

**The Influence of Intergenerational Bonding as a Predictor of
Healthy Ageing in Later Life**

**A Dissertation submitted to the University of Kerala in Partial
Fulfillment of the Requirements for the Master of Social Work
Degree Examination**

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CERTIFICATE

This is to certify that the dissertation entitled “The Influence of Intergenerational Bonding as a Predictor of Healthy Ageing in Later Life” submitted by Ms. Anitta Joseph, a student of Master of Social Work, Loyola College of Social Sciences, Sreekariyam, Thiruvananthapuram, in partial fulfilment of the requirements for the award of the Degree of Master of Social Work under the University of Kerala, is a bonafide record of the original work carried out by her under my supervision and guidance during the academic year 2025–2026. The dissertation has not previously formed the basis for the award of any degree, diploma, associateship, fellowship or any other similar title.

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ABSTRACT

Population ageing has become a significant demographic and social phenomenon worldwide, increasing the need to understand the factors that promote healthy ageing and enhance the quality of life among older adults. Family relationships, particularly the bond between grandparents and grandchildren, play a vital role in supporting the emotional, psychological, and social well-being of older persons. The present study, entitled “The Influence of Intergenerational Bonding as a Predictor of Healthy Ageing in Later Life,” aimed to explore how intergenerational relationships contribute to healthy ageing among older adults. The study adopted a qualitative research approach with a descriptive research design. Eight older adults residing in Thiruvananthapuram District, Kerala, were selected through purposive sampling. Data were collected using semi-structured interviews and analysed using Braun and Clarke’s (2006) Six-Phase Thematic Analysis. Five major themes emerged: Nature and Quality of the Grandparent–Grandchild Relationship; Emotional and Psychological Meanings of the Bond; Influence on Sense of Purpose and Daily Life; Challenges in Maintaining the Bond; and Perception of Healthy Ageing in Relation to Intergenerational Bonding. The findings revealed that strong emotional bonds with grandchildren enhanced happiness, emotional fulfilment, self-worth, and psychological well-being among older adults. Intergenerational relationships reduced loneliness, fostered emotional stability, strengthened family connectedness, and encouraged active participation in daily and social life. Grandchildren also provided a sense of purpose, motivating older adults to remain physically and mentally active. Although challenges such as geographical distance, generational differences, technological barriers, and health limitations affected interactions, participants adopted adaptive strategies to sustain these relationships. The study concludes that intergenerational bonding is an important contributor to healthy ageing by promoting emotional well-being, social connectedness, resilience, active engagement, and overall quality of life among older adults.

Keywords: Intergenerational Bonding, Healthy Ageing, Older Adults, Grandparents, Grandchildren, Qualitative Research, Thematic Analysis

CHAPTER I

INTRODUCTION

1.1 Introduction

Ageing is a natural, universal, and irreversible process that forms an integral part of the human life cycle. It involves gradual biological, psychological, social, and emotional changes that occur throughout life. Although ageing is often associated with physical decline, contemporary perspectives recognize it as a stage that can also be characterized by continued growth, active participation, and overall well-being. The experience of ageing differs among individuals and is influenced by various factors such as health, family relationships, social support, lifestyle, and the surrounding environment.

Population ageing has become one of the most significant demographic changes across the world. Advances in healthcare, improved living conditions, better nutrition, and increased life expectancy have resulted in a rapid growth of the older adult population. This demographic transition has shifted global attention from merely increasing life expectancy to promoting healthy ageing, which emphasizes maintaining physical health, psychological well-being, social participation, independence, and quality of life throughout later years. According to the World Health Organization (WHO), healthy ageing refers to the process of developing and maintaining the functional ability that enables well-being in older age. It extends beyond the absence of disease and includes emotional resilience, meaningful relationships, autonomy, and active engagement in society.

Family relationships play a crucial role in promoting healthy ageing. As individuals grow older, family members often become the primary source of emotional support, companionship, security, and care. Positive family interactions contribute to life satisfaction, self-esteem, and psychological well-being, while poor family relationships may increase the risk of loneliness, social isolation, and emotional distress. Therefore, understanding the influence of family relationships on the ageing experience has become an important area of research and practice.

In the Indian context, older adults have traditionally held respected positions within the family. The joint family system encouraged close interaction among generations, allowing older adults to participate actively in family life, guide younger members, preserve cultural values, and contribute to child-rearing. However, rapid urbanization,

migration, industrialization, changing family structures, and increased workforce participation have transformed these traditional arrangements. Many families now live in nuclear households, and geographical separation has reduced opportunities for regular interaction between older adults and younger generations. These changes have affected the emotional and social support available to many older adults.

Among various family relationships, the relationship between grandparents and grandchildren occupies a unique position. Intergenerational bonding refers to the emotional, social, and psychological connection shared between people belonging to different generations. Grandparent–grandchild relationships are often characterized by affection, companionship, trust, mutual respect, and emotional closeness. Grandparents contribute wisdom, guidance, cultural values, and unconditional love, while grandchildren provide happiness, companionship, emotional fulfilment, and opportunities for continued involvement in family life. These reciprocal interactions strengthen family cohesion and promote mutual learning across generations.

Existing research suggests that meaningful intergenerational relationships positively influence the well-being of older adults. Regular interaction with grandchildren has been associated with greater life satisfaction, improved emotional well-being, reduced loneliness, increased social participation, and enhanced psychological resilience. Grandchildren often motivate grandparents to remain physically active, mentally engaged, and socially connected. At the same time, maintaining these relationships may be influenced by factors such as geographical distance, changing family roles, technological differences, and generational expectations. Nevertheless, many families continue to preserve close relationships through communication, mutual respect, and adaptation to changing social circumstances.

From a social work perspective, particularly in the field of gerontological social work, understanding intergenerational relationships is essential for promoting healthy ageing. Social workers increasingly recognize that emotional well-being and quality of life in later years are influenced not only by physical health but also by supportive family relationships and social networks. Strengthening intergenerational connections through family-centred interventions and community-based programmes can reduce loneliness, encourage active ageing, and enhance the overall well-being of older adults.

The present study, “The Influence of Intergenerational Bonding as a Predictor of Healthy Ageing in Later Life,” was undertaken to explore how relationships between grandparents and grandchildren influence the experiences of healthy ageing among older adults in Thiruvananthapuram District, Kerala. Adopting a qualitative research approach, the study sought to understand participants’ lived experiences, perceptions, and meanings attached to their relationships with grandchildren. Through semi-structured interviews and thematic analysis, the study examined the nature of intergenerational bonding, its emotional and psychological significance, its influence on daily life and sense of purpose, the challenges faced in maintaining these relationships, and their contribution to healthy ageing.

The findings of the study are expected to contribute to the growing body of knowledge on healthy ageing and intergenerational relationships. They also provide valuable insights for gerontological social work practice, family-centred interventions, community programmes, and policy initiatives aimed at strengthening family relationships and promoting the well-being of older adults in an ageing society.

By exploring the voices and experiences of older adults themselves, the study aims to contribute to the growing body of knowledge on healthy ageing and intergenerational relationships. It also seeks to provide insights that may inform gerontological social work practice, family interventions, community programmes, and policies designed to support older adults and promote age-inclusive societies.

1.2 Statement of the Problem

Population ageing has emerged as one of the most significant demographic and social transformations across the world. Improvements in healthcare services, medical technology, nutrition, sanitation, and living conditions have resulted in increased life expectancy and a growing population of older adults. While this demographic transition reflects positive developments in public health and social progress, it has also created new challenges related to the well-being and quality of life of older persons.

Ageing is often accompanied by various physical, psychological, social, and emotional changes. Older adults may experience declining physical health, chronic illnesses,

reduced mobility, loss of social roles, retirement-related adjustments, bereavement, and decreased social participation. These changes can increase vulnerability to loneliness, social isolation, depression, anxiety, and reduced life satisfaction. Consequently, promoting healthy ageing has become an important concern for families, communities, policymakers, and professionals working in the field of ageing.

Healthy ageing extends beyond the absence of disease and includes the ability of older adults to maintain physical functioning, emotional well-being, social connectedness, independence, and a meaningful quality of life. Contemporary research increasingly emphasizes that social relationships play a crucial role in supporting healthy ageing. Among the various forms of social relationships, family relationships are considered particularly important because they provide emotional support, companionship, care, security, and a sense of belonging.

In the Indian context, family has traditionally functioned as the primary source of care and support for older adults. Older persons have historically occupied respected positions within families and communities, serving as caregivers, advisors, custodians of cultural traditions, and transmitters of values across generations. However, rapid social transformations such as urbanization, industrialization, migration, globalization, and the shift from joint family systems to nuclear family arrangements have significantly altered family structures and patterns of interaction. These changes have affected opportunities for intergenerational interaction and support, creating new realities for older adults.

Within family relationships, the bond between grandparents and grandchildren represents a unique and meaningful form of intergenerational connection. Grandparent-grandchild relationships are often characterized by affection, emotional closeness, companionship, mutual support, guidance, and shared experiences. Grandchildren can provide older adults with opportunities for social engagement, emotional fulfilment, purpose, and active participation in family life. Similarly, grandparents contribute to the lives of grandchildren through caregiving, emotional support, cultural transmission, and guidance.

Several studies have suggested that positive intergenerational relationships are

associated with beneficial outcomes such as increased life satisfaction, improved psychological well-being, reduced loneliness, enhanced social participation, and greater emotional support among older adults. These findings indicate that intergenerational bonding may be an important factor contributing to healthy ageing. However, despite growing academic interest in ageing and family relationships, much of the existing literature has primarily focused on quantitative assessments of variables such as social support, quality of life, depression, and life satisfaction.

Although quantitative studies have established associations between intergenerational relationships and well-being, they often do not adequately capture the subjective experiences, emotions, meanings, and personal interpretations that older adults attach to their relationships with grandchildren. There remains a limited understanding of how older adults themselves perceive, experience, and interpret intergenerational bonding in their everyday lives. Furthermore, relatively few studies have explored these experiences through qualitative approaches that allow older adults to express their perspectives in their own words.

A review of existing literature also indicates a scarcity of qualitative studies conducted within the Kerala context, particularly those focusing on the role of grandparent-grandchild relationships in promoting healthy ageing. Kerala has one of the highest proportions of older adults in India and is experiencing rapid population ageing alongside significant social changes, including migration, changing family structures, and evolving intergenerational dynamics. These factors make it important to understand how older adults experience family relationships and how such relationships influence their ageing process.

The present study emerged from the need to address this research gap by exploring the lived experiences of older adults regarding intergenerational bonding. Rather than merely examining measurable outcomes, the study seeks to understand the meanings, emotions, and experiences associated with relationships between grandparents and grandchildren and how these relationships contribute to healthy ageing.

Therefore, the problem addressed in this study is the limited qualitative understanding of how intergenerational bonding influences healthy ageing among older adults. The

study specifically focuses on exploring the experiences of older adults in Thiruvananthapuram district and understanding how relationships with grandchildren shape their emotional well-being, sense of purpose, social engagement, and overall ageing experience.

1.3 Background of the Study

Population ageing has become one of the most significant demographic transitions of the twenty-first century. Advances in healthcare, nutrition, sanitation, and medical technology have increased life expectancy, resulting in a growing proportion of older adults worldwide. According to the World Health Organization (WHO), healthy ageing is defined as the process of developing and maintaining functional ability that enables well-being in older age. Healthy ageing extends beyond the absence of disease and includes physical health, psychological well-being, emotional stability, social participation, independence, and quality of life. India is currently experiencing a rapid increase in its elderly population due to declining fertility rates and increased longevity. Kerala, in particular, has one of the highest proportions of older adults in the country and is often described as a rapidly ageing state. While increased life expectancy represents an important achievement in public health, it also presents new challenges related to social support, family relationships, mental health, and quality of life among older adults. Traditionally, Indian families have provided older adults with emotional, social, and economic support through the joint family system. Grandparents occupied respected positions within the household and actively participated in child-rearing, value transmission, family decision-making, and preservation of cultural traditions. However, rapid urbanization, migration, industrialization, modernization, globalization, and changing family structures have significantly altered these traditional family arrangements. The gradual shift from joint families to nuclear families has reduced opportunities for regular interaction between older adults and younger generations, thereby increasing the risk of loneliness, social isolation, and reduced family participation.

