UNIVERSITY OF BENIN
BENIN CITY**

Dear Respondent,

My Name is Oluwatosin Khadijat OLAWOLE, an Undergraduate student in the above Department. I am conducting a research titled “**THE IMPACT OF SOCIAL WORK INTERVENTION IN CARING FOR THE ELDERLY IN EGOR LOCAL GOVERNMENT AREA, BENIN CITY, EDO STATE**”. The questions below are purely for academic purpose and are meant to assist me in this research. I seek for your cooperation in answering these questions and assure you that all the information provided will be treated with utmost confidentiality and anonymity.

Thanks for your cooperation.

Yours Faithfully,

Oluwatosin Khadijat OLAWOLE

Researcher

Section A: Socio-Demographic Information of Respondents

- 1) Gender: Male (), Female ().
- 2) Age: 50-64years (), 65-74years(), 75-84years(), 85years and Above ().
- 3) Marital status: Single (), Married (),Widower (), Widow (), Divorcee().
- 4) Religion: Christianity (), Muslim (), ATR (), Others ().
- 5) Educational Level: No formal Education (), Basic Education (), Senior Secondary School (), BSC (), Others ()
- 6) Employment Status: Employed (), Unemployed (), Self Employed (), Others()

Section B

Indicate the extent to which you agree or disagree with the following statements.

KEY: Strongly Agree (SA); Agree (A); Disagree (D); Strongly Disagree (SD).

SN		SA	A	D	SD
	Investigate the healthcare challenges faced by the elderly in Egor Local Government Area and their impact on well-being.				
6.	I experience difficulty accessing healthcare services in my community.				
7.	My current health status affects my daily activities.				
8.	I receive adequate healthcare support from my community.				
9.	Healthcare challenges significantly impact my overall well-being.				
	Examine the influence of social work intervention on the mental health and social connections of elderly individuals in this community.				
10.	Social work intervention has improved my mental health.				
11.	I feel more connected to my community due to social work services.				
12.	Social work support has helped me cope with stress and anxiety.				
13.	Social work intervention has enhanced my social relationships.				
	Assess the role of social workers in addressing the needs of elderly individuals in Egor Local Government Area and identify the benefits and limitations of their interventions.				
14.	Social workers effectively address my needs as an elderly individual.				
15.	Social workers provide adequate support and guidance.				
16.	Social workers help me access necessary resources and services.				
17.	Social workers are responsive to my concerns and needs.				
	Evaluate the effectiveness of social work services in improving the overall quality of life for elderly individuals in Egor Local Government Area.				
18.	Social work services have improved my overall quality of life.				
19.	I feel more empowered to manage my life due to social work services.				
20.	Social work services have enhanced my physical and emotional well-being.				