

YOUTH PERCEPTION OF THE ELDERLY PARTICIPATION IN THE COMMUNITY ACTIVITIES: A CASE STUDY OF OKHORO COMMUNITY, EGOR LOCAL GOVERNMENT AREA OF EDO STATE

Osagie Joseph EGHAREVBA

Abstract

The study examined the perception of the Elderly by Youth in Okhoro Community in Egor Local Government Area of Edo State, Nigeria. The study adopted a cross sectional design with mixed method approach that used both quantitative and qualitative data collection methods. The population of the study was One Thousand Three Hundred and Nine (1239) by National Population Census 2016 with an age range from 18 years to 51 years. A sample size of the 390 participants was adopted in the Study using the Taro Yamane Sample Size formula. The study established that despite the gap in age and experience between the aged and the youth's sustainable cordial relationship and participation in community activities can help to increase the happiness of the aged and hence prolong their lives and the youths will also find peace and fulfillment in helping the aged. It was recommended that the process of aging should be part of General Studies in the tertiary, secondary and primary school levels and some elements of aging process should be incorporated into school syllabuses so that the students can better appreciate and respect the aged. It was also recommended that at the community level, senior citizens should be involved in some generational extra-curricular activities with the youths.

Keywords: Youth Perception, the Elderly, Participation Community Activities

Introduction

The economic and social consequences of modern changes in the structure of human population has become a matter of major concern all over the world. In particular, the increasing percentage of the elderly population has raised questions about societies' ability to meet the needs of the elderly and the concern about the economic and social consequences of supporting them and other members of the society. Population ageing is now recognized as an important global issue, as the numbers of the elderly (above 60 years old) are continuously growing. (Odaman, and Ibiezugbe, 2014).

According to United Nations World Youth Report (2018), the proportion of the elderly in developed countries is projected to increase from 22% to 33% by the year 2050. In addition, the old age dependency ratio (population aged 65 or over in relation to that of the aged 20-64) is estimated to increase from 28.4 % in 2010 to 58.5% in 2060 (European Commission, 2012) and this natural aging of society will come with significant challenges to societal institutions

Osagie Joseph EGHAREVBA is a Lecturer in the Department of Social Work, Faculty of Social Sciences, University of Benin, Benin City, Nigeria.

especially the family. First, changes in the society are resulting in the fact that many elderly people live relatively isolated lives after their retirements from active working life. They now also live longer, than ever and often many years after their spouses have passed away. These years of retirement can thus be a lonely and depressing experience for the elderly, who also need to combat several aged-related diseases and ailments. These ailments unfortunately include ones that immobilize elderly people or make it difficult for them to participate meaningful in leisure-time activities.

According to the United Nations (2018), a population is considered as “aged” when more than 7 percent of its members are aged 65 and over, or more than 10 percent are aged 60 and over (United Nations Population Fund, 2012). Elderly people often have interest in interacting with young people and children which can provide a therapeutic influence for elderly people and a way for them to enjoy life in their twilight years. Therefore, increasing the communication and interaction opportunities between elderly and young people (termed here as the “intergeneration approach”) can be an important objective for building a society more attuned to elderly people (Chua, Jung, Younbo, Lwin, May, Theng , Yin-Leng 2013; Nguyen, Tapanainen, and Obi, 2014). However, prior researches have indicated that there are barriers in intergenerational communication. Young people do not feel satisfied when talking with the elderly (Hummert 2010), while some elderly people are annoyed when young people patronize them (Giles and Gasiorek, 2010). Efforts to bridge this gap hence the study examined youth perception on the elderly participation in Okhoro community of Egor Local Government Area of Edo State.

Statement of the Problem

Population aging is a global phenomenon with serious implication for developing as well as developed countries. This is because as the elder segment becomes a significant proportion of the total populace, society is confronted with a variety of issues and changes. Which includes the problems of allocating national resources to address the needs of the older population and problems of care giving for a population that is vulnerable and requiring increased care. This was not so in traditional societies where due to low life-expectancy the society values of the elderly made caring for them easy.

