UNIJERPS
Unizik Journal of Educational Research and Policy Studies VOL.20 (2);
July-December, 2025 https://unijerps.org
2023 Impact Factor: **6.834;** 2022 ***Impact Factor***: 5.156; ***2021 Impact Factor: 5.641;***
2020 Impact Factor: 5.355. *Indexing and Impact Factor URL: http://sjifactor.com/passport.php?id=21363*

GERONTOLOGY AND THE PSYCHO EMOTIONAL CHALLENGES IN THE RURAL SETTINGS: A REVIEW

Abdrafiu Alani Adeniji
Faculty of Administration, Management and Education,
West African Postgraduate College of Nursing and Midwifery.
Email: adenijiabdrafiu@gmail.com

ABSTRACT

This study explored the psycho-emotional challenges faced by older adults in rural settings through a comprehensive literature review. An integrative review was employed to analyze studies that identify barriers to mental health care and the role of community support systems. The findings revealed that older adults in rural areas experience heightened levels of loneliness, depression, and anxiety, often exacerbated by limited access to healthcare resources and social isolation. The review highlights significant gaps in available support, underscoring the urgent need for targeted interventions and improved access to mental health services. In conclusion, addressing these challenges is essential for enhancing the emotional well-being of elderly populations in rural environments and requires a multifaceted approach tailored to their unique needs.

Keywords: Psycho-emotional challenges, older adults, rural settings, Mental health services, Social isolation.

Introduction

Gerontology is the multidisciplinary study of aging, encompassing biological, psychological, social, and economic aspects of older adults' lives. In rural settings, where healthcare resources and social support may be limited, the challenges faced by the elderly can be particularly acute. In the context of this paper, gerontology focuses on the specific needs and experiences of elderly individuals, particularly in rural settings. Psycho-emotional challenges such as depression, anxiety, and loneliness are prevalent among older adults, significantly impacting their quality of life (Klett, 2014).

Psycho-emotional challenges refer to the psychological and emotional difficulties that individuals may face as they age (Choi et al., 2022). These challenges can include increased feelings of sadness or worry, often exacerbated by factors such as isolation, loss of loved ones, or chronic health conditions, a significant issue for older adults, particularly in rural areas where social networks may be limited, the emotional impact of losing friends, family members, or even a sense of purpose can lead to profound grief and emotional distress. Older adults may also experience stigma related to mental health, making it difficult for them to seek help or express their emotional needs. Understanding these challenges is crucial for developing effective interventions that cater to the unique needs of this population (Nweze, et al, 2023)s. The current study aims to explore the psycho-emotional challenges faced by older adults in rural areas, reviewing existing literature to identify key issues and gaps. By highlighting these

challenges, the paper seeks to inform healthcare providers and policymakers about the necessary support systems to enhance the well-being of elderly individuals in these communities.

Review of related studies

The study conducted by You, et al. (2023) focused the prevalence and associated factors of negative psychological symptoms among elderly widows living alone in remote areas of China. It highlights that a significant portion of this population is at high risk for experiencing loneliness, depression, and anxiety due to various socio-economic and emotional factors. Using a cross-sectional approach, the researchers assessed 271 elderly widows, revealing prevalence rates of 8.1% for loneliness, 44.0% for depression, and 16.7% for anxiety. The study employed validated scales: the University of California at Los Angeles Loneliness Scale (ULS-8), the Short Form Geriatric Depression Scale (GDS-15), and the Generalized Anxiety Disorder Scale (GAD-7). Key findings indicate that marital happiness serves as a protective factor against negative psychological symptoms, while being a primary caregiver before widowhood and having acute or chronic medical conditions are risk factors for loneliness and depression. The study emphasizes the urgent need for tailored interventions that address the unique psychological challenges faced by elderly widows, particularly in rural and remote settings (You et al., 2023). It highlights the importance of creating supportive environments and accessible mental health resources to enhance the well-being of this vulnerable population. The authors call for evidence-based policies that prioritize mental health care and social support systems to mitigate the detrimental effects of loneliness, depression, and anxiety among elderly widows living alone.