Among the various family relationships, the bond between grandparents and

grandchildren has received increasing attention in the fields of gerontology, psychology, family studies, and social work. Intergenerational bonding refers to the emotional, social, and relational connection between members of different generations within a family. Grandparents often provide emotional support, guidance, wisdom, cultural values, childcare, and life experiences, while grandchildren offer companionship, affection, emotional fulfilment, social engagement, and renewed purpose to older adults. Such reciprocal relationships contribute to stronger family cohesion and promote emotional well-being for both generations. Several studies have demonstrated that meaningful intergenerational relationships are associated with improved psychological well-being, reduced loneliness, enhanced life satisfaction, greater resilience, increased social participation, and better quality of life among older adults. Grandchildren often motivate grandparents to remain physically active, mentally stimulated, socially connected, and emotionally engaged in family life. At the same time, grandchildren benefit from receiving emotional support, cultural knowledge, family values, and life lessons from their grandparents.

Despite these positive outcomes, contemporary intergenerational relationships face numerous challenges. Geographic separation due to migration, busy lifestyles, technological differences, changing social values, and reduced opportunities for face-to-face interaction have affected the frequency and quality of communication between grandparents and grandchildren. Nevertheless, many families continue to maintain close relationships through regular visits, telephone conversations, and digital communication platforms.

Although previous studies have established the association between intergenerational relationships and healthy ageing, most have relied on quantitative methods that focus primarily on measurable outcomes such as life satisfaction, depression, or quality of life. Relatively few studies have explored how older adults themselves experience these relationships and interpret their influence on healthy ageing. Understanding these lived experiences is essential for developing family-centered interventions, gerontological social work practices, and community programmes that promote healthy ageing. Against this background, the present study seeks to explore the influence of intergenerational bonding as a predictor of healthy ageing among older adults in Thiruvananthapuram District. By adopting a qualitative approach, the study aims to

understand the meanings that older adults attach to their relationships with grandchildren and how these relationships contribute to emotional well-being, social connectedness, and overall healthy ageing.

1.4 Relevance and Significance of the Study

Population ageing has emerged as one of the most significant demographic transformations of the twenty-first century. Improvements in healthcare, medical technology, nutrition, sanitation, and living conditions have increased life expectancy across the world, resulting in a growing number of older adults. According to global and national demographic projections, the proportion of older persons is expected to continue increasing in the coming decades. This demographic shift has drawn attention to the need for promoting not only longevity but also healthy and meaningful ageing. Healthy ageing has become an important concern for researchers, practitioners, policymakers, and families. Ageing is not merely a biological process but also a social and psychological experience. The quality of life of older adults depends on various interconnected factors such as physical health, mental well-being, social relationships, emotional support, economic security, and opportunities for meaningful participation in society. Among these factors, family relationships occupy a central position in influencing the well-being of older adults.

In the Indian context, family has traditionally been regarded as the primary institution responsible for providing care, support, protection, and emotional security to older persons. The cultural values of respect for elders, interdependence among family members, and strong kinship ties have historically contributed to the well-being of older adults. Grandparents often played important roles within the family by transmitting cultural values, offering guidance, caring for grandchildren, and participating in family decision-making processes.

However, contemporary Indian society is undergoing rapid social and cultural changes. Processes such as urbanization, industrialization, migration, modernization, globalization, and changing family structures have significantly influenced family relationships and support systems. The gradual shift from joint family systems to nuclear family arrangements has altered traditional patterns of interaction between

generations. Many older adults now experience reduced family interaction, loneliness, social isolation, and diminished opportunities for meaningful engagement within family life.

These changing social realities have increased the importance of understanding the factors that contribute to healthy ageing. While physical health and economic security remain important, researchers increasingly recognize that emotional and social relationships play an equally crucial role in determining the quality of life of older adults. Positive family relationships can provide emotional comfort, social connectedness, psychological security, and a sense of belonging, all of which contribute to healthy ageing.

Within the broader family system, the relationship between grandparents and grandchildren represents a unique and meaningful form of intergenerational bonding. Grandparent-grandchild relationships are often characterized by affection, trust, companionship, guidance, emotional support, and mutual care. Unlike parent-child relationships, which may involve greater responsibility and discipline, grandparent-grandchild relationships often provide opportunities for unconditional affection and emotional closeness.

For many older adults, grandchildren become an important source of happiness, purpose, and emotional fulfilment. Regular interactions with grandchildren can provide opportunities for social participation, intellectual stimulation, emotional expression, and meaningful engagement in everyday life. Through these interactions, older adults often experience feelings of being valued, respected, needed, and loved. Such experiences may positively influence their emotional well-being and overall quality of life.

At the same time, grandchildren also benefit from these relationships through the transmission of cultural traditions, moral values, family history, life experiences, and emotional support. Therefore, intergenerational bonding is mutually beneficial and contributes to family cohesion and continuity across generations.

A growing body of literature suggests that positive intergenerational relationships are associated with several beneficial outcomes for older adults, including reduced

loneliness, lower levels of depression, increased life satisfaction, enhanced psychological well-being, improved social participation, and a stronger sense of purpose. These findings indicate that intergenerational bonding may serve as an important protective factor that supports healthy ageing.

Despite the growing recognition of the importance of intergenerational relationships, much of the existing research has focused primarily on quantitative measurements of variables such as life satisfaction, social support, quality of life, psychological well-being, and depression. Although such studies provide valuable statistical evidence, they often fail to capture the subjective experiences, personal meanings, emotions, and interpretations that older adults attach to their relationships with grandchildren.

Furthermore, a review of existing literature revealed that relatively fewer studies have adopted qualitative approaches to explore the lived experiences of older adults regarding intergenerational bonding. Most available studies focus on measuring outcomes rather than understanding how older adults experience these relationships in their everyday lives. Consequently, there remains a need for in-depth qualitative research that explores the voices, perceptions, feelings, and experiences of older adults themselves.

Another important research gap relates to the limited availability of studies conducted within the Kerala context. Kerala is experiencing a rapid increase in its ageing population and has one of the highest proportions of older adults in India. Simultaneously, social changes such as migration, changing family structures, and increased geographical mobility have transformed traditional patterns of family interaction. These contextual factors make it important to examine how older adults in Kerala experience intergenerational relationships and how such relationships influence their ageing process.

The present study attempts to address these gaps by exploring the influence of intergenerational bonding as a predictor of healthy ageing among older adults in Thiruvananthapuram district. By adopting a qualitative research approach, the study seeks to understand the meanings older adults attach to their relationships with grandchildren, the emotional and psychological significance of these relationships, the

challenges encountered in maintaining such bonds, and the perceived influence of these relationships on healthy ageing.

The significance of the study lies in its contribution to a deeper understanding of healthy ageing from the perspective of older adults themselves. Rather than focusing solely on measurable outcomes, the study highlights the lived experiences and personal narratives that shape the ageing process. The findings provide valuable insights into how emotional connections within families contribute to well-being in later life.

The study is particularly relevant to the field of social work, especially gerontological social work. Understanding the role of intergenerational bonding can assist social workers in developing family-centered interventions that strengthen relationships between older adults and younger generations. Such interventions can promote emotional well-being, social inclusion, and active ageing among older persons.

The findings of the study may also be useful for designing community-based programmes and services that encourage intergenerational interaction. Schools, community organizations, residential associations, and social welfare institutions can develop initiatives that facilitate meaningful engagement between older adults and younger generations. Such programmes may help reduce age-related stereotypes, promote mutual understanding, and strengthen social cohesion.

From a policy perspective, the study contributes evidence regarding the importance of family relationships in promoting healthy ageing. Policymakers may utilize these insights while developing ageing-related policies, welfare programmes, and support services that recognize and strengthen intergenerational relationships within families and communities. The study also contributes to the academic literature on ageing, family relationships, and intergenerational studies. By providing qualitative evidence from the experiences of older adults in Kerala, it adds to the existing body of knowledge and creates opportunities for further research in this area.

Overall, the present study is significant because it highlights the role of intergenerational bonding as an important social determinant of healthy ageing. It demonstrates how meaningful relationships with grandchildren can contribute to emotional well-being, social connectedness, active engagement, and a positive ageing

experience among older adults. In doing so, the study underscores the importance of strengthening family relationships as a pathway to promoting healthy ageing and improving the quality of life of older persons.

1.5 Chapterization

The present dissertation entitled “The Influence of Intergenerational Bonding as a Predictor of Healthy Ageing in Later Life” is systematically organized into five chapters. Each chapter addresses a specific aspect of the research process, ensuring a logical progression from the identification of the research problem to the presentation of findings, conclusions, and recommendations. The chapter-wise organization provides coherence to the study and facilitates a comprehensive understanding of the research undertaken.

Chapter I

Introduction forms the foundation of the study by introducing the research topic and providing the necessary background. It discusses the concept of ageing and healthy ageing, emphasizing the increasing importance of promoting well-being among older adults in the context of demographic ageing. The chapter highlights the role of intergenerational bonding, particularly the relationship between grandparents and grandchildren, in influencing the physical, emotional, psychological, and social well-being of older adults. It further presents the statement of the problem, background of the study, relevance and significance of the research, and concludes with the chapterization, providing an overview of the overall structure of the dissertation.

Chapter II

Review of Literature presents a comprehensive review of existing literature related to healthy ageing, intergenerational relationships, grandparent–grandchild bonding, family support, and psychosocial well-being among older adults. Both national and international studies are examined to understand the current state of knowledge in the field and to identify areas requiring further investigation. The chapter also discusses the theoretical framework guiding the study, specifically Bowen’s Family Systems Theory, which provides a conceptual understanding of intergenerational relationships within

family systems. Furthermore, the chapter identifies the research gap that justifies the need for the present study and establishes its relevance within the field of gerontological social work.

Chapter III

Research Methodology explains the methodological framework adopted for conducting the study. It describes the qualitative research approach and descriptive research design employed to explore the lived experiences of older adults. The chapter includes the title of the study, research objectives, operational definitions of key concepts, pilot study, study area, universe of the study, sampling design, sample size, inclusion and exclusion criteria, and tools and techniques used for data collection. It also explains the sources of data, data collection procedure, and the process of data analysis using Braun and Clarke's (2006) six-phase thematic analysis. In addition, the chapter discusses ethical considerations, assumptions, limitations, and the scope of the study, ensuring the transparency and credibility of the research process.

Chapter IV

Data Analysis and Interpretation presents the findings derived from the qualitative data collected through semi-structured interviews with eight older adults residing in Thiruvananthapuram District. The chapter begins with the demographic profile of the participants and proceeds with the thematic analysis of the interview data. The findings are organized under major themes and sub-themes that emerged during the analysis, supported by verbatim quotations from participants and followed by detailed interpretations. This chapter provides an in-depth understanding of older adults' perceptions and experiences regarding intergenerational bonding and its influence on healthy ageing.

Chapter V

Findings, Suggestions and Conclusions present a summary of the major findings that emerged from the study and draws conclusions based on the analysis. The chapter discusses the implications of the findings for gerontological social work practice, family-centered interventions, and healthy ageing initiatives. It also offers practical

suggestions for families, community organizations, policymakers, and older adults to strengthen intergenerational relationships. Finally, the chapter provides recommendations for future research and concludes by emphasizing the importance of intergenerational bonding in promoting healthy, active, and meaningful ageing among older adults.