There were also socio-cultural structures and processes put in place to take care of the elderly. Caring for them normally fell within the domain of the extended family where parents, children and grandparents interact with mutual benefits to one another. For instance, the elderly looked after the young as well as assist in their socialization while the young took care of their needs and errands of the parents and also took care of the many needs of the elderly. The position of the elderly as survivors of generation conferred on them a lot of powers and also because they controlled property, they could use these rights to compel others to support them or provide them with goods and services (Odo and Igbeka, 2011).

In the early 2020s, the processes of modernization, post modernization, urbanization, industrialization and the attendant migration of youths from

rural to urban areas have greatly undermined the position of the aged in contemporary Nigerian society. The extended family system has progressively been weakened by the combined forces of economic hardships and realities, wage labour, occupational and geographical mobility, which has resulted in some cases where aging parents are abandoned because their children are unable to support them (Ekanade, 2014).

The exodus of young people to the urban areas is threatening agriculture, which is the mainstay of many old people in the rural areas. The elderly woman is hard hit because many of the traditional practices still exist in contemporary Nigerian society that hinder a woman from actualizing herself. Increase in life expectancy has increase the number of elderly people and the trend will continue (United Nations Economic Department, 2013). Before now, there was little chance that a man and his wife would survive to see all their grandchildren, but today a lot of them do.

In Nigeria, the system of inter-generational transfer from parents to children, adult-children to elderly parents, grandparents to grandchildren and grandchildren to grandparents in the area of family care-giving like babysitting and child care inheritances, errand-running etc. used to be very strong. In fact it was built into the social fabric of the society and are imbibed during the process of socialization. The reasons for these transfers include a sense of reciprocity, of filial responsibility, and of duty based on assistance previously provided by the family member concerned.

Though the family is still largely responsible for the social and economic well-being of its elderly, the burden of care for the increased number of elderly in future will be borne by the younger generation but it is doubtful if the youth of today is being prepared to bear such burdens. In addition, there is the problem of the Nigerian youth lacking knowledge of issues relating to aging; like compassion, and sense of responsibility that will enable them to provide care in the future. Such knowledge includes; increase in the population of the aging, type of services that the elderly need, and agencies that could provide such services. Since the youth of today will be the policy makers of tomorrow, it is important to investigate and find out the way they perceive the aged, and if they have the necessary knowledge that will endear them to care for the aged in the future.

Objectives of the Study

The main objective of this study is to assess youth perception on the Elderly participation in the community activities. A case study of Okhoro Community Egor Local Government Area, Edo State and the specific objectives are:

1. To find out perception of the youth toward elderly participation in Okhoro community.
2. To ascertain the impact of youth attitude towards the elderly community participation in Okhoro locality.

Research Questions

1. What is the youth perception towards the Elderly participation in Okhoro Community?
2. What is the impact of youth attitude towards the Elderly participation in Okhoro Community?

Literature Review

Studies by various scholars support the notion that society has a well-developed mythology regarding aging (Hazan, 2010). People have all sorts of ideas and notion about old people. All the ideas are known as age stereotypes. Stereotypes according to Miller, Mckibbin, and Pettys (2009) consist of a sets of beliefs about the characteristics of the members of social groups that influence attitudes and behaviours towards them. Therefore, the way in which the elderly are perceived are born out of stereotypes that people have about aging. Scholars agree that stereotypes are created by people through social interactions with the environment and are thus based on cultural and political beliefs (Miller, Mckibbin and Pettys, 2009). According to Palmore (2013), stereotyping is a common means of dealing with an unfamiliar class of objects. Stereotypes shape the expectations and reactions of people without giving them opportunities to express positive opinions. Butler (2008) has argued that the tendency to perceive aging in a negative fashion reflects a deep-seated uneasiness and distaste for growing old.

