

## Attitudes of Ethnic Youth of Pakistan towards Elderly

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### Abstract

Pakistan ranks fifth as the country with the highest population in the world. With the increasing population, the elderly population has also increased and represents 7% of the country's total population. Considering the significance of the elderly population, the present study is designed to explore the attitude of youth towards the elderly from the perspective of different ethnic groups (Punjabi, Pukhtun, Sindhi, Seraiki, Muhajir, and Others) of Pakistan. Open-ended self-developed questions were used to collect data. Five hundred and one (501) participants of both genders aged between 15-29 years were selected using the purposive sampling technique. To analyze data, qualitative content analysis was used. Analysis revealed that the majority of the youth attitudes towards the elderly were positive and positive aspects of the elderly were highlighted more by the youth. This study indicates that youth associates positive words when they encounter the word 'elders' and associate more positive attributes rather than negative inclinations with elder people. This study also concludes aging is a part of everyone's life during which one goes through many physical and practical changes. In Pakistan, elders become more spiritual in their old age, thus they start to spread their wisdom, teachings, and values in younger generations to reserve their roots.

**Keywords:** Attitudes, Elderly, Ethnic youth, Positive attributes, Pakistan

A person's life is divided into multiple stages: childhood, adolescence, puberty, young adulthood, adulthood and old age. Like every stage of life, changes also occur in the elderly years of a person's biological, emotional, intellectual, social, and spiritual life. People encounter different needs, situations and problems (Sung, 2004). People in their old age face many challenges such as lack of economic provision, ageism, mistreatment, abuse, poor mental and physical health conditions and lack of social support (Gaire & Khagi, 2020).

Necessities like food, shelter, health care and security are necessary for people in the last stage of their life. However, they have another fundamental requirement to be treated with respect (Sung, 2004). Favorable views towards the elderly cannot exist without the component of respect. However, a rise in disrespectful treatment such as prejudice, dislikes, and discriminatory practices has affected them badly (Sung, 2004).

Most of the existing literature showed that these kinds of negative perceptions towards the elderly mainly were found among youth (Gaire & Khagi, 2020). Young people are considered a potential source of change. We can observe that their surroundings affect their behavior and attitudes towards the elderly. Therefore, attitudes of youth or the way older people are being treated varies in cultures (Sung, 2004).

Literature supported the view that senior individuals are seen as knowledgeable and experienced. In Asian countries they have the privilege of being well-liked and having great self-worth (Aging in different cultures, 2019). A significant difference can be seen in the literature comparing Asian countries with the western world. Literature supports that older people are treated differently in European countries compared to Asian countries (Carter, 2015). In Pakistan, many studies related to problems faced by the elderly have been done such as the rising old-age problem, attitude of dental students towards elderly patients, older adults' self-perception of ageing but less literature is seen with reference to ethnic or indigenous groups related.

With the growing elderly population, there are various definitions for 'elderly'. Most of the time, the concept of elderly is used for people over the age of 60 years (Kocak, Aydin, Tomac & Younis, 2020). Developmental psychologists characterized the elderly population in three categories: youth aged category which is over the age range of 60-64 years, middle aged category which is over 65-74 years and lastly is old matured or old aged category which is over the age of 74+ (Kocak et al., 2020).

According to the World Health Organization (WHO), the age range between 60 and 74 years is viewed as elderly, between ages 75 and 89 years is viewed as old, and 90 and over is named as very old (Kocak et al., 2020). According to the Aging Population in Pakistan, age over 60 years is considered old age, representing 7% of the country's total population. This proportion of older people is expected to be double in 2050 by 12 % (Aging Population in Pakistan, 2019). Old age portrays the last phase of the existing life cycle rather than the end of life. It is a unique time of someone's life with varied meanings and significance (Kocak et al., 2020).

It is a natural, unavoidable, and universal process that all humans must go through. It is a period of one's life where they experience decline in physical and cognitive functions, health, fertility,

reputation, roles and status, independence, social entourage, spouses and close relations, social life and social support (Serpen & Purutcuoglu, 2017).

Ageing is directly linked with the elderly as it is a multidimensional process with the result of becoming old. Ageing is the two-fold process of gain and loss. The positive aspects are gains in wisdom, experience and knowledge during the ageing process. The elderly population in any society constitutes a significant and valuable part. They are valued for their experience, insight, and wisdom which they can share with their descending generations. They serve as a link between yesterday and today, the past and present, allowing us to carry our cultures and ideas further into the future. This is the time of their life when they desire to have warm relationships, beloved and respected. In being responsive to their desire, reevaluating our attitude towards them is our humanitarian responsibility. The elderly are viewed as frail, insufficient, demanding, and incapable in one perspective. At the same time, another sees them as capable and skillful leaders in offering guidance. As elder members of society, they are valuable. However, there may be a situation when they face discriminatory or ageist behaviors from the younger generations (Kocak et al., 2020).

The rapid process of modernization and urbanization causes disengagement in the family institution, ties within the family members and cultural and traditional norms (Kocak et al., 2020). The role of a family in the past gradually faded away because of increased transitions in family structures or relocations from rural to metropolitan regions. These changes are the reasons for the continuing communication gaps between the young and old generations resulting in the exclusion of the elderly from society. These changes have brought about more negative impressions of the elderly, and positive impressions of ageing such as experience and wisdom are often disregarded (Kocak et al., 2020).