The narrative review by Guddo, et al,. (2022) discusses the common mental and physical health issues faced by the elderly population, which has seen significant growth in recent decades. The authors highlight that the global elderly population, which stood at 962 million in 2017, is projected to reach 2.1 billion by 2050. This demographic shift brings various health challenges, particularly mental health disorders such as depression, anxiety, and dementia, alongside physical health issues like cardiovascular diseases, diabetes, and osteoporosis (Guddo et al., 2022). The review emphasizes that managing these health concerns is particularly challenging for developing countries, where resources may be limited. The authors outline how aging affects individuals not just physically, but also psychologically and socially (Oloyede et al., 2023). Common psychological issues among the elderly include feelings of anger, frustration, guilt, and low self-esteem, which can significantly impact their quality of life (Awe, 2020). Mental health disorders, such as anxiety and depression, are prevalent and often co-occur with chronic physical conditions, complicating diagnosis and treatment. The review also discusses specific disorders like delirium, Alzheimer's disease, and the impact of grief, highlighting the necessity for early intervention and specialized care to improve the quality of life for elderly individuals. Overall, the authors call for a comprehensive approach to elderly care that encompasses healthcare, social support, and community engagement. They advocate for the development of specialized

services and policies to address the unique needs of the aging population, emphasizing that improving geriatric care is essential for promoting healthier aging and reducing the burden on healthcare systems worldwide.

The qualitative study by Solhi, et al (2022) explores the concept of healthy aging from the perspective of middle-aged individuals in Tehran, Iran. With the global elderly population projected to reach 2.1 billion by 2050, understanding how middle-aged people perceive healthy aging is crucial for public policy planning (Cipriani et al., 2021) . The study involved in-depth interviews with 21 participants aged 45 to 59, focusing on their views and strategies for achieving healthy aging. The findings reveal that middle-aged individuals associate healthy aging with four main themes: good physical health, mental well-being, financial stability, and social support. Participants emphasized the importance of having no chronic illnesses and maintaining functional independence as indicators of healthy aging (Lanre-Ogungbile et al., 2020). Mental health was also highlighted, with a focus on the absence of psychological discomfort and the enjoyment of life. Financial well-being was considered critical, with participants noting that adequate financial resources contribute significantly to overall health and well-being in old age. The study identified five strategies for promoting healthy aging: future financial planning, enhancing physical health, promoting psychological health, and maintaining strong social connections. Participants stressed the importance of saving and employment for financial security, as well as regular exercise and healthy nutrition for physical health. Additionally, fostering positive mental health through kindness, happiness, and spiritual relationships was deemed vital (Adepoju & Opele, 2021). The study underscores that healthy aging is a multidimensional concept encompassing physical, mental, emotional, spiritual, economic, and social aspects. The insights gained from middle-aged individuals can inform public health policies and interventions aimed at enhancing the quality of life for the aging population in Iran. The authors advocate for a supportive environment that encourages financial planning and community engagement to promote healthy aging.

The review article by Dinius et al. (2023) discusses cognitive interventions aimed at enhancing memory and psychological well-being in aging populations and individuals with dementia. As life expectancy increases, the incidence of cognitive impairments like mild cognitive impairment (MCI) and dementia is also rising, necessitating effective non-pharmacological strategies to support cognitive health (Dinius et al., 2023). The authors emphasize the importance of building cognitive reserve through lifestyle factors such as physical activity, social engagement, and cognitive stimulation, which can help mitigate the risks associated with cognitive decline. The article highlights various non-pharmacological approaches, including Reminiscence Therapy (RT), which has shown promise in improving cognitive functions and psychological health in older adults. The Recall Initiative is detailed, which involved brain imaging and behavioral assessments to evaluate the effects of RT on memory and well-being in both healthy older adults and those in the early stages of dementia. Preliminary results indicated modest improvements in cognitive and

psychological measures, underscoring the potential of RT as a therapeutic intervention (David et al., 2020).

Additionally, Dinius et al. (2023) introduce the AIM-WARM pilot study, which combines walking with RT to assess its impact on autobiographical memory and overall psychological well-being. This innovative approach aims to leverage the benefits of physical activity alongside cognitive engagement, suggesting a multifaceted strategy to enhance cognitive health in older populations. The findings from these initiatives inform future research directions, particularly the development of tailored interventions that integrate various activities, including yoga and meditation, to support different demographic groups. The authors assert that non-pharmacological interventions, particularly those that build cognitive reserve and promote social interaction, represent a valuable avenue for addressing the challenges of aging and dementia.