These feelings Butler (2008) believes arise partly from the fear of becoming powerless or useless and from the fear of becoming a burden to others. While Ward (2012) thinks that negative images of old age may probably stem from problems associated with old age such as low socio-economic status, poor health conditions, loneliness, senility and death, Butler (2008) refers to age discrimination as "ageism". Researchers like Schwalb and Sedlacek (2014) have argued that the perception of the elderly by the society are indeed negative and are internalized deeply by the young ones. Perception of the issues and events like knowledge and skills, are developed and learned as part of the socialization process.

Furthermore, literature on perception has indicated that a child's perception of his environment develops early in life and remains a stable enduring influence of his behaviour. Such perceptions they believe, predispose the individual to act and react in a consistent way, favorably or unfavorably, towards persons, objects, situations, or ideas (Klausmeier, 2010; Ubhenin, 2012). Researches have shown that perception may be learned through the experience that a person has in interacting with family, neighbors, teachers, and peers.

Therefore, it follows that if the society is ageist in their dispositions (negative perception) then the youths who are the products of that society are bound to be ageist too. Storey (2009) has also argued that literature can be a very important source of misinformation for the youths. Her reviews of children's books identified many stereotypic and negative images of older people and according to her, children are not immune to that. Some of the commonly held stereotypes about the elderly are that old people are always sick, ugly, have low mental

ability, senile and act child-like. Others are that they are isolated and lonely, poor, depressed, conservative, forgetful, have no interest in or capacity for sexual relation, cannot work as effectively as younger workers and their lives are bedeviled by serious health problems, etc, (Ping-kwong 2012).

An important question concerns the extent to which aging stereotypes affect our behaviour. A growing body of research in the field of gerontology has shown that aging-related stereotypes have the potentials to negatively affect older adults' functioning whether the negative stereotype is "in the air" in a performance situation, or becomes internalized over many years. Stereotype threat. How do stereotypes get "into the air"? Stereotypes become salient through situational cues, leading to harmful threat effects on the behaviour or functioning of the stereotyped individuals.

These situational cues can be blatant, moderately explicit, or indirect and subtle (Nguyen and Ryan, 2008) and one way in which more explicit influences have been investigated is through examinations of stereotype threats. When reminded of negative, self-relevant stereotypes in a performance situation, the targets of these stereotypes often experience performance decrements on cognitive tests (Steele, 2007). Performance disparities between members of stereotyped and non-stereotyped groups disappears, however, when the stereotype is de-emphasized or made irrelevant in a given situation. This phenomenon is called stereotype threats, and it has been observed in myriad situations with many different types of stereotyped groups of people.

Several studies have examined the possibility that stereotype threats may be operative in influencing older adults' behavior, particularly in contexts associated with negative views of aging. Hess, Hinson, and Hodges (2009) exposed younger and older adults to one of two different articles: one emphasized aging stereotypes and the other article de-emphasized age differences in memory ability. They found that the older group who had read the negative aging stereotyped articles recalled a smaller proportion of the words than younger adults exposed to the same article. This difference in performance was dramatically smaller, however, in the condition in which participants were exposed to more positive perspectives on aging. Moreover, the more highly invested the older adults were in the stereotyped domain (i.e., memory ability), the worse they experienced threat-related memory decrements. Related to this, older adults who identify strongly with their own age group are most vulnerable to stereotype threats which affect their memory performance (Kang and Chasteen, 2009).

Although in the field of gerontology, most stereotype researches have focused on the stereotyped domain of memory ability, older adults have also shown threat-related underperformance in the main domain (Abrams, Crisp, Marques, Fagg, Bedford, and Provias 2008) and in contexts such as the workplace (Buyens, Van Dijk, Dewilde, and De Vos 2009; Von, Kalokerinos, and Henry, 2013). Importantly, there have also been demonstrations of enhanced functioning in situations where more positive images of old age have been activated. The question is how does stereotype threat lead to underperformance? Mechanisms have been explored in the literature to proffer

answer to the question. The first relates to the idea that self-relevant stereotypes spur evaluative concerns. These concerns lead to self-regulation processes, including monitoring of one's facial expressions and attempting to tamp down self-doubt and worry (Schmader Johns, and Forbes, 2008).