Although there is an immense amount of research work related to old age problems, geriatrics and gerontology, certain research areas related to the elderly are yet to receive sufficient attention. Among them is the attitude towards the elderly (Rao et al., 2000). Most of the studies conducted related to ageing show that young people generally display ageism (Gaire & Khagi, 2020).

As members of a diverse society, we create stereotypes and discriminate against people because of their race, gender, and physical appearance. People are characterized based on their qualities: one of them is age. Prejudice and discrimination based on a person's age is called ageism. It is an issue around the world that many older people experience. It is also referred to as the reaction to frustration. It stresses the young and economically active populations facing in everyday life. Ageism is occurring because of increased segregation of the older population, lack of contact between intergeneration, lack of understanding about the older generation (Bertić & Telebuh, 2018).

After reviewing the literature, ageism can be seen as the discrimination against the elderly occurring at an advanced age due to our attitudes, behaviors and manners towards them. We chronologically treat them, focusing their incapacabilities, limitations and negative changes as they grow old (Serpen & Purutcuoglu, 2017). Bennett (1976), in her article, stated that it does not matter when a person's attitude towards the old develops, but it appears that young individuals have already developed unfavorable attitudes regarding ageing.

Attitudes are learned predispositions that respond favorably or unfavorably to a particular object (Oskamp & Schultz, 2014). They are the result of experience or upbringing. Most of the time, attitudes are formed through personal experience or social factors like social roles or social norms considered appropriate or acceptable in society (Cherry, 2018).

A study by Lorge, Tuckman and Abrams (1954) discovered that by the time youngsters are 12 or 13 years old, they already exhibit unfavorable attitudes on ageing (1976). Some of the negative or typical prejudices against old age are that older people get more alike, have a rigid attitude, are not creative or productive anymore, have learning disabilities e.g., unable to adopt to change or learn new things, become very religious, are lonely, unhappy, have a miserable life (Bertić & Telebuh, 2018).

Attitudes of youth or how older people are being treated vary in culture. The existing literature shows that older individuals in Asian countries are seen as knowledgeable and experienced. They are typically well-liked and have a great social position (Aging in different culture, 2019). The significant difference can be seen in the literature comparing Asian countries with the western world. Literature on attitude and perceptions towards the elderly shows that they are often viewed negatively. With the increasing concept of a nursing home in Western societies, youth do not regard the elderly as productive in terms of finances and as an economic burden. In the past, western societies had multigenerational families, and the experience and wisdom of elderly were respected. However, attitudes were affected by industrialization, urbanization, and modernization. It has remarkably caused lowering the power, influence or prestige of the elderly they once held (Who are the elderly? aging in society, n.d.).

There are many causes for young people to hold prejudice, either positive or negative, against the elderly such as negative feelings amongst young people, degree of contact with the elderly, treatment of elderly towards the young ones and inadequate education at home or school or insufficient orientation towards true values (Bertić & Telebuh, 2018).

At the national level, Pakistan has almost 15 million people over 60, which is considered old age by the World Health Organization. Several issues plague the lives of senior citizens in Pakistan from mobility to health to loneliness (Naqvi, 2019).

According to National Youth Policy 2009, Pakistan defines youth as people between the ages of 15 and 29, and it represents 29% of Pakistanis. These people are considered an essential part of the support system for the elderly. How these young people treat their elders is very important not only for the elder people but also for society (Sung, 2004).

Researches related to old age problems, the experience of older people in nursing homes and elder abuse are being conducted. However, there is a dire need to produce local literature related to youths' attitude towards the elderly to give an insight into this issue. Literature shows that older people feel more depressed and lonelier because there is no one to spend time with them. This is the time of their life when they need love, care, company, respect. In Pakistan, the notion of respect towards the elderly somewhat exists till when the materialistic values are being taken away from them (Majid & Memon, 2018). Pakistan is a country with strong patriarchal family structures. Although respecting the old or giving importance to their words is a consistent expectation, the status and reputation are changing due to economic growth (Bertić & Telebuh, 2018).

Independent living and a deterioration of inter-generational ties can be witnessed with the economic development (Majid & Memon, 2018). Pakistan is a multi-ethnic country with cultural diversity. In other cultures, the way older people are seen and treated varies; such as, a senior in Native America pass down his wisdom to the next generation, elders in Korea are highly esteemed, children in China look after their elderly parents, in India, they are the family's leader, and in ancient Rome they were a valuable resource (Carter, 2015).

In Pakistan, culture revolves around Islam which teaches perfect morals and forbids ill conduct. Islam gives the elderly special status and urges others to respect and honor them (Islam and respecting

elders, 2018). So, it is essential to produce local literature to give youth insight into their attitudes towards the elderly. It is not very common in the West to study this aspect because they live with different cultural values from us and have maintained nursing homes and activities. In Asian countries family structure is consider the essence of life. As the concept of old aged homes are confined with many taboos, it is a social need to recognize the elderly issues and needs to make their ending life easy and peaceful. In Pakistan, many researches are being conducted on the problems faced by old age people, like the attitude of dental students towards elderly patients and perception of ageing in the older generation however, less literature is found related to the young generation's views about older people in general. Therefore, this current research made an effort to study the attitudes of Pakistani youth towards the elderly about their ethnic groups with the help of qualitative research methods.

This research reflected the views of the present generation. It will not only recognize youth attitudes but will also be helpful in policy planning and making well-being programs for the elderly to promote healthy ageing and maintain older peoples' dignity and status.