CHAPTER II

REVIEW OF LITERATURE

2.1 Introduction

A review of literature is a systematic and critical examination of existing knowledge related to a particular research topic. It helps the researcher understand the current state of knowledge, identify gaps in existing studies, establish a theoretical foundation, and justify the need for the present research. Literature review enables the researcher to gain insights into previous findings, concepts, theories, and methodologies relevant to the study. The present study focuses on the influence of intergenerational bonding as a predictor of healthy ageing in later life. As populations across the world continue to age, increasing attention has been given to understanding factors that contribute to the well-being and quality of life of older adults. Among these factors, family relationships and intergenerational interactions have emerged as important determinants of healthy ageing. Intergenerational bonding refers to the emotional, social, and relational connections that exist between different generations within a family, particularly between grandparents and grandchildren. These relationships are often characterized by affection, mutual support, communication, caregiving, companionship, and the sharing of values and experiences. Research has consistently demonstrated that strong intergenerational relationships contribute positively to the emotional, psychological, and social well-being of older adults. Healthy ageing has become a significant concept in gerontological research and practice. It encompasses more than physical health and includes emotional well-being, social participation, independence, life satisfaction, and the ability to adapt to age-related changes. Family support, social connectedness, and meaningful relationships have been identified as important factors that influence healthy ageing outcomes. This chapter reviews relevant literature related to ageing, healthy ageing, intergenerational bonding, grandparent-grandchild relationships, and the influence of family relationships on the well-being of older adults. The review also examines studies conducted in international and Indian contexts to understand how intergenerational relationships contribute to healthy ageing and identifies gaps that justify the present study.

2.2.1 Literature on Healthy Ageing

Paltasingh (2025) the article “Bridging Generations: Intergenerational Solidarity for Healthy Ageing”, Tattwamasi Paltasingh (2025) emphasizes the importance of

intergenerational relationships in promoting healthy ageing. The author argues that family relationships form the foundation of social and emotional well-being in later life. Positive interactions between different generations, particularly between grandparents and grandchildren, contribute significantly to the emotional health and overall quality of life of older adults. The study highlights that intergenerational solidarity is developed through mutual support, reciprocity, affection, and frequent interaction among family members across generations. Research findings discussed in the article indicate that grandparents who actively participate in the lives of their grandchildren experience greater life satisfaction, a stronger sense of purpose, and improved psychological well-being. Similarly, grandchildren benefit through reduced adjustment difficulties and enhanced social and emotional development. The author further notes that increasing life expectancy and improved healthcare services have enabled grandparents to remain active participants in family life for longer periods. However, rapid social changes such as urbanization, industrialization, migration, and the shift from joint to nuclear family systems have weakened traditional intergenerational bonds. These changes often lead to reduced interaction between older adults and younger family members, increasing the risk of loneliness and social isolation among the elderly. Using the framework of intergenerational solidarity, the paper identifies various factors influencing relationships between generations, including emotional closeness, geographical proximity, frequency of contact, family values, and mutual support. The author suggests that strengthening these dimensions can contribute significantly to healthy ageing by promoting social inclusion, emotional security, and active engagement among older adults. The study concludes that policies and programmes encouraging intergenerational interaction can help bridge generational gaps and enhance the well-being of both older and younger generations. In the Indian context, fostering intergenerational solidarity within families and communities is essential for achieving healthy and active ageing.

Jalongo and Crawford (2021). In *Intergenerational Bonds* (2021), Renck Jalongo and Patricia A. Crawford discuss the significance of relationships between older and younger generations and their contribution to individual and family well-being. The authors highlight how intergenerational connections provide emotional support, knowledge sharing, and mutual learning opportunities that benefit both older adults and

children. The book illustrates the value of intergenerational relationships through real-life experiences during the COVID-19 pandemic. One example describes a family in which an elderly grandmother, a retired early childhood educator, stayed with her daughter and grandchildren during the lockdown. Her presence not only provided emotional comfort but also contributed to the children's learning and adaptation to home-schooling. This example demonstrates how older adults can continue to play meaningful and productive roles within families despite advanced age. The authors emphasize that intergenerational bonds promote social connectedness, reduce feelings of isolation among older adults, and strengthen family resilience during times of crisis. Older adults contribute wisdom, life experience, caregiving support, and cultural values, while younger generations provide companionship, emotional connection, and opportunities for continued engagement. Furthermore, the study suggests that maintaining strong relationships across generations enhances psychological well-being and supports healthy ageing. Regular interaction between grandparents and grandchildren can foster a sense of belonging, purpose, and self-worth among older adults. Such relationships also help younger family members develop empathy, respect for elders, and a better understanding of family history and traditions. The authors conclude that intergenerational relationships are valuable resources for families and communities. Encourage meaningful interaction between generations can improve social cohesion, strengthen support systems, and contribute to positive ageing outcomes.

Kankarwal et al. (2025). In the study "Impact of an Intergenerational Bonding Program on Dimensions of Health and Related Outcomes Among Older Adults: A Meta-Analysis" (2025), Monika Kankarwal and colleagues examined the effectiveness of intergenerational bonding programs on various dimensions of health among older adults. The study was conducted in response to growing concerns about loneliness, social isolation, and neglect among older people due to increasing life expectancy and changing family structures. The researchers performed a systematic review and meta-analysis following the PRISMA 2020 guidelines. Data were collected from studies published between 2014 and 2023 using databases such as PubMed, ScienceDirect, Scopus, and Google Scholar. A total of 234 participants from four studies were included in the analysis. The findings revealed that intergenerational bonding programs had a

significant positive impact on the social health of older adults. Participants who engaged in interactions with younger generations reported improved social relationships, increased social participation, and reduced feelings of isolation compared to those in the control group. This improvement in social health was found to be statistically significant. Although mental health outcomes showed some positive trends in favor of the intergenerational program group, the improvement was not statistically significant. Similarly, no significant differences were observed in physical health, overall well-being, or meaningfulness of life between the intervention and control groups. Despite these findings, the study emphasizes that strengthening social connections through intergenerational programs can play an important role in enhancing the quality of life of older adults. The authors concluded that intergenerational bonding programs are effective in improving social health and recommended their wider implementation to promote healthy ageing and stronger social support systems for older adults. They also suggested that future studies with larger sample sizes are needed to examine the effects of such programs on other dimensions of health.

Sajjad, Malik, and Masood (2025). In the study “Intergenerational Transition of Successful Ageing Through Familism Across Three Nested Generations” (2025), Saba Sajjad, Jamil A. Malik, and Madiha Masood examined how familism influences successful ageing across three generations within families. The study explored the transmission of family values and successful ageing among grandparents, fathers, and grandchildren. The research included 810 participants consisting of 270 grandparents, 270 fathers, and 270 grandchildren. Data were collected using the Attitudinal Familism Scale and the Successful Ageing Scale. The study focused on understanding how family-centered values contribute to the well-being and successful ageing of family members across generations. The findings revealed that successful ageing among grandparents positively influenced their level of familism, which in turn affected the familism and successful ageing of fathers. Fathers who exhibited strong family-oriented values demonstrated higher levels of successful ageing and were more likely to transmit similar values to their children. The familism of grandchildren was also found to contribute significantly to their own successful ageing outcomes. A major contribution of the study is the identification of a feedback loop between generations. The

researchers found that successful ageing is not a one- way process but rather a cyclical phenomenon in which the attitudes, behaviors, and family values of one generation influence the well-being of the next generation. In turn, these influences contribute to maintaining and enhancing successful ageing within the family system as a whole. The study highlights the importance of familism, characterized by strong family bonds, mutual support, respect, and commitment to family welfare, as a key factor in promoting successful ageing. Families that maintain close intergenerational relationships are more likely to foster emotional security, social support, and positive ageing experiences among their members. The authors concluded that familism serves as an important mechanism through which successful ageing is transmitted across generations. Strengthening family relationships and promoting intergenerational support can therefore contribute significantly to healthy and successful ageing.

Vozikaki et al. (2018). In the study “Loneliness among Older European Adults: Results from the Survey of Health, ageing and Retirement in Europe” (2018), Maria Vozikaki, Angeliki Papadaki, Manolis Linardakis, and Anastas Philalithis investigated the factors associated with loneliness among older adults in Europe. The study aimed to identify demographic health-related, and social determinants that contribute to loneliness in later life. The researchers analyzed data from 5,074 adults aged 65 years and above who participated in the first wave of the Survey of Health, ageing and Retirement in Europe (SHARE). The study examined the relationship between loneliness and factors such as health conditions, stressful life events, family circumstances, and social participation. The findings revealed that loneliness was more common among women, older individuals, those with lower socioeconomic status, individuals living without a partner, childless older adults, and those who were not involved in social or community activities. These factors were found to significantly increase the likelihood of experiencing frequent feelings of loneliness. The study also found regional differences in loneliness, with older adults in Southern Europe reporting higher levels of loneliness compared to those in Northern Europe. One of the significant predictors of loneliness was the departure of adult children from the parental home, which often reduced family interaction and emotional support for older parents. Furthermore, adverse health conditions, stressful life events, and indicators of social isolation were strongly associated with feelings of loneliness. The researchers emphasized that loneliness is not

only a social issue but also a public health concern because it can negatively affect mental health, emotional well-being, and overall quality of life among older adults. The authors concluded that policies and interventions aimed at reducing loneliness should focus on enhancing social participation, strengthening family and community support systems, and addressing health-related challenges faced by older adults.

Merz et al. (2009). In the study “Wellbeing of Adult Children and Ageing Parents: Associations with Intergenerational Support and Relationship Quality” (2009), Eva-Maria Merz, Nathan S. Consedine, Hans-Joachim Schulze, and Carlo Schuengel examined the relationship between intergenerational support, relationship quality, and the well-being of both adult children and their ageing parents. The study was based on attachment theory, which emphasizes the importance of emotional bonds and relationship quality throughout the lifespan. The researchers analyzed data from the Netherlands Kinship Panel Study, involving 1,456 parent-child pairs. The study explored how different forms of support exchanged between adult children and their ageing parents influenced the well-being of both generations. The findings revealed that providing or receiving instrumental support, such as practical assistance with daily tasks, was associated with lower levels of well-being for both parents and adult children. This may be due to the stress, burden, or dependency that can accompany caregiving responsibilities. However, the study found that emotional aspects of the relationship played a more important role in determining well-being. The researchers observed that older parents who continued to provide guidance, advice, and emotional support to their adult children experienced greater well-being. Likewise, adult children benefited when they maintained close and positive relationships with their parents. Relationship quality emerged as the strongest predictor of well-being for both generations. A key finding of the study was that high-quality intergenerational relationships reduced the challenges associated with providing and receiving support. In relationships characterized by trust, affection, and mutual respect, both parents and children were better able to cope with caregiving demands and support exchanges. Older parents particularly benefited from receiving support when the relationship with their children was positive and emotionally satisfying. The authors concluded that the quality of intergenerational relationships is more important than the amount of support exchanged. Strong emotional bonds and positive family relationships enhance well-

being and promote healthier ageing experiences for older adults.