The review by Wang et al. (2025) delves into the complexities of age-related balance dysfunction, exploring its prevalence, underlying causes, and the significant impact it has on the elderly population. As people age, they experience physiological changes affecting the vestibular, visual, and proprioceptive systems, leading to balance disorders (Wang et al., 2025). The authors highlight that, conditions like mild cognitive impairment (MCI) and dementia exacerbate these issues, increasing fall risk and reducing mobility among older adults. The article emphasizes the importance of early detection and intervention, discussing various non-pharmacological approaches to improve balance, including exercise programs, rehabilitation techniques, and the use of technology such as virtual reality and wearable devices. These interventions aim to enhance physical stability and psychological well-being, addressing the multifaceted nature of balance disorders. Additionally, the review outlines the mechanisms through which aging affects balance, including sensory system changes, muscle weakness, and neurological decline. It calls for a holistic approach that encompasses medication reviews, environmental modifications, and the management of comorbidities to effectively tackle balance dysfunction. In conclusion, the authors advocate for further research into the complex interactions between these factors and the development of tailored interventions to improve the quality of life for the aging population. The insights provided in this comprehensive review aim to inform healthcare providers and policymakers in creating effective strategies for preventing falls and supporting healthy aging.

The article by Hall et al. (2025) explores the challenges faced by family and friend caregivers of older adults in Saskatchewan, Canada, as part of the Saskatchewan Caregiver Experience Study. With the aging population increasing, the demand for caregiving support has become a significant concern. This study aims to capture the lived experiences of caregivers through qualitative surveys conducted in June and July 2022, revealing key challenges such as exhaustion, balancing personal life, navigating complex healthcare systems, self-doubt, and caregiving from a distance. The findings highlight the multifaceted nature of caregiving, emphasizing the emotional and physical toll it takes on caregivers. Many participants reported feeling overwhelmed

by their responsibilities, often leading to feelings of guilt and inadequacy (Hall et al., 2025). The lack of support from healthcare professionals and the scarcity of resources, particularly in rural areas, were significant challenges identified by caregivers. Participants expressed frustration with the healthcare system's complexities, which often hindered their ability to provide care effectively. Additionally, the study underscores the importance of early detection and intervention to mitigate the risks associated with caregiving, such as falls and reduced quality of life for both caregivers and care recipients. The authors advocate for a holistic approach to supporting caregivers, integrating emotional and practical support with systemic changes in healthcare policies. The article concludes by emphasizing the need for tailored interventions and support systems that address the unique challenges faced by caregivers in Saskatchewan, suggesting that these insights could inform similar strategies globally.

Jeste et al.(2022) discussed the critical role of social determinants of mental health (SDoMH) in the context of aging, particularly as the global population of older adults continues to grow. The authors highlight that while longevity has increased due to advancements in healthcare, this rise comes with a parallel increase in mental health issues among older adults (Jeste et al., 2022). The review emphasizes the need to address SDoMH, which includes factors such as social connections, stigma, access to healthcare, and the unique challenges faced by the elderly, especially during the COVID-19 pandemic. The authors argue for a paradigm shift toward understanding mental health in older adults not just as a medical issue but as one deeply intertwined with social and environmental factors. Key challenges identified include ageism, social isolation, and the shortage of geriatric healthcare professionals, which collectively exacerbate mental health problems in this demographic. The article calls for targeted interventions and policies that focus on enhancing social support systems, improving healthcare access, and fostering compassionate communities that value the contributions of older adults. Furthermore, the review suggests that successful aging requires a holistic approach that integrates mental health promotion with socio-economic factors. The authors advocate for community-based initiatives and intergenerational programs that foster social engagement, combat ageism, and ultimately enhance the quality of life for older individuals. By emphasizing the importance of social determinants, this article contributes to the ongoing discourse on healthy aging and the necessity for culturally sensitive and region-specific support systems.