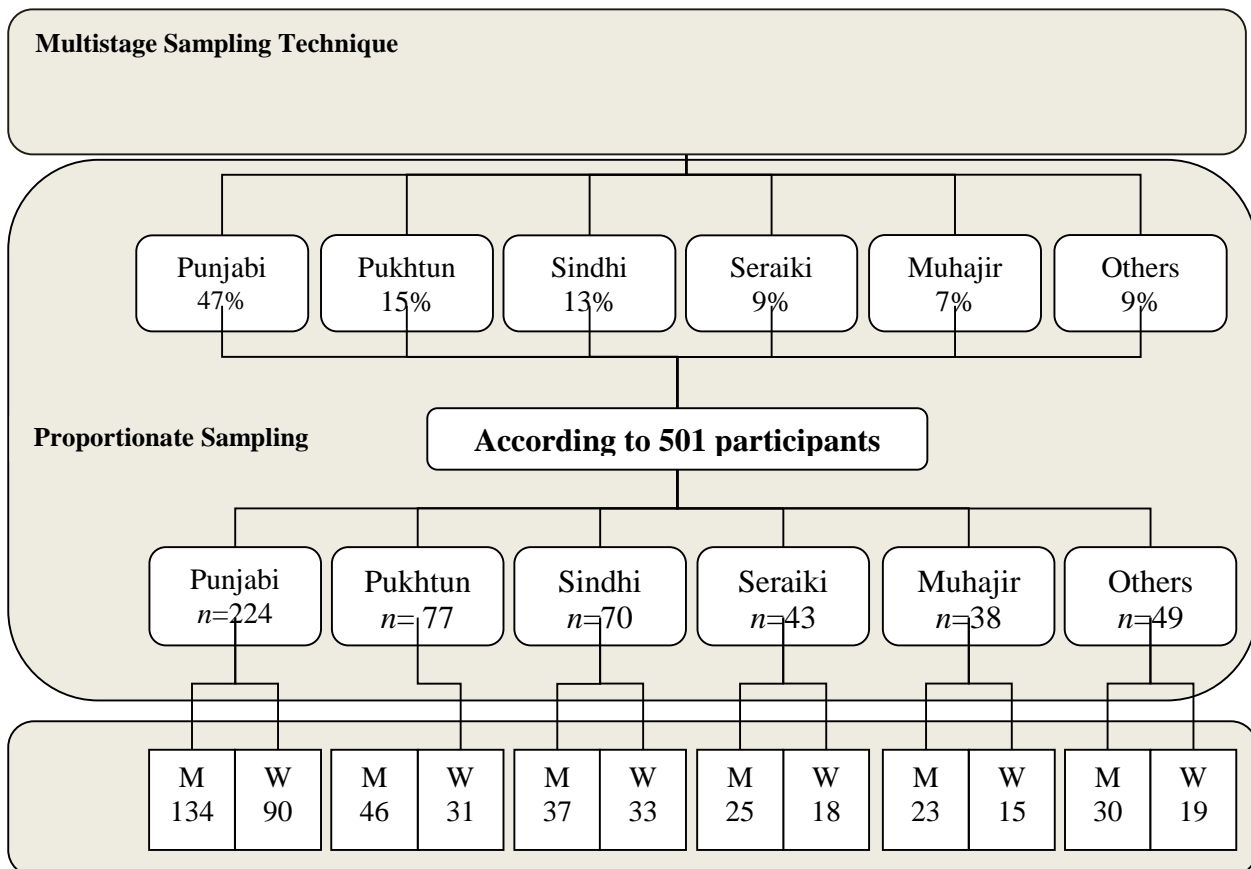
## Method

In the present study, the researcher employed the survey method research design and data was analyzed by using qualitative content analysis (Chevance et al., 2020).

### Participants

Using multi-stage sampling technique, 300 young men and 201 young women ( $N = 501$ ) were recruited in such a way that their ethnicities were proportionately sampled to the provincial representation of the country and gender distribution across each ethnic group was about equal. Participants were included if they were young (15-29 years), could read and write, and lived with elderly, or not. The average age of participants was 21 around years; 2% participants were less in intermediate, 29% participants were intermediate, 48% participants were graduates, 14% participants were MS/Mphil, 1% participants were PhD and 6% participants were other degree holders; 61% lived with the elderly at home, and 39% did not lived with the elderly; 47% were Punjabi, 15% were Pukhtun, 13% were Sindhi, 9% were Seraiki, 7% were Muhajir, and 9% were others as it can be seen in Figure 1 and Table 1.

**Figure 1**  
*Ethnic sample across gender*



**Table 1***Demographic characteristic of the respondents (N=500)*

| <i>Demographic characteristics</i> | <i>Categories</i>      | <i>f</i> | <i>%</i> |
|------------------------------------|------------------------|----------|----------|
| <b>Gender</b>                      | Men                    | 300      | 60       |
|                                    | Women                  | 201      | 40       |
| <b>Age</b>                         | 15-19 ages             | 71       | 14       |
|                                    | 20-24 ages             | 330      | 66       |
|                                    | 25-29 ages             | 100      | 20       |
| <b>Education</b>                   | Less than intermediate | 9        | 2        |
|                                    | Intermediate           | 144      | 29       |
|                                    | Graduation             | 242      | 48       |
|                                    | MS/Mphil               | 67       | 14       |
|                                    | PhD                    | 7        | 1        |
|                                    | Other                  | 32       | 6        |
| <b>Ethnic group</b>                | Punjabi                | 237      | 47       |
|                                    | Pukhtun                | 73       | 15       |
|                                    | Sindhi                 | 65       | 13       |
|                                    | Seraiki                | 43       | 9        |
|                                    | Muhajir                | 37       | 7        |
|                                    | Other                  | 46       | 9        |
| <b>Living with elderly</b>         | Yes                    | 307      | 61       |
|                                    | No                     | 194      | 39       |