Sánchez-Cazalla and Gutiérrez-Domingo (2025). In the systematic review “Impact of Intergenerational Programmes on Older Adults for Active Ageing” (2025), Victoria Sánchez-Cazalla and Tamara Gutiérrez-Domingo examined the effectiveness of intergenerational programs in promoting active ageing among older adults. The study was conducted in response to concerns regarding negative stereotypes of ageing, social isolation, loneliness, and the growing disconnect between generations. The researchers conducted a systematic review of studies published between 2014 and 2025 using databases such as PubMed, Web of Science, Scopus, PsycINFO, and the Cochrane Library. Out of 3,144 identified articles, eight studies met the inclusion criteria and were selected for detailed analysis. The review found that participation in intergenerational programs produced positive outcomes for older adults across biological, psychological, and social dimensions. Most of the included studies reported improvements in participants’ well-being, social engagement, emotional health, and overall quality of life after involvement in activities that facilitated interaction between younger and older generations. The findings suggest that intergenerational programs help reduce loneliness and social isolation by creating opportunities for meaningful relationships and mutual learning. Older adults benefited from increased social participation, enhanced self-esteem, and a greater sense of purpose, while younger participants developed positive attitudes toward ageing and gained valuable life experiences through interaction with older generations. The authors emphasized that intergenerational initiatives contribute to building cohesive communities where individuals of different ages support and learn from one another. Such programs promote active ageing by encouraging older adults to remain socially connected, engaged, and valued members of society. Although the methodological quality of the reviewed studies ranged from low to moderate, the overall evidence indicated that intergenerational programs have significant potential to improve the well-being of older adults and foster stronger community relationships. The authors concluded that intergenerational programs are effective tools for promoting active ageing and should be encouraged as part of community and social welfare strategies aimed at enhancing the quality of life of older adults.

Bengtson (2001). In the article “Beyond the Nuclear Family: The Increasing

Importance of Multigenerational Bonds” (2001), Vern L. Bengtson examines the growing significance of multigenerational family relationships in contemporary society. Challenging the notion of family decline based on the traditional nuclear family model, the author argues that relationships among grandparents, parents, and children are becoming increasingly important and resilient. The study highlights that demographic changes, particularly increased life expectancy and population ageing, have resulted in longer periods of shared lives among generations. As a result, family members from different generations remain connected for extended periods, creating greater opportunities for emotional support, caregiving, and the transmission of values and traditions. Bengtson emphasizes the expanding role of grandparents and extended family members in fulfilling essential family functions. Grandparents often provide emotional guidance, childcare support, and socialization for younger generations while also receiving companionship and assistance from family members. These reciprocal relationships contribute to the well-being of all generations involved. The article further discusses the concept of intergenerational solidarity, referring to the strength, closeness, and mutual support that exist between family members across generations. Findings from the Longitudinal Study of Generations demonstrate that intergenerational ties remain strong and adaptive despite social changes such as divorce, remarriage, stepfamilies, and changing household structures. The author also notes that family relationships have become more diverse due to increased longevity, changing family forms, and variations in intergenerational relationship patterns. Despite these changes, multigenerational family bonds continue to provide emotional security, social support, and continuity across generations. The study concludes that understanding family functioning requires looking beyond the nuclear family and recognizing the importance of multigenerational relationships. Strong intergenerational bonds contribute to family resilience and support the well-being of individuals throughout the life course.

Bhat and Dhruvarajan (2001). In the article “Ageing in India: Drifting Intergenerational Relations, Challenges and Options” (2001), Anitha Kumari Bhat and Raj Dhruvarajan examine the impact of social and economic changes on intergenerational relationships and the well-being of older adults in India. The study focuses on the challenges faced by the ageing population in the context of rapid modernization, urbanization, and

globalization. The authors note that India is experiencing a significant increase in its elderly population, with the majority of older adults residing in rural areas. Traditionally, the joint family system served as a primary source of social, emotional, and economic support for older persons. However, changing economic structures, migration, industrialization, and the growing preference for nuclear families have weakened traditional family bonds and altered intergenerational relationships. The study highlights that younger generations are increasingly seeking economic independence and new social identities, leading to reduced dependence on family-based agricultural livelihoods. Consequently, the traditional values of filial responsibility, respect, and obligation toward older family members have gradually weakened. This transformation has affected the support systems available to elderly individuals, making them more vulnerable to social isolation and economic insecurity. The authors further emphasize that many older adults find themselves in a difficult position, facing the erosion of traditional family support while lacking adequate formal social security systems. As intergenerational ties weaken, elderly individuals may experience loneliness, neglect, and reduced access to care and assistance. The paper discusses the implications of these changes for public policy and stresses the need for measures that strengthen intergenerational relationships and improve support systems for senior citizens. The authors advocate for policies that promote social security, family support, and community-based services to enhance the quality of life of older adults. The study concludes that maintaining strong intergenerational relationships remains crucial for the well-being of older adults in India. Strengthening family bonds and developing supportive social policies are essential for addressing the challenges associated with population ageing.

Wang and Tang (2024) examined the impact of intergenerational caregiving on the physical and mental health of grandparents in the context of increasing childcare responsibilities undertaken by older adults. The study was conducted against the backdrop of growing labour market demands that compel young parents to depend on retired grandparents for childcare. The findings revealed that providing care to grandchildren significantly enhanced grandparents' physical health and reduced symptoms of depression. The positive effects were particularly evident among women, middle-aged grandparents (45–60 years), and those residing in rural areas. The

researchers identified several mechanisms through which caregiving promoted healthy ageing, including increased financial support from adult children, greater emotional satisfaction, stronger family relationships, and enhanced social interaction. These factors contributed to improved psychological well-being and a stronger sense of purpose among older adults. The study further emphasized that while caregiving offers substantial health benefits, appropriate social support systems and family-friendly policies are necessary to prevent excessive caregiving burdens. The authors recommended strengthening intergenerational cooperation, expanding accessible childcare services, and aligning labour and family welfare policies to promote healthy ageing in line with Sustainable Development Goal 3 (Good Health and Well-being). This study highlights the positive role of intergenerational bonding and caregiving in enhancing the overall health and well-being of older adults, supporting the importance of family relationships in promoting healthy ageing.

Herrera et al. (2023) investigated the relationship between grandparent–grandchild interactions, generativity, subjective well-being, and self-rated health among older adults in Chile. The study was conducted in response to increasing life expectancy and declining fertility rates, which have created opportunities for grandparents and grandchildren to develop closer and more meaningful relationships over an extended period. Using data collected through a face-to-face survey of 464 grandparents living in private households, the researchers examined how structural aspects of intergenerational relationships, including frequency of contact, emotional closeness, caregiving responsibilities, generative activities, and relationship quality, influenced the well-being of older adults. Multiple logistic and regression analyses were employed to assess associations with subjective well-being and perceived health status. The findings indicated that subjective well-being was strongly associated with the quality and content of grandparent–grandchild relationships. Grandparents who engaged in meaningful generative activities, such as recreational interactions, sharing family traditions, and fostering family identity, reported greater life satisfaction and higher scores on the Diener Subjective Well-being Scale. Positive emotional closeness and low levels of relational ambivalence also contributed significantly to psychological well-being. However, these intergenerational relationship characteristics did not demonstrate a significant association with grandparents' self-rated physical health. The

study concluded that the emotional quality and meaningful engagement within intergenerational relationships are more influential for psychological well-being than mere frequency of contact or co-residence. The authors emphasized that policies promoting healthy ageing should strengthen opportunities for meaningful family interactions and encourage supportive intergenerational relationships. This study highlights the importance of relationship quality and generativity in enhancing the well-being of older adults, providing valuable evidence for understanding the role of intergenerational bonding in promoting healthy ageing.

Taylor et al. (2015) explored the influence of geographical distance and frequency of contact on the quality of relationships between grandparents and their adult grandchildren in an international context. The study was based on a survey of 70 international college students studying in the United States, focusing on participants' perceptions of their closest grandparent. The research aimed to determine whether physical distance and reduced interaction negatively affected relationship satisfaction and the perceived influence of grandparents. The findings revealed that although geographical distance often reduced the frequency of face-to-face contact, it did not significantly diminish the emotional closeness, perceived influence, or overall satisfaction within the grandparent–grandchild relationship. Grandparents continued to play an important role in the lives of their adult grandchildren despite living far apart. A notable finding of the study was that relationship satisfaction was significantly higher when grandchildren themselves initiated communication with their grandparents through phone calls, messages, or other forms of contact. This suggests that active efforts to maintain communication can strengthen intergenerational bonds regardless of physical separation. The authors concluded that emotional connection and intentional communication are more important than geographical proximity in sustaining meaningful intergenerational relationships. The study further highlighted the role of evolving communication methods in preserving family relationships across national and cultural boundaries. These findings contribute to the understanding that the quality of intergenerational bonding depends more on mutual engagement and emotional commitment than on physical distance, thereby supporting its positive influence on the well-being of older adults and reinforcing the importance of maintaining strong family relationships in later life.

Chen et al. (2011) examined the nature of intergenerational relationships through the caregiving roles of grandparents in contemporary China. Guided by theories of intergenerational solidarity, the study investigated how grandparents contribute to childcare and how family circumstances influence their caregiving responsibilities. The researchers used longitudinal data from the China Health and Nutrition Survey to analyze patterns of grandparental involvement in raising grandchildren across diverse family settings. The study focused on structural solidarity, reflected through co-residence and family composition, and functional solidarity, demonstrated by grandparents' active participation in childcare. The findings revealed a high level of intergenerational solidarity within Chinese families. Many grandparents lived with their grandchildren, while a considerable proportion of households consisted of skipped-generation families, where grandparents assumed primary caregiving responsibilities in the absence of parents. Even grandparents who did not co-reside with their grandchildren provided substantial childcare support. Multivariate analysis indicated that the intensity of grandparental caregiving was influenced by family needs, including household structure, the presence of other family members, and the employment status of mothers. Grandparents adapted their caregiving roles according to these changing family demands, highlighting their flexibility and commitment to family well-being. The study concluded that grandparental caregiving is a significant component of family support systems and strengthens intergenerational relationships through continuous interaction and mutual dependence. By demonstrating how caregiving promotes family solidarity and reinforces emotional and functional ties across generations, the findings underscore the importance of intergenerational bonding in the lives of older adults. This study provides valuable evidence that meaningful involvement with grandchildren enhances family cohesion and supports positive ageing experiences, making it highly relevant to understanding the influence of intergenerational bonding on healthy ageing in later life.

Duflos et al. (2021) conducted a systematic review to examine the concept of emotional closeness between grandparents and their adolescent grandchildren and its significance for the well-being of both generations. Recognizing the growing importance of intergenerational relationships in promoting healthy development and successful ageing, the study synthesized existing research to identify the characteristics,

influencing factors, and outcomes of emotional closeness within grandparent–grandchild relationships. Following the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines, the authors searched four electronic databases for studies published between 2009 and 2019 and included 18 studies that met the eligibility criteria. The review found that emotional closeness is a multidimensional construct characterized by affection, trust, mutual support, reciprocal influence, and a willingness to sustain the relationship across the life course. Several personal, environmental, and relational factors were identified as influencing the strength of this bond, including geographical distance, grandparents’ physical health, personality traits, quality of communication, and relationships between grandparents and the parents of adolescents. Effective communication and supportive family relationships were consistently associated with stronger emotional ties. The review further highlighted that emotionally close grandparent–grandchild relationships contribute to positive psychological outcomes, including improved emotional well-being, stronger family identity, increased life satisfaction, and successful ageing among grandparents, while also fostering emotional security and healthy development among adolescents. The authors emphasized the need for more comprehensive measures of emotional closeness that incorporate these psychological and relational dimensions. This review provides strong evidence that emotional closeness is a central component of intergenerational bonding and plays a significant role in enhancing the well-being and quality of life of older adults, thereby supporting the importance of meaningful family relationships in promoting healthy ageing.

