

Productive Ageing Intrinsic Values

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Abstract : The majority of elderly are having constraint in contributing their services to community towards extrinsic value due to their frailty. With this constraint, the elderly become less productive compared to younger people. However, elderly are able to support activities towards intrinsically well-worth values. They are also searching for intrinsic value in their life. Information Communication and Technology (ICT) toward intrinsic values has good opportunities to promote elderly to participate in the activities regardless to their weaknesses. This paper is aim to discover the productive ageing intrinsic value for quality of life. The findings of intrinsic values for productive ageing is important because it can be used as the direction to people who involve in ICT to focus on IT application that can support activities towards intrinsic value. There are thirteen (13) respondents among the elderly people in Klang in this study. Using thematic data analysis, the themes of productive ageing intrinsic values emerged from qualitative data. There are three intrinsic values emerged in this study which are Gratification, Affiliation and Self-Esteem. The findings of this study show that gratification, affiliation and self-esteem emerged from volunteering, care giving and self-development activities.

Keywords : Intrinsic Values, Productive Ageing, ICT.

1. INTRODUCTION

Productive aging can be defined as the participation of older people in meaningful activities that provide values to the society and themselves [1]. Value is related to goal. There are two values, which are intrinsic value and extrinsic values [2].

Intrinsic value means it is referring to intrinsically good in themselves because it owns intrinsic property in themselves [3]. Intrinsic values are ends in themselves.

In productive aging, intrinsic value plays important roles because this is a reason for elderly in performing task or activities [4]. Elderly will perform the activities if the result is intrinsically worth value.

Korsgaard [5] defines intrinsic value as a property in that intrinsic value that could be recognized or perceived and not depending on people's interest or desire of any other circumstances. It has value of its own sake not by other relation. To value something for its own sake is to value it for the properties it has in itself on the basis of its internal properties.

Meanwhile extrinsic value is referring to value not for its own sake, but for the sake of something else to which it is related in some way. Extrinsic value is something that physical or instrument for the contribution of intrinsic value. It is a value with the relationship of something else. For example happiness is intrinsic value, however money is extrinsic value that will lead to the people's happiness [6]. Extrinsic values are centered on external approval or rewards. Intrinsic values are not centered on reward.

By looking at the definition, it can be concluded that activities involved with monetary reward will gain extrinsic values. It is because money is one kind of external reward. Values which related to intrinsic is not involving monetary because money is something value as means to an end. For example, money is meaningful to people when people can buy what they desire.

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Majority of elderly are having constraint in contributing their services to community towards extrinsic value due to their frailty [7]-[8]. However, they are able to contribute services towards intrinsic value [9].

Kim [10] found that elderly are seeking for intrinsic value in their life. Intrinsic values are important to the elderly as it will lead to quality of life [11]. Therefore productivity in elderly group should not be viewed through extrinsic values only but also need to consider the intrinsic values. Elderly are able to support activities towards intrinsic values such as they could provide guidance and transfer knowledge.

ICT has good opportunities to promote elderly in social activities regardless to their weaknesses [12]. Prior researcher[13] highlighted the role of Information Technology(IT) as enabler to allow elderly to face modern life more easily and become more productive. One of the researcher used Information Technology with motivation factors in his research to attract elderly to learn Information Technology [4].

There are many dimensions (activities) of productive ageing defined by prior researchers. However, the dimensions (activities) in productive ageing is interchangeable and similar. The dimensions (activities) of productive ageing based on literature review can be comprised into three dimensions (activities), which are Market Activities, Care Giving and Volunteering [14]-[19].

However, some prior researchers [10],[20] had included self development as one of the dimension (activity) of productive ageing and this is in line with the definition of productive ageing by Butler.

The objective of this research is to discover the productive ageing intrinsic value for quality of life. The intrinsic values of productive ageing are discovered through the activities of the elderly. The intrinsic values are manifested through elderly's activities. Thus, it is important to know what are the intrinsic values obtained by the elderly through their activities. Furthermore, the activities that resulted the intrinsic values can be used as the direction to people who involve in ICT to focus on IT application which support activities towards intrinsic value. Thus, with the IT application that focuses on the activities towards intrinsic values it will help the elderly to remain productive.