The study by Cheng et al.(2021) investigates the impact of social isolation on the mental health of older adults in China, focusing on the mediating role of aging attitudes. With the aging population growing, social isolation has been identified as a significant risk factor for mental health issues, including depression. This research utilizes data from the 2014 Chinese Longitudinal Aging Social Survey, analyzing responses from 7,024 older adults. The findings indicate that both objective social isolation (family, friend, and community isolation) and subjective social isolation (perceived isolation) are independently linked to mental health, with aging attitude serving as a significant mediator. The study demonstrates that

negative aging attitudes can exacerbate the mental health impacts of social isolation. The authors emphasize the need for interventions that foster social connections and improve attitudes toward aging to mitigate mental health issues among older adults (Cheng et al., 2021). They call for increased attention from government and community organizations to decrease social isolation, especially in the context of challenges posed by the COVID-19 pandemic. In conclusion, this research contributes to understanding the complexities of social isolation and mental health in older adults in China, highlighting the importance of addressing both social factors and aging attitudes in promoting mental well-being.

This mixed-methods systematic review by Padeiro et al.(2022) examines how urban neighbourhood attributes influence the well-being of older adults. The study highlights the importance of understanding the interactions between environmental factors and the psychological well-being of aging individuals, especially given the rapid urbanization and aging population. The review synthesizes findings from 39 studies, revealing that access to natural areas and a strong sense of community are key attributes associated with positive well-being outcomes. Additional factors such as transit accessibility, urban furniture, and healthcare access also contribute positively to older adults' well-being. However, the authors note that many studies fail to consider all environmental dimensions simultaneously, often relying on self-reported measures rather than objective assessments (Padeiro et al., 2022) . The review emphasizes the need for comprehensive approaches that integrate physical, social, and service-related neighbourhood attributes to inform urban planning and policies aimed at enhancing older adults' quality of life. The study advocates for future research to holistically explore the multifaceted relationship between urban environments and well-being, providing valuable insights for policymakers and urban planners to create age-friendly communities.

Brennan-Ing and Mattas (2023) discuss the implications of aging with HIV in the context of health equity and inclusion. With the advent of effective antiretroviral therapy (ART), many individuals with HIV are living longer, but they face unique health challenges, including chronic inflammation and multimorbidity at younger ages compared to their HIV-negative peers (Brennan-Ing & Mattas, 2023). The authors highlight the intersection of various identities—such as age, sexual orientation, race, and socioeconomic status—that influence access to healthcare and the mental health of older adults with HIV. Stigma and social isolation are significant psychosocial burdens that exacerbate these challenges. The article emphasizes the importance of social integration and community connections in improving the well-being of older adults living with HIV. Furthermore, the authors advocate for grassroots initiatives and community-based participatory research (CBPR) to ensure that the voices of older adults with HIV are heard and that their needs are met. To promote health equity, the authors call for policy changes that prioritize the comprehensive needs of this population, integrating geriatric care principles into HIV treatment and ensuring that older adults have access to necessary resources. They stress that addressing these issues is

critical not only for public health goals but also for the dignity and quality of life of older adults living with HIV. In conclusion, the article underscores the need for a coordinated response from policymakers, healthcare professionals, and community advocates to support the aging population with HIV, ensuring that their rights and health needs are adequately addressed.

Areeckal et al. (2021) investigate the quality of life among elderly individuals living in old age homes compared to those residing with their families in Mangalore, India. The research highlights how life satisfaction is crucial for the psychosocial well-being of older adults and emphasizes the role of social relationships and participation in activities. The study involved 160 participants aged 60 and above, assessing their quality of life using the World Health Organization Quality of Life (WHOQOL) questionnaires. Results indicate that those living with their families reported significantly better social relationships and participation than those in old age home (Areeckal et al., 2021). In contrast, elderly individuals in care homes had stronger personal and intimate relationships. Gender differences were also noted, with elderly men exhibiting better social relationships compared to women. The findings underscore the importance of family support in enhancing the quality of life for older adults, while also pointing to the challenges faced by those in institutional settings. The authors conclude that social isolation and lack of familial support can lead to decreased quality of life for the elderly. They call for greater societal attention to the needs of older adults and recommend policies that promote social integration and support for this vulnerable population (Areeckal et al., 2021).