2.2.2 Literature on Intergenerational Bonding and Grandparent–Grandchild Relationships

Duflos et al. (2021) conducted a systematic review to examine the concept of emotional closeness between grandparents and their adolescent grandchildren and its significance for the well-being of both generations. Recognizing the growing importance of intergenerational relationships in promoting healthy development and successful ageing, the study synthesized existing research to identify the characteristics, influencing factors, and outcomes of emotional closeness within grandparent–grandchild relationships. Following the Preferred Reporting Items for Systematic

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2.2.3 Literature on Emotional and Psychological Well-being among Older Adult

Vozikaki et al. (2018) In the study “Loneliness among Older European Adults: Results from the Survey of Health, ageing and Retirement in Europe” (2018), Maria Vozikaki, Angeliki Papadaki, Manolis Linardakis, and Anastas Philalithis investigated the factors associated with loneliness among older adults in Europe. The study aimed to identify demographic health-related, and social determinants that contribute to loneliness in later life. The researchers analyzed data from 5,074 adults aged 65 years and above who participated in the first wave of the Survey of Health, ageing and Retirement in Europe (SHARE). The study examined the relationship between loneliness and factors such as health conditions, stressful life events, family circumstances, and social

participation. The findings revealed that loneliness was more common among women, older individuals, those with lower socioeconomic status, individuals living without a partner, childless older adults, and those who were not involved in social or community activities. These factors were found to significantly increase the likelihood of experiencing frequent feelings of loneliness. The study also found regional differences in loneliness, with older adults in Southern Europe reporting higher levels of loneliness compared to those in Northern Europe. One of the significant predictors of loneliness was the departure of adult children from the parental home, which often reduced family interaction and emotional support for older parents. Furthermore, adverse health conditions, stressful life events, and indicators of social isolation were strongly associated with feelings of loneliness. The researchers emphasized that loneliness is not only a social issue but also a public health concern because it can negatively affect mental health, emotional well-being, and overall quality of life among older adults. The authors concluded that policies and interventions aimed at reducing loneliness should focus on enhancing social participation, strengthening family and community support systems, and addressing health-related challenges faced by older adults.

Kankarwal et al. (2025) In the study “Impact of an Intergenerational Bonding Program on Dimensions of Health and Related Outcomes Among Older Adults: A Meta-Analysis” (2025), Monika Kankarwal and colleagues examined the effectiveness of intergenerational bonding programs on various dimensions of health among older adults. The study was conducted in response to growing concerns about loneliness, social isolation, and neglect among older people due to increasing life expectancy and changing family structures. The researchers performed a systematic review and meta-analysis following the PRISMA 2020 guidelines. Data were collected from studies published between 2014 and 2023 using databases such as PubMed, ScienceDirect, Scopus, and Google Scholar. A total of 234 participants from four studies were included in the analysis. The findings revealed that intergenerational bonding programs had a significant positive impact on the social health of older adults. Participants who engaged in interactions with younger generations reported improved social relationships, increased social participation, and reduced feelings of isolation compared to those in the control group. This improvement in social health was found to be statistically significant. Although mental health outcomes showed some positive trends

in favor of the intergenerational program group, the improvement was not statistically significant. Similarly, no significant differences were observed in physical health, overall well-being, or meaningfulness of life between the intervention and control groups. Despite these findings, the study emphasizes that strengthening social connections through intergenerational programs can play an important role in enhancing the quality of life of older adults. The authors concluded that intergenerational bonding programs are effective in improving social health and recommended their wider implementation to promote healthy ageing and stronger social support systems for older adults. They also suggested that future studies with larger sample sizes are needed to examine the effects of such programs on other dimensions of health.

2.2.4 Literature on Family Support, Caregiving, and Social Participation

Chen et al. (2011) examined the nature of intergenerational relationships through the caregiving roles of grandparents in contemporary China. Guided by theories of intergenerational solidarity, the study investigated how grandparents contribute to childcare and how family circumstances influence their caregiving responsibilities. The researchers used longitudinal data from the China Health and Nutrition Survey to analyze patterns of grandparental involvement in raising grandchildren across diverse family settings. The study focused on structural solidarity, reflected through co-residence and family composition, and functional solidarity, demonstrated by grandparents' active participation in childcare. The findings revealed a high level of intergenerational solidarity within Chinese families. Many grandparents lived with their grandchildren, while a considerable proportion of households consisted of skipped-generation families, where grandparents assumed primary caregiving responsibilities in the absence of parents. Even grandparents who did not co-reside with their grandchildren provided substantial childcare support. Multivariate analysis indicated that the intensity of grandparental caregiving was influenced by family needs, including household structure, the presence of other family members, and the employment status of mothers. Grandparents adapted their caregiving roles according to these changing family demands, highlighting their flexibility and commitment to family well-being. The study concluded that grandparental caregiving is a significant component of family

support systems and strengthens intergenerational relationships through continuous interaction and mutual dependence. By demonstrating how caregiving promotes family solidarity and reinforces emotional and functional ties across generations, the findings underscore the importance of intergenerational bonding in the lives of older adults. This study provides valuable evidence that meaningful involvement with grandchildren enhances family cohesion and supports positive ageing experiences, making it highly relevant to understanding the influence of intergenerational bonding on healthy ageing in later life.

2.2.5 Literature on Challenges Affecting Intergenerational Relationships

Taylor et al. (2015) explored the influence of geographical distance and frequency of contact on the quality of relationships between grandparents and their adult grandchildren in an international context. The study was based on a survey of 70 international college students studying in the United States, focusing on participants' perceptions of their closest grandparent. The research aimed to determine whether physical distance and reduced interaction negatively affected relationship satisfaction and the perceived influence of grandparents. The findings revealed that although geographical distance often reduced the frequency of face-to-face contact, it did not significantly diminish the emotional closeness, perceived influence, or overall satisfaction within the grandparent–grandchild relationship. Grandparents continued to play an important role in the lives of their adult grandchildren despite living far apart. A notable finding of the study was that relationship satisfaction was significantly higher when grandchildren themselves initiated communication with their grandparents through phone calls, messages, or other forms of contact. This suggests that active efforts to maintain communication can strengthen intergenerational bonds regardless of physical separation. The authors concluded that emotional connection and intentional communication are more important than geographical proximity in sustaining meaningful intergenerational relationships. The study further highlighted the role of evolving communication methods in preserving family relationships across national and cultural boundaries. These findings contribute to the understanding that the quality of intergenerational bonding depends more on mutual engagement and emotional commitment than on physical distance, thereby supporting its positive influence on the

well-being of older adults and reinforcing the importance of maintaining strong family relationships in later life.

2.2.6 Literature on Qualitative Studies Related to Intergenerational Bonding

Merz et al. (2009) In the study “Wellbeing of Adult Children and Ageing Parents: Associations with Intergenerational Support and Relationship Quality” (2009), Eva-Maria Merz, Nathan S. Consedine, Hans-Joachim Schulze, and Carlo Schuengel examined the relationship between intergenerational support, relationship quality, and the well-being of both adult children and their ageing parents. The study was based on attachment theory, which emphasizes the importance of emotional bonds and relationship quality throughout the lifespan. The researchers analyzed data from the Netherlands Kinship Panel Study, involving 1,456 parent–child pairs. The study explored how different forms of support exchanged between adult children and their ageing parents influenced the well-being of both generations. The findings revealed that providing or receiving instrumental support, such as practical assistance with daily tasks, was associated with lower levels of well-being for both parents and adult children. This may be due to the stress, burden, or dependency that can accompany caregiving responsibilities. However, the study found that emotional aspects of the relationship played a more important role in determining well-being. The researchers observed that older parents who continued to provide guidance, advice, and emotional support to their adult children experienced greater well-being. Likewise, adult children benefited when they maintained close and positive relationships with their parents. Relationship quality emerged as the strongest predictor of well-being for both generations. A key finding of the study was that high-quality intergenerational relationships reduced the challenges associated with providing and receiving support. In relationships characterized by trust, affection, and mutual respect, both parents and children were better able to cope with caregiving demands and support exchanges. Older parents particularly benefited from receiving support when the relationship with their children was positive and emotionally satisfying. The authors concluded that the quality of intergenerational relationships is more important than the amount of support exchanged. Strong emotional bonds and positive family relationships enhance well-

being and promote healthier ageing experiences for older adults.

2.3 Theoretical Framework

2.3.1 Family Systems Theory

The present study is primarily guided by Family Systems Theory developed by Murray Bowen (1978). The theory views the family as an interconnected emotional system in which each member influences and is influenced by the others. It emphasizes that the well-being of an individual is closely linked to family relationships, communication, and emotional support. One of the key concepts of the theory is intergenerational transmission, which explains how values, beliefs, traditions, and behavioural patterns are passed from one generation to another. In the context of the present study, grandparents and grandchildren share reciprocal relationships that promote emotional bonding, companionship, mutual care, and a sense of belonging. Such positive family interactions contribute to the emotional, psychological, and social well-being of older adults. Therefore, Family Systems Theory provides an appropriate framework for understanding how intergenerational bonding within families promotes healthy ageing.

2.3.2 Intergenerational Solidarity Theory

The present study is further supported by Intergenerational Solidarity Theory proposed by Bengtson and Roberts (1991). The theory explains the quality and strength of relationships between different generations within families through six dimensions: associational, affectional, functional, consensual, normative, and structural solidarity. These dimensions emphasize the importance of regular interaction, emotional closeness, mutual support, shared family values, and opportunities for communication in maintaining strong intergenerational relationships. The findings of the present study reflect these dimensions, as participants described their relationships with grandchildren as sources of love, companionship, emotional support, and life satisfaction. Even when geographical distance existed, regular communication and mutual understanding helped sustain close relationships. Thus, Intergenerational Solidarity Theory supports the present study by explaining how strong intergenerational relationships contribute to healthy ageing and the overall well-being of older adults.

2.4 Research Gap Analysis

Despite the growing body of literature on healthy ageing and intergenerational relationships, several research gaps remain. Existing studies largely focus on quantitative assessments of variables such as life satisfaction, quality of life, depression, caregiving, and social support. While these studies establish important associations between intergenerational relationships and the well-being of older adults, they often overlook the lived experiences, personal meanings, and subjective interpretations that older adults attach to their relationships with grandchildren.

Furthermore, relatively few qualitative studies have explored how grandparents themselves perceive the influence of intergenerational bonding on healthy ageing. Most available research has been conducted in Western or East Asian contexts, limiting the understanding of these relationships within the socio-cultural setting of India. In Kerala, where demographic ageing is rapidly increasing and family structures are undergoing significant transformation due to urbanization, migration, and changing lifestyles, qualitative evidence examining the experiences of older adults remains scarce.

In addition, previous studies have predominantly examined individual outcomes such as emotional well-being, caregiving, or family support separately, whereas limited research has explored intergenerational bonding as a holistic predictor of healthy ageing encompassing emotional, psychological, social, and functional dimensions. Therefore, the present study seeks to address these gaps by exploring the lived experiences of older adults in Thiruvananthapuram District through a qualitative approach, providing a deeper understanding of how meaningful relationships with grandchildren contribute to healthy ageing in later life.

2.5 Conclusion

This chapter reviewed the existing literature related to intergenerational bonding, grandparent–grandchild relationships, and healthy ageing from both national and international perspectives. The review highlighted the significance of family relationships in promoting the emotional, psychological, and social well-being of older adults while identifying the research gap that justified the present study. The chapter

also presented the theoretical framework based on Family Systems Theory and Intergenerational Solidarity Theory, which provided the conceptual foundation for understanding the influence of intergenerational bonding on healthy ageing. The insights gained from the reviewed literature and theoretical perspectives formed the basis for developing the research methodology presented in the following chapter.