2. DATA COLLECTION

Data collected through in depth semi-structured interview in order to get real experience of daily activities from the respondent. The interviews were conducted in 8 months duration of time. Data was collected from June 2014 until January 2015. The interview sessions were conducted for each respondent at different time. It took about sixty (60) minutes to hundred and eighty (180) minutes in every each of interview session. The conversation in the interview sessions were taped and transcribed.

3. THE SELECTION OF RESPONDENT

The selection of respondent is based on age criteria. The respondents age must be sixty (60) years old and above. The sample size was thirteen (13). They came from three majority ethnic groups in Malaysia, which are Malay, Chinese and India. They were six females and seven males respondents in this study. The background of respondents varies where six (7) of them worked formerly as government servant, three (4) of them were from industries and two (2) of them are fulltime house wife. The respondents' academic backgrounds also vary. Their academic educations are ranging from primary school qualification to master degree qualification. Table 1 shows the respondents' profiles for this research.

4. DATA ANALYSIS

The productive ageing intrinsic values are manifested from the activities of the elderly. The dimensions (activities) of productive ageing are consisting of volunteering, self-development and care giving. The codes of productive ageing activities are generated from the data in the process of data analysis. The data coding is done to label a phrase of the analyzed text. The codes are the activity inferences of the qualitative data. There are eight (8) codes of activities discovered in this study, which are Personal Advising, Expert Contribution, Committee Involvement, Parenting, Domestic Work, Spiritual Enhancement, Personal Improvement and Self care. The detail analysis of the productive ageing dimension (activities) and codes of activities findings are not discussed in this paper. It is already been discussed in another paper.

In this research, it is found that, the activities of productive ageing give intrinsic value meaning to the respondents. Using thematic data analysis, the themes of productive ageing intrinsic values were emerged. The productive ageing intrinsic values are manifested through the volunteering, care giving and self development activities. Intrinsic Values extracted from analysis of interview transcripts is sent to expert for verification.

Table 1
Respondents profile

<i>Person, Race</i>	<i>Interviewees (Sex, Age)</i>	<i>Education</i>	<i>Family Type</i>	<i>Income per Month</i>	<i>Job Before retirement</i>
R1, Malay	(M, 77)	High School	Married	RM3000	Army
R2, Malay	(M, 63)	High School	Married	RM6000	Police
R3, Malay	(F, 61)	High School	Married	RM2000	Nurse
R4, Malay	(M, 63)	High School	Married	RM2000	Lab Assistant
R5, Malay	(F, 63)	High School	Married	–	Housewife
R6, Chinese	(M, 63)	Primary School	Married	Rm1500	Carpenter
R7, Chinese	(M, 62)	High School	Married	RM10000	Watch repair Specialist
R8, Malay	(F, 61)	High School	Married	RM500	Clerk
R9, Malay	(M, 62)	Masters Degree	Married	RM5000	Lecturer
R10, Indian	(F, 70)	Primary School	Married	–	Housewife
R11, Malay	(M, 72)	Primary School	Married	RM600	Clerk
R12, Malay	(F, 72)	Primary School	Not Married	–	Production Operator
R13, Malay	(F, 62)	Primary School	Not Married	RM600	Clerk

A. Intrinsic Value for Productive Ageing

After the dimensions (activities) of productive ageing are discovered, it is followed by uncovering the intrinsic values associated with the productive ageing activities.

All eight (8) codes of activities above contribute to intrinsic value for Productive Ageing. To obtain intrinsic values for wellbeing, activities that related to Volunteering, Self Development and Caregiving need to be instilled in everybody.

This study shows that all eight (8) codes of activities, which are related to Personal Advising, Expert Contribution, Committee Involvement, Parenting, Domestic Work, Spiritual Enhancement, Personal Improvement and Self care were contributing to the elderly intrinsic values such as gratification, affiliation and Self Esteem. In productive aging, intrinsic value plays important roles because this is a reason for elderly in performing task or activities [4]. Elderly will perform the activities if the result is intrinsically worth value. Thus, it is important to find out what are the intrinsic values obtained by elderly through their daily activities. Thus, the awareness of obtaining intrinsic values in the activities will contribute to new knowledge of productive ageing. The information of the outcome of activities will promote elderly to be more productive.