Methodology

This integrative review aimed to comprehensively analyze the psycho-emotional challenges faced by older adults in rural settings, incorporating diverse perspectives and findings from existing literature. The methodology followed these key steps:

Literature Search Strategy: A systematic search of peer-reviewed articles was conducted using databases such as Google Scholar, PubMed, and JSTOR. The search was limited to studies published within the last ten years to ensure relevance. Keywords included "gerontology," "psycho-emotional challenges," "older adults," "rural settings," "loneliness," "depression," "anxiety," and "community support."

Inclusion and Exclusion Criteria:

Inclusion Criteria: Studies focused on older adults (aged 60 and above) residing in rural areas. Empirical research addressing psycho-emotional challenges such as loneliness, depression, and anxiety. Articles published in English.

Exclusion Criteria: Studies focusing solely on urban populations. Articles without empirical data or relevant findings related to the research topic.

Data Extraction and Analysis: Key information was extracted from selected articles, including study design, sample size, participant demographics, methodologies, and main findings. Thematic analysis was employed to identify recurring themes and insights related to the psycho-emotional well-being of older adults in rural settings. Themes included

barriers to mental health care, the role of community support, and specific psychological challenges.

Quality Assessment: The quality of the included studies was assessed using established criteria, such as the Mixed Methods Appraisal Tool (MMAT) or the Joanna Briggs Institute (JBI) checklist, to ensure the reliability and validity of the findings.

Synthesis of Findings: Findings were synthesized to provide a holistic understanding of the psycho-emotional challenges faced by older adults in rural areas. The synthesis highlighted gaps in the literature and suggested areas for future research.

Ethical Considerations: As this review analyzed existing literature, no primary data collection occurred, thereby minimizing ethical concerns. Proper citation and acknowledgment of all sources were ensured to uphold academic integrity.

Findings

The findings of this integrative review underscore the complexity of psycho-emotional challenges faced by older adults in rural settings. The prevalence of depression, anxiety, and loneliness among this population highlights the urgent need for targeted mental health interventions. Research consistently indicates that older adults in rural areas are particularly vulnerable due to limited access to healthcare resources, social isolation, and various socio-economic factors (Das et al., 2023).

The studies reviewed indicated a concerning trend: many rural seniors experience significant emotional distress, often exacerbated by the loss of loved ones, chronic health conditions, and the stigma surrounding mental health issues (Jennings et al., 2020). This emotional burden can lead to a downward spiral, where feelings of loneliness and despair further hinder individuals from seeking help, resulting in a lack of necessary support. Community support emerged as a critical factor in mitigating these challenges (Animasahun & Chapman, 2017). Strong family ties and local organizations can provide essential emotional and practical support, yet many rural areas lack the infrastructure and resources to effectively address the needs of their elderly populations. This disparity emphasizes the importance of fostering community connections and enhancing social engagement (Graffigna et al., 2021). Initiatives that promote intergenerational relationships, community gatherings, and peer support groups may significantly impact the emotional well-being of older adults.

Moreover, the review identified a gap in the literature regarding culturally sensitive interventions tailored to the unique needs of rural seniors (Hall et al., 2025). Future research should explore innovative approaches, such as telehealth services and community-based programs, which can bridge the gap in mental health care access. Telehealth, for instance, offers the potential to reach isolated individuals who may not have the means to travel to healthcare facilities, thus providing them with timely support. Additionally, understanding the role of social determinants in mental health is crucial (You et al., 2023). Factors such as income level, education, and access to

transportation play a significant role in shaping the mental health landscape for older adults in rural areas (Ye et al., 2020). Policymakers and healthcare providers must prioritize the development of programs that promote mental health awareness and reduce stigma, thereby encouraging older adults to seek help without fear of judgment.

Conclusion

This review highlights the significant psycho-emotional challenges faced by older adults in rural areas, emphasizing the need for targeted interventions that specifically address these issues. The high rates of depression, anxiety, and loneliness among this population call for immediate action from both policymakers and healthcare providers. By improving access to mental health services and fostering robust community support systems, we can significantly enhance the emotional well-being of elderly individuals residing in rural settings. The necessity for tailored interventions cannot be overstated. Future research should focus on developing and evaluating specific programs designed to meet the unique needs of rural seniors. Understanding the complexities of aging in these environments requires a multifaceted approach that incorporates not only mental health services but also social and economic support structures. Ultimately, addressing the psycho-emotional challenges of aging in rural environments is essential for promoting healthier aging and improving the overall quality of life for older adults. By taking a proactive stance and investing in the mental health of this vulnerable population, we can create supportive communities that empower seniors to lead fulfilling lives, thereby enriching not only their own experiences but also the fabric of rural society as a whole.