The cognitive resources required to engage in self-regulation reduce the availability of resources for performing the task at hand, thus resulting in performance decrements. This working memory mechanism of stereotype threat effects has been observed in younger adults (Schmader and Johns, 2010). And an alternative perspective has a more motivational focus, centering on mechanisms associated with regulatory focus (Higgins, 2011). The idea is that negative stereotypes activate a prevention focus, motivating stereotyped individuals to avoid confirming the stereotypes about the group to which they belong. When in this prevention-focused state, threatened individuals tend to perform tasks slowly and cautiously.

This approach may lead to apparent reductions in performance but in fact may represent differences in the approach to task. Seibt and Förster (2012), found support for this mechanism of threat effects in younger adults. In research with younger adults, the working memory perspective has dominated much research. However, there is less evidence that the same mechanism is operating to degrade older adults' performance under stereotype threat. For example, Hess et al. (2009) and Popham and Hess (2015) found little evidence of working memory impairments in older adults subjected to threat, whereas the latter study found evidence of threat-related working memory impairments in younger adults.

Popham and Hess (2015) also found that emotion regulation abilities play a role in this working memory mechanism in younger adults. Specifically, younger adults with high emotion regulation abilities were less vulnerable to threat effects on working memory than their counterparts with lower emotion regulation abilities. Given that older adults reported high levels of emotion regulation ability, it leads to the question of whether age differences in the mechanism through which stereotype threat negatively impacts performance are rooted in age differences in reports of emotion regulation abilities.

Consistent with this idea, several studies have suggested that performance decrements in older adults under threat may reflect adjustments in their performance. For example, Hess et al. (2009) found that older adults under threat were more conservative in their approach. Popham and Hess (2015) also demonstrated that threat led older adults to respond more slowly but also with greater accuracy than their positively stereotyped peers.

Theoretical Framework: Age Stratification Theory

This paper adopts the Age Stratification Theory. This theory, which is also called the aging and society paradigm of Riley and Foner (1972) and Riley, Foner and Riley (1999). According to this framework, societies typically arrange themselves into a hierarchy of age strata with obligations and prerogatives assigned to members as they move from one stratum to the next. Each age stratum is composed of people similar in age or life stage who tend to share

capacities, abilities and motivation related to age. Also age strata differ in the social roles members are expected to play and in the rights and privileges accorded to them by society.

According to them also, distinct age strata and generation can be defined and compared according to key historical experiences. Each age stratum is associated with certain social roles and expectation. When one is fulfilling these roles and expectations, little attention is given to ones behaviour. This approach is helpful in understanding and explaining characteristics and conditions of particular generations, including younger generation. The age stratification theory de-emphasized chronological age but emphasized the course of life and the historical dimension shared by age cohort.

This suggests that each generation of cohort of older person is unique, reflecting the particular experience of that generation. The model went further to say that the particular configuration of one's social role is dependent on individual attributes and yet at the same time, it reflects certain parameters imposed by structural factors and by the composition of successive biological cohorts. The nature of aging in any society usually reflects such peculiar circumstances and experiences of each age cohort. Such circumstances include environmental events and social situations. This is to say then that pattern of aging can differ from society to society and also from among successive age cohort in single society

Research Methodology

This study adopted a cross-sectional study design with a mixed method approach that includes quantitative and qualitative research method. . The main reason for using this design is due to the ability of this research design to gather data consisting of multiple variables at a specific point in time and less costly. The population of this study comprised the youths living in Okhoro community who are between the ages of 18 and 40 years, which was is thousand two hundred and thirty nine 1239 (National Population Commission, 2016) The population projection up to 2021 was 1437.