CHAPTER
RESEARCH METHODOLOGY

3.1 Introduction

Research methodology provides the systematic framework that guides the entire research process. It outlines the methods, procedures, and techniques adopted to collect, analyse, and interpret data in order to address the research objectives. A well-defined methodology ensures that the study is conducted in a logical, scientific, and ethical manner, thereby enhancing the credibility, trustworthiness, and authenticity of the findings. It also provides a clear explanation of the rationale behind the selection of the research approach, design, sampling procedure, data collection methods, and analytical techniques.

The present study, titled “The Influence of Intergenerational Bonding as a Predictor of Healthy Ageing in Later Life,” aimed to explore how older adults perceive and experience their relationships with grandchildren and how these relationships contribute to healthy ageing. Since the study focused on understanding participants’ lived experiences, emotions, perceptions, and personal meanings, a qualitative research approach was considered most appropriate. This approach enabled the researcher to gather rich, in-depth information through direct interaction with participants and to understand the social and emotional significance of intergenerational bonding from their own perspectives.

The study was conducted among older adults residing in Thiruvananthapuram District, Kerala, a state experiencing a significant increase in its ageing population due to demographic transition and improved life expectancy. As healthy ageing has become an important concern in contemporary society, understanding the role of family relationships, particularly grandparent–grandchild relationships, is essential for promoting the emotional, psychological, and social well-being of older adults. The qualitative approach allowed participants to freely express their experiences and provided valuable insights into how intergenerational relationships influence their quality of life, emotional well-being, social connectedness, and sense of purpose.

This chapter describes the methodological framework adopted for the study. It presents the title of the study, research questions, research approach and design, operational definitions, study area, universe and unit of study, sampling design, sample size, inclusion and exclusion criteria, tools and sources of data collection, data collection procedure, data analysis using Braun and Clarke’s Six-Phase Thematic Analysis, ethical considerations, assumptions, limitations, and scope of the study. The methodology adopted ensured that the research was carried out systematically and ethically while maintaining the integrity and credibility of the findings.

3.2 Title of the Study

“The Influence of Intergenerational Bonding as a Predictor of Healthy Ageing in Later Life.”

This study explores the influence of intergenerational bonding on healthy ageing among older adults residing in Thiruvananthapuram District, Kerala. It aims to understand how relationships between grandparents and grandchildren contribute to the emotional, psychological, and social well-being of older adults in later life. As family relationships play a significant role in promoting quality of life during old age, the study examines the nature of grandparent–grandchild relationships, the emotional meanings attached to these bonds, their influence on the sense of purpose and daily life, the challenges encountered in maintaining these relationships, and older adults’ perceptions of healthy ageing.

A qualitative research approach with a descriptive research design was adopted to gain an in-depth understanding of participants’ lived experiences. Data were collected from eight older adults through semi-structured interviews and analysed using Braun and Clarke’s (2006) six-phase thematic analysis. The study seeks to contribute to the field of gerontological social work by providing insights into the importance of intergenerational relationships in promoting healthy ageing and by offering implications for family-centred interventions, community programmes, and policies supporting the well-being of older adults.

3.3 Research Questions

General Research Question

* How does intergenerational bonding influence healthy ageing among older adults in later life?

Specific Research Questions

1. How do older adults describe the nature and quality of their relationship with their grandchildren?

2. What emotional and psychological meanings do older adults attach to their relationships with their grandchildren?
3. How do grandparent–grandchild relationships influence older adults’ sense of purpose and daily life?
4. What challenges do older adults experience in maintaining intergenerational relationships with their grandchildren?
5. How do older adults perceive healthy ageing in relation to intergenerational bonding?

3.4 Definition of Concepts

3.4.1 Conceptual and Operational

Conceptual Definition

Healthy Ageing

The World Health Organization (2020) defines healthy ageing as the process of developing and maintaining the functional ability that enables well-being in older age. Functional ability includes the capabilities that allow older adults to meet their basic needs, learn and grow, maintain relationships, contribute to society, and remain physically, mentally, and socially active throughout later life.

Intergenerational Bonding

Intergenerational bonding refers to the emotional, social, and relational connections that exist between individuals belonging to different generations within a family. It involves mutual affection, communication, support, trust, shared experiences, and the exchange of knowledge, values, and care between generations.

Older Adults

According to the World Health Organization, older adults are individuals aged 60 years and above, although the definition may vary depending on the social and cultural context.

Grandparent–Grandchild Relationship

The grandparent–grandchild relationship is a unique intergenerational family relationship characterized by affection, companionship, emotional support, guidance, mutual respect, and the transmission of family values, traditions, and life experiences across generations.

Emotional Well-being

Emotional well-being refers to an individual's ability to experience positive emotions, manage stress effectively, maintain satisfying relationships, and achieve a sense of happiness, life satisfaction, and emotional balance.

Operational Definition

Healthy Ageing

In the present study, healthy ageing refers to older adults' perceptions of maintaining physical health, emotional well-being, psychological resilience, social participation, independence, and a sense of purpose in later life, as influenced by their relationships with their grandchildren.

Intergenerational Bonding

In this study, intergenerational bonding refers specifically to the emotional and social relationship between grandparents and their grandchildren, including the quality of their interactions, emotional closeness, communication, companionship, and mutual support as perceived by the older adults.

Older Adults

For the purpose of this study, older adults refer to individuals aged 55 years and above residing in Thiruvananthapuram District who have at least one grandchild and maintain some level of interaction with them.

Grandparent–Grandchild Relationship

In the present study, the grandparent–grandchild relationship refers to the participants’ lived experiences of interacting with their grandchildren, including emotional closeness, communication, caregiving, shared activities, and the perceived influence of these relationships on their lives.

Emotional Well-being

In this study, emotional well-being refers to the positive emotional experiences reported by older adults, such as happiness, reduced loneliness, emotional fulfilment, self-worth, psychological comfort, and life satisfaction resulting from their relationships with their grandchildren.

3.5 Research Design

The present study adopted a Descriptive Qualitative Research Design to explore the influence of intergenerational bonding as a predictor of healthy ageing among older adults in Thiruvananthapuram District. A research design serves as the overall plan or blueprint that guides the researcher in collecting, analyzing, and interpreting data systematically. It provides a structured framework for addressing the research questions and achieving the objectives of the study.

A descriptive qualitative research design aims to provide a detailed and comprehensive understanding of a phenomenon by exploring participants’ experiences, perceptions, opinions, and interpretations in their natural context. Unlike quantitative research, which focuses on measuring variables and establishing statistical relationships, descriptive qualitative research seeks to understand the meanings individuals attach to their experiences. It emphasizes rich descriptions of human behaviour, social interactions, and lived experiences, allowing participants to express their thoughts and feelings in their own words.

The descriptive qualitative design was considered appropriate for the present study because the researcher intended to gain an in-depth understanding of how older adults perceive and experience their relationships with their grandchildren and how these relationships influence different dimensions of healthy ageing. The study did not seek to test hypotheses or establish cause-and-effect relationships but rather to explore the

emotional, psychological, and social significance of intergenerational bonding from the participants' perspectives.

The design enabled the researcher to capture detailed narratives regarding the nature of grandparent–grandchild relationships, the emotional meanings attached to these relationships, their influence on participants' sense of purpose and daily life, the challenges encountered in maintaining these relationships, and their perceptions of healthy ageing. Through open-ended interviews, participants were encouraged to freely share their lived experiences, providing rich and meaningful data for analysis.

Furthermore, the descriptive qualitative research design complemented the use of Braun and Clarke's (2006) six-phase thematic analysis, which facilitated the systematic identification, analysis, and interpretation of recurring patterns and themes within the participants' narratives. This approach enabled the researcher to develop a comprehensive understanding of the phenomenon under investigation while preserving the authenticity of the participants' voices and experiences.

Therefore, the descriptive qualitative research design was considered the most suitable design for achieving the objectives of the study and generating an in-depth understanding of the influence of intergenerational bonding on healthy ageing among older adults.

3.6 Universe of the Study

The universe of the study refers to the entire population that possesses the characteristics relevant to the research problem and from which the sample is selected. It represents the complete group of individuals to whom the findings of the study are intended to relate. Defining the universe helps establish the scope and boundaries of the research and ensures that the study focuses on a specific population relevant to the research objectives.

In the present study, the universe consisted of older adults residing in Thiruvananthapuram District, Kerala, who had at least one grandchild and maintained some level of interaction with them. These older adults represented the broader population from which the participants were purposively selected. The study focused

on exploring their lived experiences, perceptions, and interpretations of intergenerational bonding and its influence on healthy ageing in later life.

The choice of this universe was based on the relevance of older adults' experiences in understanding the role of grandparent–grandchild relationships in promoting healthy ageing. Since the study adopted a qualitative research approach, the emphasis was not on achieving statistical representation of the entire population but on selecting information-rich participants who could provide detailed insights into the phenomenon under investigation. Therefore, the defined universe provided the foundation for identifying participants who met the inclusion criteria and were capable of contributing meaningful narratives to the study.

The universe was restricted to Thiruvananthapuram District to ensure feasibility of data collection and to understand the experiences of older adults within the socio-cultural context of Kerala. The district, with its growing ageing population and changing family structures, provided an appropriate setting for exploring how intergenerational bonding influences healthy ageing among older adults. By clearly defining the universe of the study, the researcher ensured that the findings remained relevant to the population under investigation while maintaining consistency with the objectives and scope of the research.

3.7 Sampling Design (Inclusion and Exclusion Criteria)

Sampling design refers to the systematic plan adopted by the researcher for selecting participants from the universe of the study. It outlines the method used to identify and recruit participants who possess the characteristics relevant to the research objectives. In qualitative research, sampling emphasizes the selection of information-rich participants who can provide detailed insights into the phenomenon under investigation rather than achieving statistical representation.

The present study employed purposive sampling, a non-probability sampling technique. Purposive sampling involves the deliberate selection of participants based on predetermined criteria relevant to the objectives of the study. This technique was considered appropriate because the study sought to explore the lived experiences,

perceptions, and meanings that older adults attach to their relationships with their grandchildren. Only those individuals who had direct experience of intergenerational bonding were capable of providing rich and meaningful information required for the study.

The researcher selected participants who met the inclusion criteria and were willing to share their experiences through semi-structured interviews. The selection of participants was guided by the principle of information richness, ensuring that each participant could contribute valuable insights into the influence of intergenerational bonding on healthy ageing. Since the study followed a qualitative research approach, the emphasis was on obtaining depth and quality of information rather than the size of the sample.

Inclusion Criteria

The study included participants who met the following criteria:

- * Older adults aged 55 years and above.
- * Older adults who had at least one grandchild.
- * Individuals who maintained some level of interaction or communication with their grandchildren, either through direct contact or virtual communication.
- * Residents of Thiruvananthapuram District, Kerala.
- * Individuals who were willing to participate voluntarily in the study and provide informed consent.
- * Older adults who were able to communicate their experiences clearly during the interview.

Exclusion Criteria

The following individuals were excluded from the study:

- * Older adults below 55 years of age.

- * Individuals who did not have grandchildren.
- * Older adults who had no interaction or communication with their grandchildren.
- * Individuals who were unwilling to participate or declined to provide informed consent.
- * Older adults with severe cognitive impairment, serious communication difficulties, or health conditions that prevented them from participating effectively in the interview.

The use of purposive sampling, together with clearly defined inclusion and exclusion criteria, ensured that the participants selected for the study were best suited to address the research questions and objectives. This sampling design enabled the researcher to obtain rich, authentic, and context-specific data regarding the influence of intergenerational bonding on healthy ageing among older adults.

3.8 Data Collection

Primary Sources

Primary data for the study were collected from eight older adults residing in Thiruvananthapuram District through semi-structured interviews. The interview guide was prepared based on the research objectives and review of literature. Individual interviews were conducted after obtaining informed consent, and with participants' permission, the interviews were audio-recorded. The recordings were later transcribed verbatim and used for thematic analysis.