REFERENCES

Adepoju, E.O & Opele, J. . (2021). Technology Application in Health Information Management in Obafemi Awolowo University Teaching Hospitals Complex (OAUTHC) Ile-Ife, Osun State. *International Journal of Research Publications (IJRP.ORG).*, *74*(1), 17–17.

Animasahun, V. J., & Chapman, H. J. (2017). Psychosocial health challenges of the elderly in Nigeria: A narrative review. *African Health Sciences*, *17*(2), 575–583. https://doi.org/10.4314/ahs.v17i2.35

Areeckal, A. S., Arunkumar, N., & Pai, S. R. (2021). Impact of quality of life between old age homes and family households in geriatric population. *Biomedicine (India)*, *41*(2), 243–248. https://doi.org/10.51248/.v41i2.790

Awe, T. P. (2020). *Health Records Management Practices and Patients ' Satisfaction in Selected University Medical Centres in South-West , Nigeria*. *August*, 106–114.

https://doi.org/10.20448/807.6.2.106.114

Brennan-Ing, M., & Mattas, E. (2023). Aging with HIV: Working to Ensure Equity and Inclusion. *Gerontology*, *69*(8), 946–952. https://doi.org/10.1159/000530723

Cheng, X., Cosco, T. D., & Ariyo, T. (2021). Decreasing Social Isolation to Enhance Mental Health among Older Adults in China: A Mediation Analysis of Aging Attitude. *Frontiers in Psychology*, *12*(September), 1–12. https://doi.org/10.3389/fpsyg.2021.735740

Choi, N. G., DiNitto, D. M., Marti, C. N., & Choi, B. Y. (2022). Telehealth Use Among Older Adults During COVID-19: Associations With Sociodemographic and Health Characteristics, Technology Device Ownership, and Technology Learning. *Journal of Applied Gerontology*, *41*(3), 600–609. https://doi.org/10.1177/07334648211047347

Cipriani, G. E., Bartoli, M., & Amanzio, M. (2021). Are sleep problems related to psychological distress in healthy aging during the covid-19 pandemic? A review. *International Journal of Environmental Research and Public Health*, *18*(20). https://doi.org/10.3390/ijerph182010676

Das, S., Mukhopadhyay, S., & Mukhopadhyay, B. (2023). The Association between Physical Frailty and Psycho-Social Health in Determining Geriatric Health-Related Quality of Life in Rural West Bengal, India. *Ageing International*, *48*(3), 984–998. https://doi.org/10.1007/s12126-022-09511-8

David, R. A., Badmus, T. A., Salako, A. A., Asaleye, C. M., Adeloye, D., Fanimi, O., Opele, J. K., Laoye, A., Akinbola, I. A., Igbokwe, M. C., Babalola, R. N., & Onyeze, C. I. (2020). Diagnostic performance of transrectal ultrasound for prostate volume estimation in men with benign prostate hyperplasia. *International Journal of Clinical Practice*, 1–4. https://doi.org/10.1111/ijcp.13615

Dinius, C. J., Pocknell, C. E., Caffrey, M. P., & Roche, R. A. P. (2023). Cognitive interventions for memory and psychological well-being in aging and dementias. *Frontiers in Psychology*, *14*(February), 1–9. https://doi.org/10.3389/fpsyg.2023.1070012

Graffigna, G., Gheduzzi, E., Morelli, N., Barello, S., Corbo, M., Ginex, V., Ferrari, R., Lascioli, A., Feriti, C., & Masella, C. (2021). Place4Carers: a multi-method participatory study to co-design, piloting, and transferring a novel psycho-social service for engaging family caregivers in remote rural settings. *BMC Health Services Research*, *21*(1), 1–17. https://doi.org/10.1186/s12913-021-06563-5