### Measures

Along with demographic questionnaire gathering information such as gender, age, education and ethnic group, a semi-structured questionnaire was developed by thoroughly reviewing the existing literature related to this topic. This self-developed questionnaire consisted of open-ended questions. The content analysis explored attitudes of youth towards the elderly with the following questions:

1. What is the first idea that comes to your mind when you think about the elderly?
2. What are the positive aspects of living with elderly?
3. What are the negative aspects of living with elderly?
4. What are the changes that come with age in elderly?
5. What are your views about being in the company of the elderly?

Qualitative content analysis was used to analyze these aspects of the collected data. All the answers were transcribed in a word document file and coded after getting the matching content to minimize the sum of large data. The data was summarized after emerging content with similar meanings.

### Procedure

Due to the COVID-19, the questionnaire was developed on the Google Form online and was shared via email, Whatsapp or other

social media apps. Data from 93 participants were collected online while the remaining (408) were collected from different institutions of urban areas of the country such as Samanabad, Johar Town, and Wapda Town (Punjab), Chiltan, Murdar, Sibi (Quetta) and universities such as University of the Punjab, Lahore College for Women University, and Shalimar Medical & Dental College. All participants were cooperative in filling up the questionnaire.

While conducting the several ethical considerations were taken into account to ensure that the study was conducted in an appropriate manner. All participants provided verbal as well as written consent to be part of this study. Participants were briefed about the research purpose before giving the questionnaire; it was further explained to the participants that their information would remain confidential. In the analysis process, participants' identity was removed and pseudonyms were used for the participants.

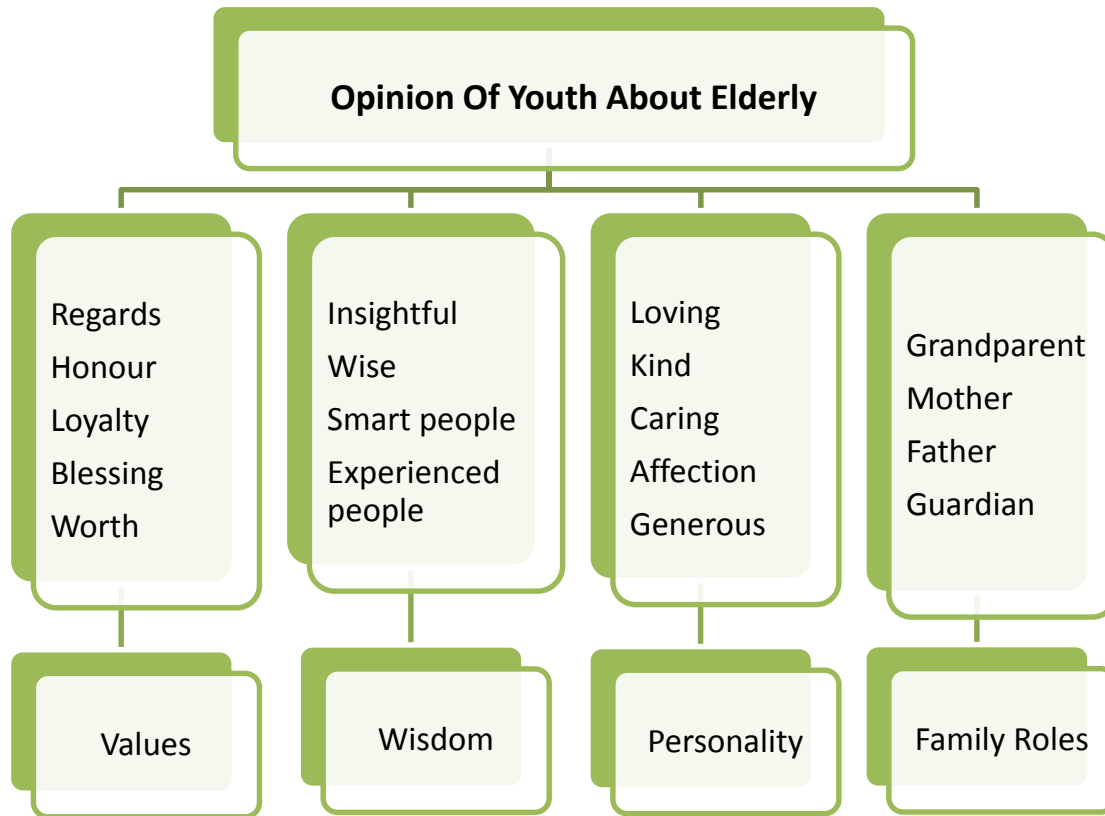
### Analysis

#### Opinions of Youth towards the elderly

To explore the youth perception about the elderly, participants were asked to describe the first thing that comes to their mind when they think about an elderly? Figure 2 illustrates the major themes from the emerging data on the views of youth about the elderly.