Secondary Sources

Secondary data were collected through an extensive review of books, research journals, published articles, theses, dissertations, government reports, WHO publications, and other relevant online academic sources related to intergenerational bonding, grandparent–grandchild relationships, healthy ageing, and qualitative research methodology. These sources provided the theoretical and conceptual foundation for the study.

3.9 Data Analysis

Data analysis is a systematic process of organizing, examining, interpreting, and drawing meaningful conclusions from the information collected during the research. In

qualitative research, data analysis focuses on identifying patterns, meanings, and themes that emerge from participants' narratives, thereby enabling the researcher to understand the phenomenon under investigation in depth. Unlike quantitative research, which relies on statistical analysis, qualitative data analysis emphasizes the interpretation of participants' experiences and perspectives within their social and cultural contexts.

The present study employed Braun and Clarke's (2006) Six-Phase Thematic Analysis to analyse the qualitative data collected through semi-structured interviews. Thematic analysis is a widely used and flexible qualitative analytic method that facilitates the systematic identification, organization, analysis, and interpretation of patterns of meaning (themes) within a dataset. This method was considered appropriate because the study aimed to explore older adults' lived experiences and perceptions regarding intergenerational bonding and its influence on healthy ageing.

The interviews were audio-recorded with the participants' consent and transcribed verbatim immediately after data collection. The researcher repeatedly read the transcripts to become thoroughly familiar with the data and to gain an overall understanding of the participants' experiences. Throughout the analysis, the researcher maintained close engagement with the data to ensure that the findings accurately reflected the participants' perspectives.

The analysis was carried out following the six phases proposed by Braun and Clarke (2006):

Phase 1: Familiarization with the Data

The first phase involved listening to the audio recordings, transcribing the interviews verbatim, and reading the transcripts several times. This process enabled the researcher to immerse herself in the data, identify preliminary ideas, and develop a comprehensive understanding of the participants' narratives. Initial observations and reflections were noted throughout this stage.

Phase 2: Generating Initial Codes

In the second phase, the researcher systematically examined each transcript and identified meaningful statements relevant to the research questions. Important words, phrases, and ideas were labelled with initial codes that captured the essence of participants' experiences. Coding was carried out across the entire dataset to ensure that all relevant information was included in the analysis.

Phase 3: Searching for Themes

After the coding process, similar and related codes were grouped together to identify broader patterns of meaning. These groups of related codes were organized into potential themes and sub-themes that reflected shared experiences and recurring concepts across participants' narratives. This stage involved exploring the relationships between different codes and identifying overarching ideas relevant to the objectives of the study.

Phase 4: Reviewing Themes

The preliminary themes were then carefully reviewed and refined by comparing them with the coded extracts and the complete dataset. During this stage, themes that overlapped were merged, themes lacking sufficient supporting data were modified or discarded, and the coherence of each theme was examined. This process ensured that the themes accurately represented the participants' experiences and addressed the research questions.

Phase 5: Defining and Naming Themes

Once the themes were finalized, each theme and sub-theme was clearly defined and given an appropriate name that reflected its central meaning. The researcher developed detailed descriptions of each theme, identified its scope and boundaries, and examined how it contributed to understanding the influence of intergenerational bonding on healthy ageing. The final themes represented the major patterns that emerged from the participants' narratives.

Phase 6: Producing the Report

The final phase involved presenting the findings in a clear, coherent, and systematic manner. Each theme was supported with relevant verbatim quotations from the participants to preserve the authenticity of their experiences. The findings were interpreted in relation to the research objectives, existing literature, and the broader context of healthy ageing and intergenerational relationships. This process enabled the researcher to construct a meaningful narrative that explained how intergenerational bonding contributes to healthy ageing among older adults.

The thematic analysis resulted in the identification of five major themes and several sub-themes, namely: (1) Nature and Quality of the Grandparent–Grandchild Relationship, (2) Emotional and Psychological Meanings of the Bond, (3) Influence on Sense of Purpose and Daily Life, (4) Challenges in Maintaining the Bond, and (5) Perception of Healthy Ageing in Relation to Intergenerational Bonding.

The use of Braun and Clarke’s six-phase thematic analysis ensured a rigorous, transparent, and systematic approach to analysing the qualitative data. It enabled the researcher to capture the depth and richness of the participants’ lived experiences while maintaining the credibility and trustworthiness of the study findings.

3.10 Ethical Considerations

Ethical principles were strictly followed throughout the research process to ensure the rights, dignity, and well-being of the participants. Prior to data collection, the purpose and objectives of the study were clearly explained, and informed consent was obtained from all participants. Participation in the study was entirely voluntary, and participants were informed that they had the right to withdraw from the study at any stage without any consequences.

The researcher maintained confidentiality and anonymity by not disclosing the identities or personal information of the participants. The information collected was used solely for academic and research purposes. Participants’ privacy, dignity, and opinions were respected throughout the interview process. Permission was obtained before audio-recording the interviews, and all data were stored securely to prevent unauthorized access. The researcher also ensured that no physical, psychological, or emotional harm was caused to the participants during the course of the study.

3.11 Assumptions, Limitations and Scope of the Study

3.11.1 Assumptions of the Study

Every research study is conducted based on certain assumptions that guide the research process. The present study was based on the following assumptions:

- * Older adults have meaningful experiences and perceptions regarding their relationships with their grandchildren.
- * Intergenerational bonding plays an important role in influencing the emotional, psychological, and social well-being of older adults.
- * Participants would provide honest, accurate, and sincere responses during the interviews.
- * The semi-structured interview method would facilitate the collection of rich and in-depth qualitative data.
- * The experiences shared by the participants would provide valuable insights into understanding the influence of intergenerational bonding on healthy ageing.

3.11.2 Limitations of the Study

Like any research, the present study has certain limitations that should be considered while interpreting the findings.

- * The study was limited to eight older adults, which may not represent the experiences of the entire older adult population.
- * The study was confined to Thiruvananthapuram District, Kerala; therefore, the findings cannot be generalized to other geographical areas.

- * The research adopted a qualitative approach, focusing on participants' lived experiences rather than statistical generalization.

- * The findings were based on participants' self-reported experiences and perceptions, which may be influenced by personal memories, emotions, and individual interpretations.

- * Due to time and resource constraints, the study focused only on the perspectives of older adults and did not include the views of grandchildren or other family members.

3.11.3 Scope of the Study

The present study focused on exploring the influence of intergenerational bonding as a predictor of healthy ageing among older adults in Thiruvananthapuram District. It examined the lived experiences and perceptions of grandparents regarding their relationships with their grandchildren and explored how these relationships contribute to emotional well-being, social connectedness, psychological resilience, and a sense of purpose in later life.

The findings of the study provide valuable insights for gerontological social work practice, family-centred interventions, healthy ageing programmes, and community-based initiatives aimed at strengthening intergenerational relationships. The study also contributes to the existing body of knowledge on healthy ageing and intergenerational bonding within the Indian and Kerala contexts. Furthermore, it offers a foundation for future researchers to undertake broader qualitative, quantitative, or comparative studies on intergenerational relationships and their impact on the well-being of older adults.

3.12 Conclusion

This chapter presented the research methodology adopted for the present study. It described the qualitative research approach and descriptive research design, along with the study area, objectives, operational definitions, universe, sampling design, inclusion and exclusion criteria, and sample size. The chapter also explained the tools and sources of data collection, data collection procedure, and the process of data analysis using Braun and Clarke's (2006) Six-Phase Thematic Analysis. Ethical considerations, assumptions, limitations, and the scope of the study were also discussed to ensure the credibility and trustworthiness of the research. The methodological framework

provided a systematic foundation for collecting and analysing the data, leading to the presentation and interpretation of the findings.

CHAPTER IV

CASE PRESENTATION

4.1 Introduction

This chapter presents the analysis and interpretation of the data collected from the participants in accordance with the objectives of the study. The data were obtained through semi-structured interviews conducted with eight older adults residing in Thiruvananthapuram District. The interviews generated rich narratives that reflected the participants' experiences, perceptions, and meanings associated with intergenerational bonding and healthy ageing. The chapter begins with the case presentation of each participant, providing a brief socio-demographic profile and a descriptive account of their experiences with their grandchildren. These case descriptions help to understand the individual contexts and lived experiences of the participants. Following the case presentations, the interview data are analysed using Braun and Clarke's (2006) Six-Phase Thematic Analysis. The findings are organised under major themes and sub-themes that emerged from the participants' narratives and are supported by relevant verbatim quotations. The analysis highlights how intergenerational bonding influences the emotional, psychological, and social well-being of older adults and contributes to healthy ageing.

4.2 Socio-Demographic profile

Cases	Age	Gender	Living arrangement	No.of grandchildren
A	74	F	Spouse	2
B	65	F	Spouse	4
C	53	F	Family	2
D	63	F	Independent	3
E	70	F	Spouse	3
F	66	M	Spouse	1
G	60	F	Family	3
H	65	M	Spouse	1

4.3 Case Presentation

4.3.1 Case one

Mrs. A is an older adult residing in Thiruvananthapuram District with her daughter. She has four grandchildren and enjoys frequent interaction with them. Two of her grandchildren visit her daily after returning from school and college, while the other two spend time with her during weekends, holidays, and family gatherings. Living in a multigenerational family environment has enabled her to develop and maintain a close and affectionate relationship with all of her grandchildren. She described these interactions as an important part of her everyday life and believed that they have greatly contributed to her emotional well-being and happiness.

The participant explained that her relationship with her grandchildren is characterized by love, trust, openness, and mutual respect. She reported that her grandchildren feel comfortable sharing their thoughts, feelings, and daily experiences with her. She listens patiently to them, offers guidance whenever necessary, and enjoys being actively involved in their lives. According to the participant, this mutual openness has strengthened their emotional connection and created a relationship built on trust and understanding. she stated,

“We share a strong emotional bond. They are very open with me, and I feel deeply connected to them.”

The participant further explained that spending time with her grandchildren is one of the happiest aspects of her life. She particularly enjoys participating in everyday family activities with them. She fondly recalled how her grandchildren often join her in the kitchen to help prepare meals. Although they occasionally create extra work by making a mess, she does not consider this an inconvenience. Instead, she views these moments as precious family memories that strengthen their relationship and create a joyful home environment.

she further shared,

“They come to the kitchen to help me, even though they make a mess. I don’t mind it; I

consider it part of our life.”

She also explained that family holidays and vacations are especially meaningful because all of her grandchildren spend time together at home. During these occasions, she enjoys cooking for them, listening to their conversations, and watching them interact with one another. These shared experiences provide her with immense emotional satisfaction and reinforce her sense of belonging within the family. She believes that such interactions strengthen family unity and preserve close intergenerational relationships.

The participant described grandparenthood as a source of emotional fulfilment and psychological comfort. She stated that the presence of her grandchildren brings happiness, excitement, and positivity into her daily life. Whenever they visit or spend time with her, the home becomes lively and filled with laughter. She expressed that these moments help her maintain a positive outlook on life and make the ageing process more enjoyable. she also stated,

“They come to me, share things with me, and listen to me. That makes me feel important.”

This statement reflects the participant’s perception that she continues to occupy a meaningful role within the family. She explained that her grandchildren often seek her advice, consult her about personal matters, and value her opinions. These experiences make her feel respected, appreciated, and emotionally secure. Being recognized as a trusted elder within the family has strengthened her self-esteem and reinforced her sense of worth.

