

Study of Self-perception of Aging to inform HCI research.

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NEW FRONTIERS IN TECH

INTENTION

To lay the groundwork to operationalize positive self-perception of aging (SPA) in HCI design/research.

METHOD: QUALITATIVE STUDY

SEMI-STRUCTURED INTERVIEWS AGE RANGE: 55 - 93

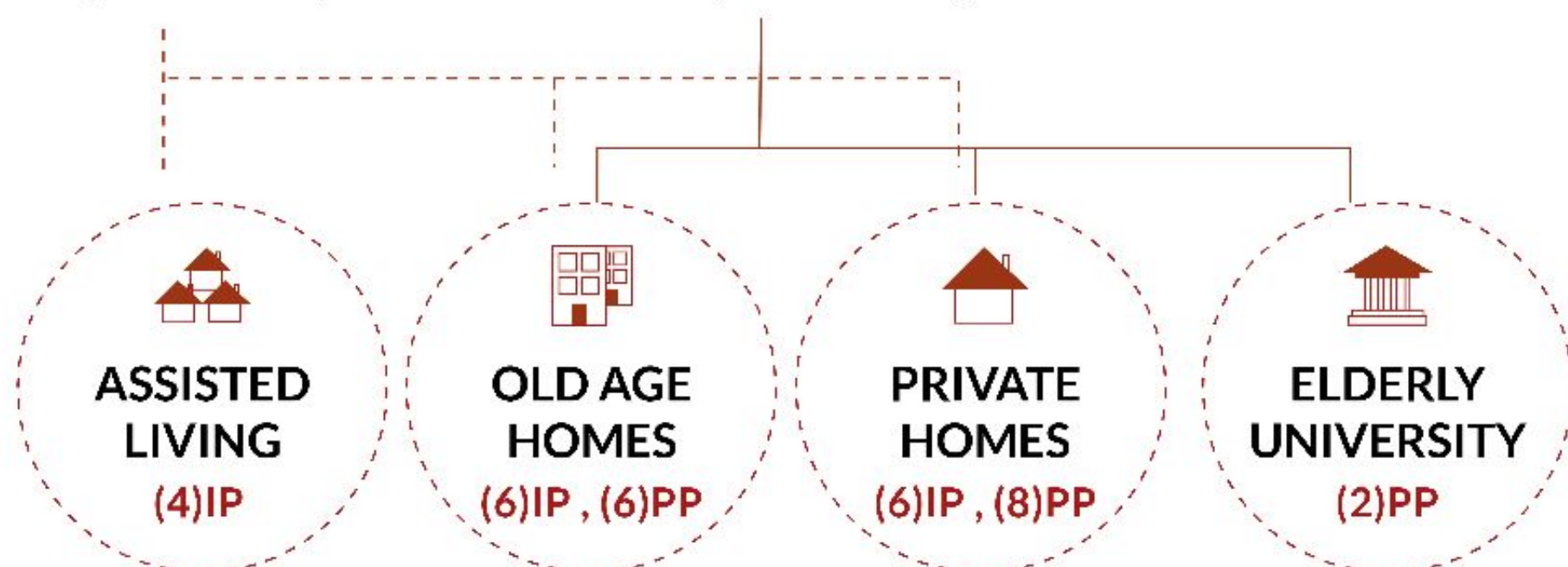
INDIA

PORTUGAL



(IP1 - 1P16)

(PP1 - PP16)



RESEARCH QUESTIONS

RQ1) What aging perceptions and beliefs emerge when older adults share their life experiences, and how are these perceptions rooted culturally, across India and Portugal?

RQ2) What aspects of their present and future lives are affected by these perceptions?

RQ3) What are the possible areas for HCI research and design for interventions to build positive SPA?

FINDINGS & RESULTS

DEDUCTIVE THEMATIC ANALYSIS

AGING PERCEPTIONS: • SIMILAR ACROSS CULTURE, • DIFFER ACROSS LIVING CONDITIONS

LEARNING & VENTURING INTO NEW CHALLENGES

"I will definitely say that tomorrow if a new challenge comes up, I will not say no to it. And I know that my family is behind me and I will take it up" (IP1, PH);

HELPING OTHERS, FEELING USEFUL

"My mission today is to give to others as I help them, make me feel good about myself" (PP16, PH)

VISION OF THE FUTURE

CLOSURE

"I can, but I don't think about anything else. All I think about is the end of life. [...] Tired of work, tired of work" (PP1, OH)

ASPIRATIONS

"I want to host my own exhibition at a very large level [...] I have had group exhibitions with groups before but not my solo. So, I want to do it too once" (IP5, PH)

EXERCISING AGENCY, DEFYING EXPECTATIONS

"Many times it happens, the young ones won't let us do jobs like lifting something. [...] When they say this is not possible I tell them to watch me do it" (IP16, AL).

CONTENTMENT WITH LIFE

What responsibilities do I have today? Just take care of me. I can have a more peaceful and worry-free life" (PP14, PH)

ISOLATION & THE NEED TO BELONG

"The love from relatives, even though it doesn't exist now, it should be here". IP9 (OH)
"Noone calls me". IP10 (OH)

STEREOTYPICAL BELIEFS

GENERALIZATIONS

"People my age are very afraid that their actions will affect their health" (PP13, PH).

NEGATIVE SPA

LACK OF MOTIVATION

"It's just that we become uninterested with time" (IP4, PH)

PHYSICAL LIMITATIONS & FEELING INCAPABLE

"I used to do everything. Now I can not even speak clearly" (IP10, OH)

SHIFT IN AGENCY

"I think it's essential that we continue to be commanders of our own lives as long as our brains allow us to. I continue to have my desires and want to make my choices" (PP16, PH)

SUMMARY

SOCIAL INTEGRATION | AGENCY |
MITIGATING SOCIAL CATEGORIZATION |
ENCOURAGING INTERGENERATIONAL CONTACT

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