A sample size is a subset of the population. For this study, the Taro Yamane's sample size formula of 1973 was be used to determine the sample size. The formula is stated thus:

$$n = \frac{N}{1+N(e)^2}$$

Where:

- n = Sample size,
- 1 = is constant,
- N = Total population (1239)
- e = Level of significance (0.05)²

Workings:

$$n = \frac{1239}{1+1239(0.05)^2}$$

$$n = \frac{1239}{1240(0.05)^2}$$

$$n = \frac{1239}{1240 \times 0.0025}$$

$$n = \frac{1239}{3.1}$$

$$n = 399.677$$

n = 400 (approximated). The sample size is therefore 400

For the purpose of gathering the quantitative data, a multi stage sampling technique was utilized. Stratified random sampling technique was used in selecting ten (10) major streets using lucky dip, this technique is appropriate in order to ensure that every elements in the sampling frame has an equal opportunity of being selected. The systematic sampling technique was used to select houses in the streets. . The study made use of the structured questionnaires to elicit information from the participants. The questionnaires contained five sections in line with the objectives of the study.

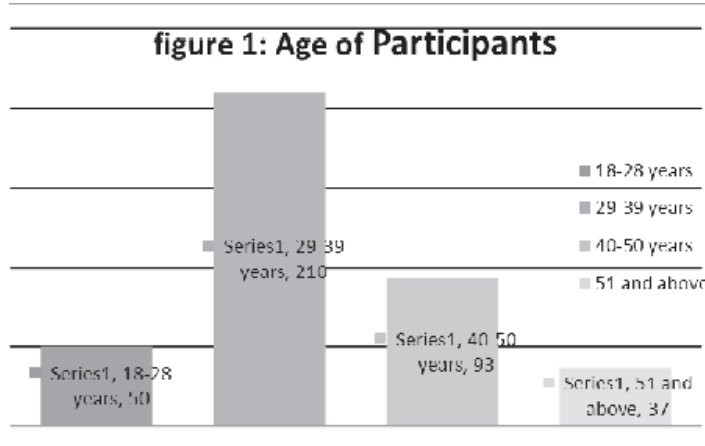
Demographic Characteristics of Participants

Table 1 Socio Demographic Characteristics of Participants

Variables	Response	Frequency	Percentage ⁰ %
Gender	Males	212	54.4
	Females	178	45.6
	Total	390	100
Age	18-28 years	50	12.8
	29-39 years	210	53.8
	40-50 years	93	23.8
	51 and above	37	9.5
	Total	390	100
Marital status	Single	78	20
	Married	289	74.1
	Divorced	7	1.8
	Widowed	12	3.1
	Separated	4	1.0
	Total	390	100
Education	No formal education	3	0.8
	Primary	12	3.1
	Secondary	57	14.6
	Tertiary	318	81.5
	Total	390	100
Religion	Christianity	362	92.8
	Islam	28	7.2
	Total	390	100

Source: Fieldwork, 2021

The table above shows the demographic characteristics of participants. The result established that of the 390 participants 212(54.4%) are males, followed 178 (45.6%) who are females. However, the figures below gives further description of the table above.



Source: Fieldwork, 2021

Table 1 and figure 1 above show that 50(12.8%) participants are 18-28 years, 210(53.8%) of the respondents are 29-39 years, 93(23.8%) participants are 40-50 years, 37(9.5%) participants are 51 years and above.

Table 2: Perception of the youth towards the Elderly community participation in Okhoro

S/N	Variables	Agreed	Disagreed	Total
2	Elderly person around the youth for community participation	382(97.9%)	8(2.1%)	390(100%)

Source: Fieldwork, 2021

The above table 2 established that 382(97.9%) participants agreed they had an elderly person living among them while 8(2.1%) said they do not have an elderly person around them. This result shows that the population growth of the elderly in Nigeria is on the increased. This data thus records that there is an increase in the population of the elderly.