**Figure 2**

Major terms from emerging data on the views of youth about elderly



#### Values regarding the elderly

First thing that comes in less than 50% participants mind when they think about the elderly was the notion of respect or respectable beings. Among majority of the participants, P30 stated the answer of this question as:

*“As our social fabric is constituted, the first thing when we think about elderly people, an element of respect comes to mind.”*

Respect is identified as a feeling. It is the experience of something valuable, and respect is defined for each individual based on their personal experience. To be clear, respect can also be defined as openness to others, as well as admiration for others based on their human decency and level of performance excellence (O'Grady, 2017).

#### Wisdom

Most of the participants wrote the word 'wisdom' when they first think about elderly because old people have gone through various experience or events in their life span which help them become insightful. Existing literature also shows that when an individual reaches the last phase of their life, the chance of acquiring the life experience and emotional maturity increases which nurtures wisdom. Wisdom is the accumulation of knowledge, insight, sound judgment, and stronger decision-making skills, all are gained through the experience of life (Agewell foundation, 2010).

#### Personality

The participants described elderly people personality in aspects which they admire or respect. Personality is the individual's sum total of all characteristics which describes personal discrepancies in thoughts, behaviors, feelings. Just like the physical transformation with the aging, personality also transformed. Old people are not the same person which they used to be in their earlier life cycle. Personality of a person varies with changes in life (Gorvett, 2020).

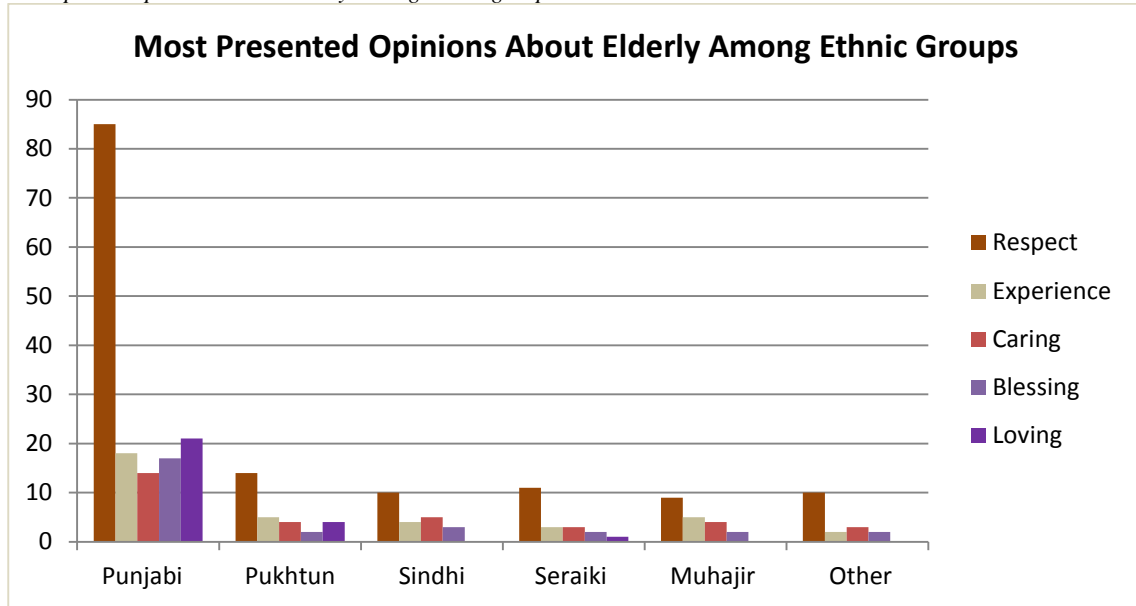
#### Family Roles

Out of the total participants, few participants perceive of the elderly as the one who makes house a home or the one who holds everyone together in the family and worries for you, protect you, take care of everyone in the family. Some of the participants also wrote the names of their grandparent as the first idea that came to their mind about the elderly.

In the data it was observed that positive opinions about elderly were more common. According to the question “what is the first thing that comes in youth's mind when they think about elderly”, most presented opinions were illustrated in the figure 3 in accordance with ethnic groups. According to the ethnic groups, Punjabi ranks high in percentage in each of five presented opinions.

**Figure 3**

*Top five most reported opinions about elderly among ethnic groups*



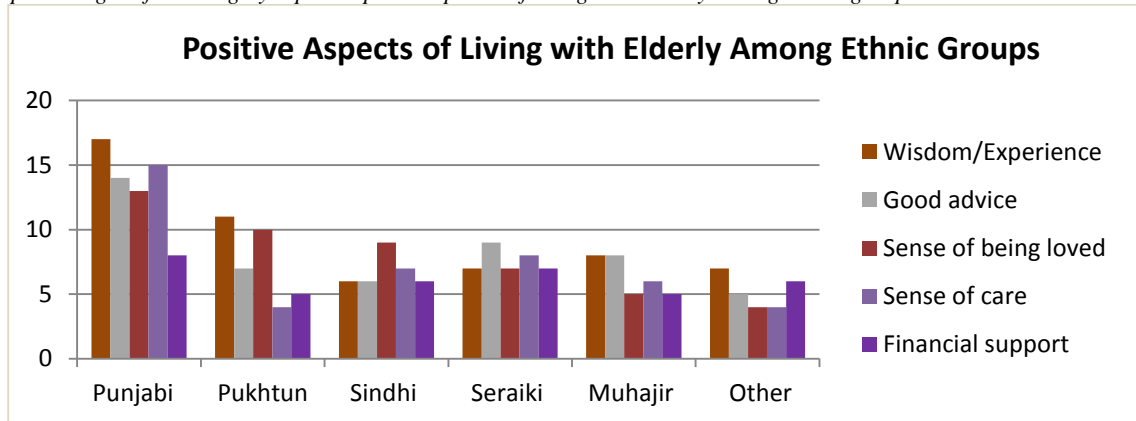
#### Positive Points of Living with Elderly