After the codes of productive ageing activities are generated from the data in the process of data analysis, the codes of activities were grouped to identify intrinsic value themes. It is discovered that from the elderly activities, three themes are manifested which are Gratification, Affiliation and Self- Esteem.

Gratification

One of the intrinsic values of productive ageing activities is Gratification. One of the ways on how elderly discover gratification by experience of feeling pleasure when desire is fulfilled through the activities.

In this research, it is found that, the activities that are related to volunteering resulted to respondent's feeling of gratification.

Volunteering in productive ageing is consisting of Personal Advising, Expert Contribution and Committee Involvement activities. The feeling of gratification is reflected in respondent one (1) expression through Personal Advising activity.

"I felt so pleasure when I shared my experience with others, when I saw youngster who did something wrong or lost in what he was doing.... I volunteer to give him personal advise and he followed the advice,..... I am satisfied to what I've done"(R1)

Respondent one (1) knows that he has the ability to provide advice to other people that makes he wanted to participate in this activities. And the data also shows he felt pleasure with his contribution to other people. The respondents felt gratification when somebody follows his advice. Gratification can be obtained from the activity where there is a satisfaction towards the results of the activities. For example, when advice is accepted and agreed.

Meanwhile, the other respondent (R9) felt pleasure when he can change his students to become better with his advice. His action brings him sense of meaningful to his life. The feeling of pleasure is obtained through the action of giving advice and the advice is accepted and agreed by others.

"...I never missed to advise students something that related to values and attitude because I can see many youngster with wrong behavior....because of the advice, they have changed to good and obedient in class..i feel so pleasure ..."(R9)

Respondents in this study also obtained gratification by contributing their expertise to the community. They teach skills and knowledge to the other people. With the competencies they have, they got the desire to transfer their knowledge to the community that will beneficial the community and themselves. The knowledge transfer from one person to another really fulfilled respondents' desire that give them gratification. As mentioned by respondent nine (9) he obtained gratification feeling through teaching activities.

"Kementerian Sumber Manusia has organized Skill Competiton, they need judges.. so I volunteered to be one of the judges... I involved in Skill Competition since 1992 as one of the judges.. I feel pleasure being as one of the judges. I gave constructive comment to participants involved so that they can learn more .."(R9)

"....i meet students to teach them so that they can understand better. I get the satisfaction and enjoyment feelings whenever I manage to help them"(R9)

Similar to the case of respondent nine (9), respondent five (5) knows her competencies in Al Quran knowledge, she is really look for meaningful value in her life by teaching Al-Quran.

"I teach children in my neighborhood to read Al_Quran because I'm good in teaching Al Quran. I'm sincere to do that and it give me pleasure"(R5)

Besides respondents gained intrinsic values through personal advising and expert contribution, they gained the intrinsic values through committee involvement.

As mentioned by respondents one (1), he is committee member of the club and felt very happy when he got a chance to manage and organize activities for the club. He felt pleasure whenever he get chance to perform the duty.

"My position in this senior citizen club is as chairman, I'm very happy doing this job and here in this club, i'm helping the club to organize many activities such as religious class, health program, travel and tour that beneficial to our club members and also to the community"(R1)

Volunteering is close associated with helpful behavior. Helpful is one of the special elderly's behaviors. Because of they have gone through in many situation with great experience, they are more helpful compared to others. They have great understanding in many things that make they enlarge their desire to help other people or do volunteering. This research shows that, respondents have a great desire to do volunteering people because they got the gratification of doing the activities.

Self Esteem

Another intrinsic value found in this study is Self Esteem. Self Esteem seem to be important values in elderly life. People who are feeling happy with their good characters and abilities obtain high self esteem. Self-esteem is found in elderly we found good value in ourselves. The positive perception towards self promotes elderly participation in the activities. Self-esteem is an essential belief for the elderly to remain productive in their activities.