Table 3: Impact of Youth Ageing Stereotypes on the Elderly

S/N	Variables	Agreed	Disagreed	Total
1	Youth always have negative view about the elderly	255(65.4%)	135(34.6%)	390(100%)

Source: Fieldwork, 2021

The above table 3 shows that 255(65.4%) participants agreed that they hold negative view about the elderly, probably they don't want the Elderly to participate in the community. while 135(34.6%) said they do not hold negative view towards the elderly.

Table 4: Views of Participants

S/N	Variables	Options	Numbers
1	If agreed what is the view	Not Productive Troublesome Wicked	18(4.6%) 86(22.1%) 286(73.3%)

Source: Fieldwork, 2021

The above table established that 18(4.6%) participants said that they see the elderly as non-productive while 86 (22.1%) said that the elderly are troublesome. One shocking discovery about this study was that 286(73.3%) said they see the elderly as wicked people. However, to substantiate the quantitative responses with the qualitative responses from in-depth interview, here are the responses from participants. According to a participant “one major challenges faced by youths in rendering care to the elderly is the attitude of the elderly towards them because most time the elderly are not appreciative and one can never satisfy them” (IDI-02/10/2021). Another participant posited that “they always insult us even when we do our best to satisfy them and this attitude discourages us most times (IDI-02/10/2021).

The socio demographic of participants shows that more males participated in the study than females and most of the participants were married, few divorced, and there was a small percent of widowed and separated and a large percent of singles. The participants were ranged 18 years and above and the results shows that a large number of participants have formal education, 12% have primary, 14.8% have secondary, 31.8% have tertiary educational qualification and 0.8% have no formal education

Perception of the aged by the youths of Okhoro Community

Results from the study shows that a large proportion of the participants believe that staying healthy is life most important goal. It was also discovered that lack of good health is one of the major challenges faced by the elderly for example. 31(7.9%) participants agreed that the greatest problem facing the elderly today is lack of social welfare cover. While 86(22.1%) said it was lack of good health, 273(70%) emphasized that the greatest problem facing the elderly is neglect. A large percent of the participants stated that the elderly are lazy, careless, suspicious, always falling sick and make too many demands on their children. However, most participants stated that it is the responsibility of the families to take care of the elderly in their family and community.

Corroborating the quantitative data with the in-depth interview, a participant declared that; some major challenges facing the elderly is lack of social welfare cover and good health. Hence sometimes the demand the elderly make on

their children is very high (IDI-02/10/2021). Various studies carried out all over the world have shown that children and adolescence have largely negative images and perception of the aged and aging (Loretto, Duncan, and White, 2000). There is also evidence that shows that negative perception and stereotypic attitudes towards the elderly by the youths are mainly based on physical attributes. Hence, researchers argued that may be because of the societal emphasis on ableism, that is being young and youthful looking (Anstello, 2008; Zandi, Mirle and Jarvis, 2018).

Impact of Youth Attitude on the Elderly in community participation in Okhoro locality

The study shows that the youths of Okhoro Community holds negative views and stereotypes towards the elderly as 18(4.6%) participants said that they see the elderly as non-productive while 86 (22.1%) said that the elderly are troublesome and a shocking discovery about this study was that 286(73.3%) said that they see the elderly as wicked people. The results of this study also shows that youths of Okhoro Community does not believe that their negative attitude towards the elderly has in any way affected their relationship with the elderly.

The results of study also shows that a large proportion of the elderly who are victims of these stereotypes suffer from sleeplessness, high blood pressure and sometimes sickly. Several studies have examined the possibility that stereotypes threats may be a person that may be influencing older adults' behavior, particularly in the contexts associated with negative views of aging. Hess, Hinson, and Hodges (2009) carried out a study of younger and older adults to one or two different articles: one emphasized aging stereotypes and the other article de-emphasized age differences in memory ability.