Participants were asked about the positive points of living with the elderly during the data collection process. Moreover, many participants described different and unique points of living with them; P30 stated that *"One gets to know the culture and traditions and get to know about the responsibility while taking care of elderly people."* Another participant stated that *"Elderly people give perspectives of the past; they have the experience of life and you learn and get benefit from their experiences."* Living with the elderly, one learns many things about life or leads to a good life. Many participants stated that *"You learn a lot; you learn ethics from them learn how to deal ups and downs of life."* Living with the elderly ensures healthy relationships, good house management and

keep the family strong (5 pros and cons of living with an ageing parent, n.d.). One of the positive points of living with the elderly is that it promotes calmness in nature, motivates and encourages leading towards a better future. Respondents of different ethnic groups presented different positive points of living with the elderly. The five most highly presented points of living with elderly from the youth were gaining from elderly experience and wisdom, getting valuable advice, feeling loved, the sense of care they feel in the presence of the elderly and lastly, the financial support they get from them. Figure 4 shows the percentages among the ethnic groups that youth of the Punjabi ethnic group rank high in the positive opinions regarding living with the elderly.

**Figure 4**

*Represent percentages of most highly reported positive points of living with elderly among ethnic groups*



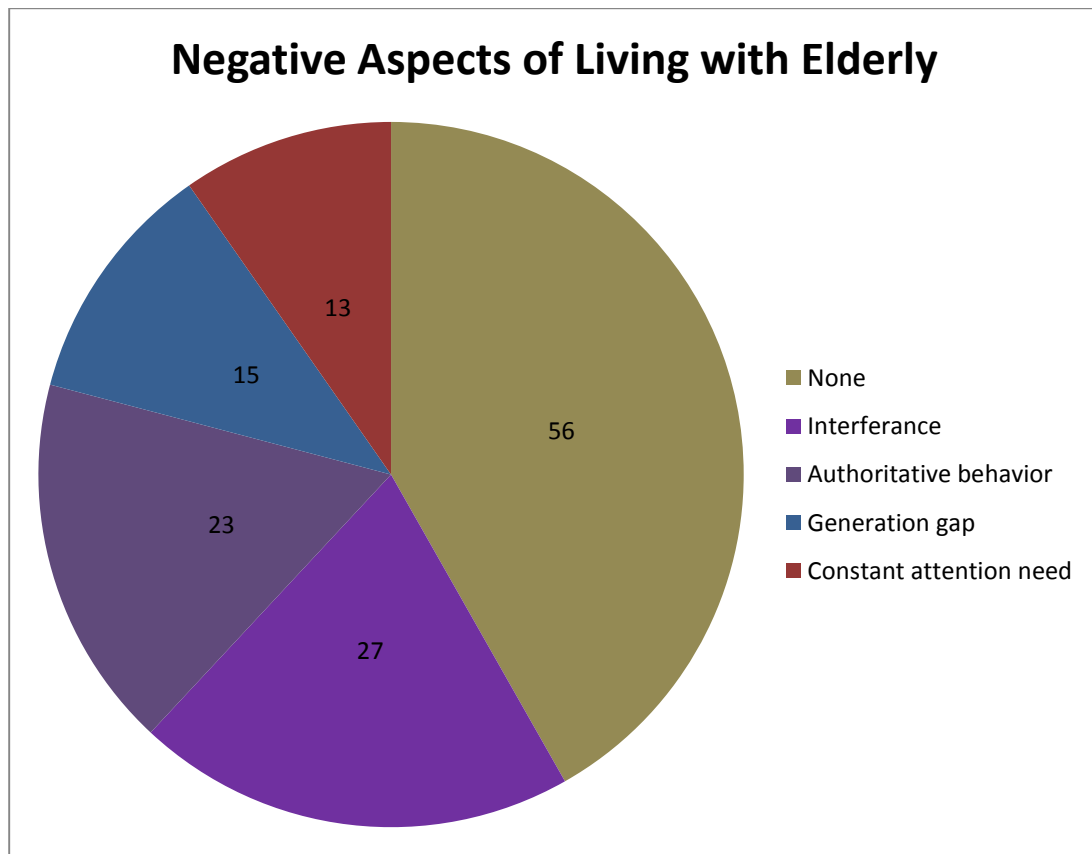
### Negative Points of Living with Elderly

In the present study, participants were asked to list 5 negative points of living with the elderly. It was seen that most of the participants stated the word "nothing" and few participants left this question unanswered. Participants who answered state that they do not feel that there are any negative points; they consider them a blessing rather than a burden. However, some of the participants' listed negative points, such as P189 mentioned that *"If an older person has bad habits, then children can learn from them."* P37 said, *"They strictly follow old traditions and expect youngsters to follow them too."* Another participant stated that *"Negative point of living*

*with elderly is having no privacy or imposing their decisions sometimes."* Living with more people means less privacy but living with the elderly means lack of independence, no privacy and unable to make own decisions (Juliano, 2017). P30 stated in the answer that *"Negative point of living with an elderly is too much responsibility sometimes which leads to stress."* One of the most obvious negative points of living with the elderly is the increase in financial or care responsibilities (Juliano, 2017). Most listed negative points are illustrated in figure 5.