In this research, it is found that respondent builds up their self-esteem through Spiritual Enhancement, Personal Improvement and Self Care activities. Self Esteem is much related to the result of the abilities and capabilities. Self-esteem is developed in oneself is because of the activities they have done bring values to them. The good values are come from the result of activities related to spiritual enhancement, personal improvement and self care activities. These activities are associated with development and learning. Learning activity is the process of obtaining knowledge, which is important to develop self esteem.

The respondents in this research are very much interested in learning activities because they want to update their knowledge for their betterment in here and hereafter. They want to feel needed by the society. They want to have a positive value in themselves, not the negative perception towards the elderly with their constraints in physical and mental deterioration.

Learning activities have provided more knowledge and experience that drive elderly to come forward to give their services. Services and feedback from the elderly has always awaited because of their experience.

In this research, learning is important for elderly because through learning process, they can update their knowledge and acquire more skills. Respondents in this study participate more on learning that related to spiritual and also worldly.

Spiritual Enhancement is one way for respondents to prepare themselves with life after death. They enhance their spiritual knowledge by attending religious class, watching religious program on TV, go to the mosque and others. Spiritual knowledge really put the respondents to be more peaceful and get ready to be in another life.

They updating their spiritual knowledge and perform more worship to god in a better way, which make them to be better person. To be good and better is a positive value that is needed by respondent.

Most of the respondents in this study wanted to improve themselves for betterment especially in spiritually. Respondent one (1) and eight (8), mentioned they want to have good quality values in themselves. They go to religious class regularly for self improvement.

Respondent five (5) who is a housewife also active in religious activities. She learnt religious knowledge through radio, television and religious talk. She also attended religious discussion for her betterment

Besides seeking knowledge for spiritual enhancement that brings positive value to the respondents, they also interested in knowledge for personal improvement. Personal improvement in this study is referring to knowledge that related to irreligious or worldly. Their self esteem is increasing whenever they have more knowledge related to worldly such as personal skills and technology. Their confident level is increasing and they will able to live independently without burden others.

The respondent six (6) said that, his personal skills become better whenever he joint social club. His can develop his self esteem through socializing. Meanwhile, respondent four (4) learnt many things through media social discussion. He felt happy with his abilities to exchange information with friend through Facebook. The will get a good perception with their competencies and abilities.

“During my free time, I love to spend my time in the club with friends and go for a karaoke .it is joyful and personal skills become better ”(R6)

“..... I am always writing comments more towards opinions to respond to the discussion of the issues that my friends share in the facebook, discussion through Facebook really develop my self esteem”(R4)

Also of note, some of the elderly were very active in self-development activities especially towards self care. The elderly gained self esteem through self-maintaining activities. Respondents occupy themselves with self-care activities such as physical exercise to keep them healthy. To be healthy in old age is one of their priorities because they know that they will bring difficulties to themselves and also to other people when they fall sick. Healthy is the most valuable things in human life. Respondents said that, their good physicals' health condition make them they feel comfortable to be in the community.

Self care activity is one of the way elderly in this research develop or increase their self-esteem. Respondents found that, self care activities such go for brisk walking or jogging would improve their health condition and promote them to become more productive.

As mentioned by respondent six (6), “I decided to go for jogging four time per week .. usually my wife and I will go to Tasek Seksyen 7 Shah Alam for jogging...I'm really take care of my health....i'm also always go travelling with my wife without children ..because I know, our health's are still in good condition” (R6)

Respondent felt happy if they are healthy and can take care of themselves without other people assistance. They want to be independent and viewed as independent people.

Affiliation

One of intrinsic value discovered by elderly in this study is affiliation. Affiliation is where elderly having experience of a relationship with other people with sense of bonding.

Respondents in this study experience a relationship with other people in caregiving activities. The caregiving activities are consisting of parenting and domestic works activities. Parenting is referring to taking care of someone in the parent manner.

This research found that, affiliation found through parenting activities. While the parents or caregivers taking care of their children, it results the sense of affiliation between them. The senses of bonding exist whenever the care activities happen.