Guddo, D., Sharma, G., & Morishetty, S. K. (2022). Common Mental and Physical Health Issues With Elderly: a Narrative Review. *Common Mental and Physical Health Issues with Elderly: A Narrative Review ASEAN Journal of Psychiatry*, *23*(S2), 1–11. https://www.researchgate.net/publication/378402666

Hall, S., Rohatinsky, N., Holtslander, L., & Peacock, S. (2025). Challenges Reported by Family and Friend Caregivers to Older Adults in the Saskatchewan Caregiver Experience Study. *Home Health Care Management and Practice*, *37*(1), 3–13. https://doi.org/10.1177/10848223241254084

Jennings, E. A., Ralston, M., & Schatz, E. (2020). Support in times of need: How depressive symptoms can impact receipt of social support among aging adults in rural South Africa. *SSM - Population Health*, *12*, 100666. https://doi.org/10.1016/j.ssmph.2020.100666

Jeste, D. V., Koh, S., & Pender, V. B. (2022). Perspective: Social Determinants of Mental Health for the New Decade of Healthy Aging. *American Journal of Geriatric Psychiatry*, *30*(6), 733–736. https://doi.org/10.1016/j.jagp.2022.01.006

Klett, D. E. (2014). *Reflections A Review of the Psychological and Emotional Issues in Men with Prostate Cancer and their Partners*. *September*, 4–7.

Lanre-Ogungbile, O. A., Sowunmi, C. O., & Opele, J. K. (2020). Self-Management Practices among Diabetic Women of Reproductive Age in a Tertiary Hospital, Osun State, Nigeria. *Global Journal of Health Science*, *12*(11), 73. https://doi.org/10.5539/gjhs.v12n11p73

Nweze, G.N, Awoniyi, O.M, Falebita, T.F., Familoni J.K, & Opele, J.K. (2023). Development Communication as Tool for Addressing Health Disparities and Challenges in Nigerian Communities: Obstaclelabour Opportunities for Future Direction. *African Journal of Human Kinetics, Recreation and Health Studies*. 1(2); 91-109. A publication of the Department of Health Education, University of Port Harcourt. https://journals.co.za/doi/full/10.31920/2976-7784/2023/v1n2a6.

Oloyede, A. S., Igbinlade, A. S., Aina, O. O., & Opele, J. K. (2023). Satisfaction of health information managers with health information management system implementation in selected hospitals in Ogun State. *Journal of Applied Information Science and Technology 16(2); 184-196*.

Padeiro, M., de São José, J., Amado, C., Sousa, L., Roma Oliveira, C., Esteves, A., & McGarrigle, J. (2022). Neighborhood

Attributes and Well-Being Among Older Adults in Urban Areas: A Mixed-Methods Systematic Review. *Research on Aging*, *44*(5–6), 351–368. https://doi.org/10.1177/0164027521999980.

Solhi, M., Pirouzeh, R., & Zanjari, N. (2022). Perspectives on healthy aging in middle age: Evidence for health promotion interventions. *Journal of Education and Health Promotion*, 11, 5. DOI: 10.4103/jehp.jehp_972_20

Wang, J., Li, Y., Yang, G. Y., & Jin, K. (2025). Age-Related Dysfunction in Balance: A Comprehensive Review of Causes, Consequences, and Interventions. *Aging and Disease*, *16*(2), 714–737. https://doi.org/10.14336/AD.2024.0124-1

Ye, C., Li, J., Hao, S., Liu, M., Jin, H., Zheng, L., Xia, M., Jin, B., Zhu, C., Alfreds, S. T., Stearns, F., Kanov, L., Sylvester, K. G., Widen, E., McElhinney, D., & Ling, X. B. (2020). Identification of elders at higher risk for fall with statewide electronic health records and a machine learning algorithm. *International Journal of Medical Informatics*, *137*(December 2019). https://doi.org/10.1016/j.ijmedinf.2020.104105

You, H., Wang, Y., Xiao, L. D., & Liu, L. (2023). Prevalence of and Factors Associated with Negative Psychological Symptoms among Elderly Widows Living Alone in a Chinese Remote Sample: A Cross-Sectional Study. *International Journal of Environmental Research and Public Health*, *20*(1), 1–14. https://doi.org/10.3390/ijerph20010264