As the population of the aged increases, there is no safety net in place for most of them because the family traditionally was valued as the cradle of love where family needs including those of the aged were met. Today, it is increasingly under attack and its powers and significance being daily eroded in a society driven by materialism and competition. This attack on the family institution means a decline in the value, support and care of the elderly, thereby leaving them prone to destitution and abuse. The insecurity in the family leaves room for much violence as studies have shown that there is a high prevalence of physical and psychological abuse and neglect of the elderly in Nigeria with women bearing a considerably heavier yoke. If nothing is done to reverse this trend, we may see a rise in the abuses and abandonment of the elderly.

Conclusion and Recommendations

The idea of keeping old people in institutional care still sounds strange for many Nigerians, yet it is increasingly difficult for families to cater for them in the absence of any welfare benefits. Even those who are on monthly pension will at some point in time require assistance either from a care giver or a professional health care-giver. In view of this, it is imperative that policy makers

expedite action on the policy implementation of provisions for the care of elderly people. Moreover, more awareness campaigns on the problems of aging need to be mounted in schools and in the media. Based on this conclusion, it is therefore recommended that:

1. In line with this, a course on aging should be part of the General Studies (compulsory) courses in the Universities and at the primary and secondary school levels, some element of aging should be incorporated in the school syllabuses so that students can better appreciate and respect the aged.
2. At the Community level, Senior Citizens should be involved in some inter-generational extracurricular activities with the youth. It would also be worth challenging the Community leaders- chiefs, traditional rulers and elders to begin to address the issue of the elderly and other forms of destitution and abuse in their communities and not wait for the government to shoulder the load alone.

References

- Abrams, D., Crisp, R. J., Marques, S., Fagg, E., Bedford, L., & Provias, D. (2008). Threat inoculation: Experienced and imagined intergenerational contact prevents stereotype threat effects on older people's math performance. *Journal of Psychology and Aging*, 23(1), 934-939.
- Butler, R. N. (2008). Ageism: A foreword. *Journal of Social Issues, London* 36 (2), 87-98
- Buyens, D., Van Dijk, H., Dewilde, T., & De Vos, A. (2009). The aging workforce: Perceptions of career ending. *Journal of Managerial Psychology*, 24(3), 102-117.
- Chua, Jung, L.,win. G., & Theng, W, (2013) Intergenerational preschool experiences and the young child: Potential benefits to development. *Childhood Research Quarterly*, 25(2), 272-287.
- Ekanade, O. V. (2014). The dynamics of forced Neoliberalism in Nigeria since the 1980s. *Journal of Retracing Africa*, 1(1), 1-24. Retrieved 20/01/2019 from <https://encompass.eku.edu/jora/vol1/iss1/1>
- European Commission. (2012). Demography report 2010: Older, more numerous and diverse Europeans. ULR: http://epp.eurostat.ec.europa.eu/cache/ITY_OFFPUB/KE-ET-10-001/EN/KE-ET-10-001-EN.PDF (Accessed 13/05/2020)
- Giles, H, & Gasiorek, J. (2010). Intergenerational communication practices. In: *Handbook of the psychology of aging*. Ed. by K. W. Schaie and S. L. Willis. US: Academic Press.
- Hazan, H. (2010). The cultural trap: The language of images. In J. A. Gubrium, and J.A Holstein (Eds.), *Aging and everyday life* (pp. 13- 15. Malden: Blackwell Publishers Inc.
- Hess, T. M., Hinson, J. T., & Hodges, E. A. (2009). Moderators of and mechanisms underlying stereotype threat effects on older adults' memory performance. *Experimental Aging Research Journal*, 35(2), 153-177.