As mention by respondent eight (8), “.... I decided to send my son to work at 10:00 o'clock every morning and pick him up at 10:00 pm everyday. It is my pleasure to do this for him because his health condition is not so good .. ever since then, we more appreciate each other ...,”(R8)

Caregiving activities help to tie up the relationship between human. Respondents do the task or perform the work because of their responsibilities and they wanted to have people around them. Respondent eight (8), found that her relationship with her son becomes more closer after she take care of her adult children.

Grandparenting is also performing same duty as parenting whenever he acts as parent manner to someone he is taking care. One of the respondents, who is respondent four (4) is having a good relationship with his grandchildren because he is taking care of them and responsible to manage the grandchildren activities.

Respondent four (4) said, “Everyday, I send my grand children to school and religious class. Two of my grandchildren stay with us in daytime. Everyday, I handle most of the things that related to my grandchildren. These make me close to my grandchildren and sometimes my grandchildren sleep with me. It 's so pleasure to have our grandchildren with us” (R4).

Doing a chore work for the house is actually is to serve for the family and to us. In this research, it shows that, doing housework for the family contributes to tie up the relationship between family members. Domestic work like cleaning, cooking make them feel a sense of involvement and belonging in family, group or community.

Most of the respondent found sense of affiliation through domestic work such as preparing meals, buy groceries, cleaning and others.

Through domestic work, respondent four (4) found his relationship with his wife is much closer ever since his wife is sick. He did most the housework that used to be his wife duty. He was building good relationship with his wife.

“My wife got back pain, I do most of the housework and i buy meals for the family. This makes we love each other more...”(R4)

The respondents not only do domestic work for their families, however, they are helping their neighbors to do domestic work. These activities really make family and friend relationship stronger.

Respondent five(5) get affiliation to her friend through domestic work by helping her neighbor doing housecleaning and grocery shopping.

“I’m doing a grocery shopping for my neighbors.. They are sick .. They are poor ..and this small help makes our relationship much closer” (R5)

“I cook for the family everyday, i start preparing breakfast as early as 6:30 a.m every morning. I never missed cooks for my family. i will ensure the meals will be ready for the family everyday.. my daughter always said she love me and feels lucky to have mother who are not working.” (R5)

Respondents in this study show their care through activities such as parenting and domestic activities.

Respondents are more with the principle of giving rather than receiving however; they get the return in intrinsic values from their acts. Elderly discovered friendship value, children value and family value through parenting and domestic activities. They experience the sense affiliation through the activities. Respondents are also good caregivers.

5. CONCLUSION

Elderly will perform the activities if the result is intrinsically worth value. Thus, it is important to find out what are the intrinsic values obtained by elderly through their daily activities.

From the data that have been collected in this research, three intrinsic values towards productive ageing were identified. The earlier study found that elderly were participating activities in volunteering, self-development, and caregiving activities. There are three intrinsic values obtained by the elderly in volunteering, self-development and care-giving activities, which are gratification, self esteem and affiliation. Meanwhile, there are eight codes of activities in volunteering, care giving and self development which consist of Personal Advising, Expert Contribution, Committee Involvement, Parenting, Domestic Work, Spiritual Enhancement, Personal Improvement and Self care were contributing to the elderly intrinsic values.

The findings of intrinsic values for productive ageing is important because it can be used as the direction to people who involve in ICT to focus on IT application that can support activities towards intrinsic value.

The awareness of obtaining intrinsic values in the activities will contribute to new knowledge of productive ageing. The information of the outcome of activities will promote elderly to be more productive.

IT application with activities that support intrinsic values will be an attraction the elderly to become more productive.

With these findings, more IT applications or Technology that can support or replace the traditional activities towards intrinsic value are expected in the future market. For example, it will be an expectation to have IT smart application that support elderly to contribute their knowledge, learning for self development, buy groceries or to help elderly to protect their children and grandchildren.

The results of this study are not conclusive and cannot be used for generalization because this study is qualitative study. However, the result can be used by other researchers and people in industries to cater the needs of the elderly.

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