**Figure 5**

*Represent the highly existing negative aspects of living with elderly*



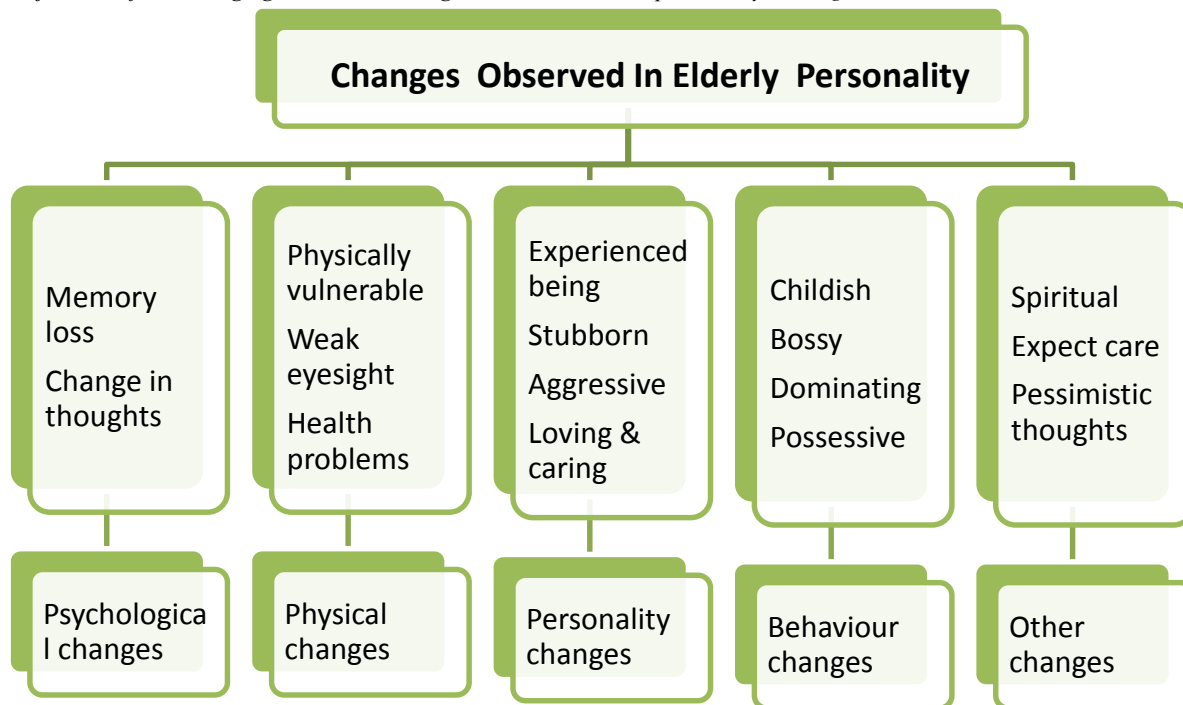
### Changes in Personality of Elderly

In the study, to know about the views of the youth on the changes in the personality of elders with age, participants were asked to describe what kind of changes they think come in elderly with age.

Figure 6 shows the summarizing form of contextual data from collecting information.

**Figure 6**

Major terms from emerging data on the changes observe in elder's personality with age



### Psychological Changes

Around 50% participants described different aspect of psychological changes that elderly people go through with the aging process. Loss in memory is one of the expected psychological changes that come with old age. Participant stated that:

*"With the age they started to lose their memory, they forget where they put things."*

Psychological development is the part of human development, from infancy through the old age. But at one point people begin to experience certain mental barriers which created by society as a reminder about their old age (Human Development, n.d.).

### Physical Changes

Majority participants described the physical changes that occur in elder people with the age like in appearance they get white hair, wrinkles and internally they develop health problems like blood pressure, vision change, or feeling internally weak. With the aging process individuals' body from the outside go through a lot of physical changes but many of internal changes also take place (Health, 2015).

### Personality Change

When participants were asked to describe what changes in the personality of elderly occurs with age, participants responded with both positive and negative views. P188 said that:

*"They develop irritating behavior, become rude but it depends. Many of them become soft."*

P165 state that:

*"They start becoming stubborn and weak but show as they are strong."*

P327 also describe that:

*"They usually tend to become irritable/ stubborn due to disease but they do mature at the sometime and provide more love since they have more time."*

People are different in the way they think, feel and behave. With the aging personality do change but not much. Some people become stubborn, some become rude and some may be become agreeable as they get old but this does not apply to everyone (Personality through life, n.d.).

### Behavioral Changes

Number of participants described behavioral changes that occur in older people. Participants stated that:

*"As per our religion; the elderly started to behave like a child."*

Other participants said that:

*"They become aggressive and moody with age."*

Another participant states the fact that:

*"Their behavior changes, more anger and hypertension."*

### Other Changes

In the data collection process, lots of changes were described by participants. Most of were mention and explain here to give the picture of the data. One the participants said that:

*"They become spiritual with age; they spend their spare time in prayers."*

Elderly people involve more in religion or spiritual activities as compare to other age group (Kaplan & Berkman, 2021).

### Youths' View about Elderly Company

What views youth hold about being in an elderly company are presented in figure 7. Respondents define different and unique terms to describe the answer to this question.



**Figure 7**

Major terms from emerging data on the experience of youth being in elderly company



### Magical Experience

Participants describe being in elderly people company as a magical time. As P125 say

*"It feels good when spending time with elders. It feels like reading my favorite book."*

Another participant stated that:

*"It gives great insight into the realities of life."*

Spending time with an elder gives you the knowledge to better understand and handle the transitions of adulthood life (Merrill, 2021).