- Hummert, M. L. (2010). "Age group identities, stereotypes, and communication". In: *The dynamics of intergroup communication* (pp. 42-52). Ed. by H. Giles, S. A. Reid, and J.
- Harwood. New York: Lang. Miller, P. N., Miller, D. W., Mckibbin, E. M., & Pettys, G. L. (2009). Stereotypes of the elderly in magazine advertisements 1956-1996. *International Journal of Aging and Human Development*, 49 (4), 319-337.
- Higgins, E. T. (2011). Beyond pleasure and pain. *American Psychologist*, 52, 1280-300.
- Kang, S. K., & Chasteen, A. L. (2009). The moderating role of age-group identification and perceived threat on stereotype threat among older adults. *International Journal of Aging and Human Development* 69, 201-220.
- Klausmeier, H. J. (2010). *Learning and Human abilities*. New York: Harper and Row Publishers.
- Nguyen, H., Tapanainen, T. & Obi, T. (2014). "A Review of Information Communication
- Nguyen, H.-H.D., and Ryan, A. M. (2008). Does stereotype threat affect test performance of minorities and women? A meta-analysis of experimental evidence. *Journal of Applied Psychology*, 93(6), 1314-1334.
- Odaman, M. O, & Ibiezugbe, M. I. (2014). Health seeking behavior among the Elderly in Edo Central Nigeria. *International Review of Social Sciences and Humanities*, 7(1), 201-210.
- Odo, C. O. & Igbeka, V. C. (2011). Public sector pension reform in Nigeria: Progress and challenges. *The Geneva Association Information Newsletter*, 48, 14-17.
- Palmore, E. (2013). The Fact on Aging Quiz. A review of findings. *The Gerontologist*, 20, 669-672.
- Ping-kwong, K. (2012). Empowering Elderly People: A Community Work Approach. *Community Development Journal*, 31 (3), 230-240.
- Popham, L. E., & Hess, T. M. (2015). Age differences in the underlying mechanisms of stereotype threat effects. *Journals of Gerontology. Series B, Psychological Sciences and Social Sciences*, 70B, 223-232.
- Schalwlb, S. & Sedlacek, W. (2014). Have college students' attitudes towards older people change? *Journal of College Student Development*, 31, 127-130.
- Schmader, T., Johns, M. & Forbes, C. (2008). An integrated process model of stereotype threat effects on performance. *Psychological Review*, 115(2), 336-356.
- Schmader, T. & Johns, M. (2010). Converging evidence that stereotype threat reduces working memory capacity. *Journal of Personality and Social Psychology*, 85, 440-452.
- Seibt, B. & Förster, J. (2012). Stereotype threat and performance: How self-stereotypes influence processing by inducing regulatory foci. *Journal of Personality and Social Psychology*, 87, 38-56.
- Steele, C. M. (2007). A threat in the air: How stereotypes shape intellectual identity and performance. *American Psychologist*, 52, 613-629.

- Story, M. D. (2009). Knowledge and attitudes about sexuality of older adults among retirement home residents. *Educational Gerontology, 15*, 515-526.
- United Nations Department of Economic and Social Affairs: Population Division. (2015). *Worldpopulation prospects: The 2015 revision*.<http://www.un.org/en/development/desa/publications/world-population-prospects-2015-revision.html> [Google Scholar] Accessed 20/10 2019.
- United Nations Population Fund (2012). UNFPA Annual Report 2012. ISBN:978-0-89714-007-2.
- United Nations World Youth Report (2018). Youth and 230 Agenda for sustainable development.<http://doi.org/10.18356/0c6f53e0-en>.
- Ubhenin, O. S. (2012). An assessment of the effectiveness of the Nigerian 2004 pension reform policy. *Pensions: An International Journal, 17*(4), 289-304.
- Von Hippel, C., Kalokerinos, E. K., and Henry, J. D. (2013). Stereotype threat among older employees: Relationship with job attitudes and turnover intentions. *Psychology and Aging, 28*, 17-27.