P88 stated the company of an elderly as worth considering. Participant said that:

*"Spending time with the person with more experience and passion is worth considering. We can learn more about the life and to find a purpose of life. We can live and see through their eye to find what made them strong and so ideal about the world we live in."*

### Great Experience

Spending time with elderly, most participants replied that they feel different emotions, feelings and spend quality time rather considered a waste. One of the many participants describes that:

*"I would be comfortable knowing someone with experience in the field is there to guide me."*

Another participant states that:

*"Spending time with an elderly is a pleasure time in which you can get happiness, leisure, enjoyment & guidance. I gain advantage to know about all our forefathers' and history."*

Another participant replied to this question that:

*"I feel great in their company as I get to know their stories and it impress me and amaze me."*

### Learning Experience

You learn lots of things about life being in the elders' company replied by majority of the participants. As one participant said that:

*"Elder's company is good to learn things. They can share their experience about almost everything about life."*

Another participant stated that:

*"Spending time with an elder people, we get to know about our culture and traditions, the experience of different phases and stages of life."*

Spending time with elderly helps you to learn wisdom from their past experiences. You learn to make better decision, gain historical insights and learn from their past mistakes (4 life changing benefits of spending time with the elderly, 2019).

One participant said that

*"Being in elder person company you get to know many helpful advices and how the people before us suffer."*

Also, one more participant stated that:

*"Experienced advice is one of the most beneficial things of being in an older people company."*

### Discussion

The present study used qualitative content analysis to highlight the attitudes of young men and women of our society towards elderly across different ethnic groups of Pakistan. Attitudes towards the elderly vary in cultures. In some societies, negative attributes of elderly such as being useless, worthless or incompetent are focused more. In traditional societies, it has been observed that elderly people are respected, their knowledge and experience are seen with high value and their status is considered higher in households (Türgay et al., 2015).

In the current research, the first question was about the first thing comes in youth mind when they think about elderly, and in response to that question participants describe elderly with different word related to the aspect of their physical, personality, wisdom, appearance and life experience traits. Similar findings are also found in the study of (Kocak et al., 2020) that the attitudes of the youth who think that being elderly means wisdom, experience, and affection. are more in number and have positive attitudes than the negative ones. Among the most presented opinions about the elderly in ethnic groups were the respect, being experienced, caring, blessing and loving people. And Punjab ranks the highest in all these presented opinions.

The second and third questions, asked to the participants were about positive and negative points of living with elderly and the responses of these questions showed that living with elderly had more benefits or plus points than the negative one in our culture. Punjabi represented the highly positive points of living with elderly followed by Pukhtun, Sindhi, Seraiki and Muhajir. The top five points which were highlighted by the ethnic groups were wisdom, having a source of good advice, sense of being loved and care, last but not the least the financial support the youth get from their elders. In Pakistani ethnic groups, people are deeply connected with their roots and follow values, traditions and religion which teach to respect elders regardless of any reason or benefit. About the negative aspects of living with elderly 56% youth stated 'none' as they see them more in positive limelight. 27% youth state the interference elder people have in their lives. 25% stated that negative point of living with elderly is having the generational gap because they cannot communicate or transfer their ideas or thought to their elders.

The fourth question was about the change that comes in elderly with age and the participants described changes in elderly with different aspect related to their physical, personality, behavior, appearance, becoming spiritual or religious which was supported by the Kaplan and Berkman (2021) that elderly people involve more in religion or spiritual activities as compared to other age group.

Last question of the qualitative research part was about youth views being in elders' company and many of the responses show positive attitudes from youth. So, overall qualitative findings show that more positive language or statements are used by the youth for elderly. This is supported by findings of the study that revealed youth has more positive attitudes than negative with regards to the words or statements praising elderly (Healing, 1971).

### Limitations

Participants below the age 15 and above the age 29 years were not included in the study. So, results of this study cannot be generalized on the people who were not part of the study. Other limitation is that this study does not assess the impact of youth's attitudes on the elderly people. Major limitation is the limited research literature in reference to cultural or ethnic group's related work.

### Recommendations

Other researcher can conduct this study with another qualitative method technique to explore the participants' feelings or emotions regarding the attitudes towards elderly. Secondly, this study only targeted elderly as a general. Further researcher can conduct a study by targeting three categories of elderly population with their gender variable. Other research can also hit urban rural areas to find this phenomenon. Furthermore, researcher can also conduct same study by including transgender, people with disabilities or with the people above the age range of 29.

### Conclusion

The aim of this work was to study the attitudes of ethnic youth towards elderly people living in Pakistani society. The foregoing chapters examined how youth thinks about elderly people or what they think whenever they hear a word 'elderly', this study also studied the negative and positive attributes associated with elders and how ageing factors affect their lives. In the cultural context of Pakistan, it is evident from the current study that youth associate positive words when they encounter the word 'elders', they consider elders as the one who brings wisdom in their lives, they spread positive aura in society and they are more experienced and give their youth life lessons. Current study also found that youth associate more positive attributes rather than negative inclinations with elder people as because of elders, our traditional society is still preserved and the religious roots are still strong. The study concludes that ageing is a part of everyone's life during which everyone goes through many physical and practical changes. In Pakistan, elders become more spiritual at their old ages and thus they start to spread their wisdom, teachings and values in younger generations to preserve their roots.

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