Another significant aspect of the participant’s experience was the sense of purpose that her grandchildren provide. She explained that caring for them, supporting them emotionally, and guiding them whenever necessary have become meaningful responsibilities in her life. Waiting for them to return home after school and spending quality time with them are important parts of her daily routine. She believes that these responsibilities motivate her to remain mentally alert, emotionally engaged, and socially active. She explained,

“Yes, my grandchildren give me a strong sense of purpose. I feel that I need to be there for them, guide them, and support them.”

The participant further reported that interacting with her grandchildren encourages her to participate in family outings, celebrations, and other social activities. These experiences keep her physically active and strengthen relationships among family members. She believes that grandchildren play an important role in bringing the family together and promoting family cohesion.

Although the participant described her relationship as overwhelmingly positive, she acknowledged that minor challenges occasionally arise due to differences in age, perspectives, and lifestyle. She mentioned that her grandchildren sometimes jokingly refer to her as belonging to the “old generation.” However, rather than allowing such differences to affect their relationship, she chooses to respond with patience and understanding. She respects their opinions, avoids unnecessary interference in their personal decisions, and offers guidance only when they seek her advice. she stated,

“I only guide them and give advice when needed.”

The participant believes that mutual respect, open communication, and acceptance of changing generational values are essential for maintaining strong intergenerational relationships. She emphasized that while times have changed, the emotional bond between grandparents and grandchildren can remain strong when relationships are based on love, understanding, and trust.

Overall, Case A perceived her grandchildren as one of the most important sources of emotional happiness, companionship, and purpose in her life. She believed that their presence has contributed significantly to her emotional well-being, social connectedness, and overall experience of healthy ageing. Her narrative clearly demonstrates that intergenerational bonding extends beyond family interaction and serves as an important protective factor that enhances psychological resilience, strengthens family relationships, and promotes a meaningful and fulfilling life in older adulthood.

4.3.2 Case Two

Mrs. B is a 65-year-old widowed woman residing with her daughter and grandchildren in Thiruvananthapuram District. Following the death of her husband, her grandchildren have become an integral part of her everyday life and an important source of emotional support. Since her daughter is employed and her son-in-law works abroad, she has assumed a major caregiving role within the family. She spends most of her day attending to the needs of her grandchildren, making her relationship with them one that extends beyond affection to one of responsibility, commitment, and mutual care.

The participant described her relationship with her grandchildren as caring, responsible, and deeply affectionate. She explained that she prepares their meals, helps them get ready for school, supervises their daily activities, and manages the household while their mother is at work. Although these responsibilities require considerable effort, she perceives them as meaningful rather than burdensome. Caring for her grandchildren gives structure to her daily life and reinforces her role as an important member of the family. she stated:

“I have a very responsible and caring relationship with my grandchildren. Since their mother goes to work, I take care of many of their needs like getting them ready, giving them food, and managing the household.”

The participant further explained that she maintains a close relationship with her grandchildren by balancing affection with guidance. Instead of imposing strict rules, she allows them freedom while gently correcting them whenever necessary. She believes that this approach has helped establish mutual trust and open communication. According to her, the grandchildren willingly accept her guidance because it is offered with love and concern rather than authority.

She described her daily interactions with her grandchildren as continuous and meaningful. From early morning until bedtime, she remains involved in their lives by preparing food, sending them to school, spending time with them after school, and engaging in conversations. She also fondly recalled occasions when her grandchildren voluntarily joined her in household work, especially while preparing chapatis. These seemingly ordinary experiences have become cherished memories that strengthen their

emotional bond. she further shared:

“When I am doing household work like cooking, they sometimes come and help me, especially when making chapatis. Even if I don’t call them, they join me happily.”

Emotionally, the participant described her grandchildren as one of the greatest sources of comfort and happiness in her life. She explained that after losing her husband, their presence helped her cope with grief and loneliness. Spending time with them brings her emotional peace and satisfaction, while their concern for her well-being makes her feel loved and appreciated. She remarked that whenever she feels tired, her grandchildren encourage her to rest and show genuine concern for her health, which gives her emotional reassurance and a sense of security.

she stated:

“Being a grandparent gives me emotional comfort and support. Especially after my husband’s death, their presence has become very important in my life.”

The participant also emphasized that she feels respected and valued within the family. She noted that her grandchildren not only depend on her but also care for her in return. Their concern for her health and safety has strengthened her sense of self-worth and reinforced her belief that she continues to play an important role in the family despite her advancing age. She further explained:

“Yes, I feel valued. They care about my well-being and even look after my safety. Sometimes I feel that they take care of me more than I take care of them.”

she reported that caring for her grandchildren provides her with a strong sense of purpose. Her daily routine revolves around their schedules, including waking up early, preparing meals, sending them to school, and organizing household activities according to their needs. Although she experiences health problems such as varicose veins, she continues to remain physically and mentally active because of her responsibilities towards her grandchildren. She believes that looking after them motivates her to stay active and gives meaning to her everyday life.

The participant further explained that her grandchildren encourage greater participation in family outings and social activities. Even when she is physically tired or reluctant to go out, she accompanies them to maintain family togetherness and spend quality time with them. These interactions help her remain socially engaged and emotionally connected with family members.

Although Respondent 2 described her relationship as overwhelmingly positive, she acknowledged certain challenges. She explained that managing household responsibilities, caring for grandchildren, and coping with her health condition can sometimes be physically demanding. She also observed that today's children are more exposed to technology and have lifestyles that differ considerably from earlier generations. However, rather than responding with strict discipline, she adopts a friendly and understanding approach. She prefers discussing issues privately, giving her grandchildren freedom, and gently guiding them whenever necessary. This strategy, according to her, has helped maintain mutual respect and harmony within the family.

Regarding healthy ageing, the participant defined it as maintaining both physical and mental health while continuing to lead a disciplined and active life. She explained that regular exercise, dietary control, managing her health, and staying engaged with her grandchildren contribute significantly to her well-being. She strongly believed that her grandchildren motivate her to remain active, emotionally supported, and mentally engaged. Instead of feeling lonely or idle, she experiences a sense of purpose and fulfilment through her caregiving role. She stated:

“Yes, definitely. Their presence gives me happiness, reduces loneliness, and keeps me mentally active. Instead of feeling idle, I feel engaged and purposeful because of them.”

Overall, case B's narrative illustrates that the grandparent–grandchild relationship extends beyond caregiving responsibilities to become a significant source of emotional support, companionship, purpose, and resilience. Despite widowhood, health concerns, and changing generational dynamics, she continues to experience happiness, fulfilment, and psychological well-being through her close relationship with her grandchildren. Her experiences strongly support the study's finding that intergenerational bonding plays a vital role in promoting healthy ageing by enhancing emotional well-being,

encouraging active engagement, and reinforcing meaningful family relationships.

4.3.3 Case Three

Mrs. C is a 53-year-old married woman residing in Thiruvananthapuram District with her husband and mother. Her husband has been experiencing health problems and is unable to work due to recurrent seizures. Although her children are married and live separately, her only grandchild resides nearby, allowing her to maintain frequent interaction through regular visits and daily video calls. Despite not living under the same roof, the participant described her relationship with her grandchild as emotionally close, affectionate, and deeply meaningful. She believes that physical distance has never weakened their emotional connection because both make conscious efforts to remain in regular contact.

The participant explained that her relationship with her grandchild is built upon love, affection, and consistent communication. She emphasized that they communicate every evening through video calls, and whenever possible, they visit each other to spend quality time together. These regular interactions have enabled them to maintain a strong emotional bond despite living separately. According to her, even a short period without seeing her grandchild makes her eager to visit, reflecting the depth of her emotional attachment. she stated:

“I have a loving and affectionate relationship with my grandchild. Even though we are not living together, we maintain regular contact through visits and calls.”

The participant further explained that her interactions with her grandchild extend beyond simple conversations. During visits they play together, talk about everyday experiences, visit nearby places, and occasionally go to the temple together. She described these shared moments as valuable experiences that strengthen their relationship and provide emotional satisfaction. One of the most memorable aspects of their relationship is the excitement she feels whenever her grandchild visits or calls her from school. She explained that if she does not see the child for a few days, she naturally feels the desire to visit, demonstrating the emotional closeness they share. She further

shared:

“When my grandchild comes here, we play together and spend time happily. Even when they go to school, they call me and talk to me. If I don’t see them for a couple of days, I feel the need to go and visit them.”

She described grandparenthood as one of the most joyful experiences in her life. She explained that spending time with her grandchild makes her forget the burdens and responsibilities associated with daily life. While playing with the child, she experiences a sense of youthful happiness and emotional freedom, often feeling “like a child again.” She stated that her grandchild brings positivity into her life and helps her remain emotionally relaxed, particularly during periods of stress associated with her husband’s illness and other family responsibilities. She stated:

“Becoming a grandparent is a very special feeling for me. There is nothing else like it. It brings pure happiness into my life.”

The participant further explained that her grandchild has become an important source of emotional support and psychological well-being. Daily phone calls, invitations to accompany the child on outings, and expressions of care make her feel loved, respected, and important within the family. She expressed that these interactions strengthen her emotional security and provide reassurance that she continues to occupy a meaningful place in her grandchild’s life.

She also reported that being a grandparent has given her a renewed sense of purpose. Although she sometimes experiences reduced energy due to age and ongoing family responsibilities, she remains motivated to spend time with her grandchild, attend to the child’s needs, and participate in shared activities. She explained that her daily routine now includes regular conversations, visits, and planning time around opportunities to meet her grandchild. These responsibilities have helped her remain mentally active and emotionally engaged.

The participant further described that her grandchild encourages her to remain physically active. Whenever the child visits, they go out together, walk around nearby places, and participate in various family activities. Even when she feels physically tired,

she willingly accompanies her grandchild because these interactions provide joy and meaningful engagement. She believes that these activities have positively influenced both her physical activity and social participation.

Although the relationship is overwhelmingly positive, she acknowledged certain challenges. Since they do not live together, she sometimes misses the opportunity for daily face-to-face interaction. She also observed that modern children are increasingly attracted to mobile phones and digital devices, which occasionally reduce opportunities for direct communication. However, rather than responding with strict discipline, she adopts a supportive approach by understanding her grandchild's interests while gently offering guidance whenever necessary. she stated:

"I try to fulfill their needs and not completely deny their wishes. At the same time, I guide them when necessary and make them understand what is right."

With regard to healthy ageing, the participant explained that ageing well means continuing to live peacefully despite financial, health-related, and personal challenges. She believes that maintaining emotional balance, fulfilling daily responsibilities, and preserving meaningful family relationships are more important than merely being free from illness. According to her, the relationship with her grandchild provides emotional relief, reduces stress, and motivates her to remain active despite the difficulties she faces in life. She stated:

"My grandchild gives me happiness and emotional relief. Even if I feel tired, their presence motivates me to be active and engaged."

Overall, she narrative demonstrates that meaningful intergenerational relationships can flourish despite geographical separation when sustained through regular communication, emotional closeness, and mutual affection. Her experiences reveal that the grandparent–grandchild relationship serves as an important source of happiness, emotional resilience, purpose, and social connectedness. The case further illustrates that

intergenerational bonding contributes positively to healthy ageing by helping older adults remain emotionally fulfilled, mentally engaged, and actively involved in family life despite personal and health-related challenges.

4.3.4 Case Four

Mrs. D is a 63-year-old woman residing independently in Thiruvananthapuram District. Although she lives alone, she maintains a close and supportive relationship with her daughters and grandchildren. She explained that she prefers to live independently because she does not wish to become a burden to her children, even though they readily support her whenever necessary. She has three grandchildren, and although geographical distance prevents daily face-to-face interaction, she remains emotionally connected through regular visits and telephone conversations. The participant viewed these interactions as meaningful and believed that physical distance had not weakened the affection shared between them.

The participant described her relationship with her grandchildren as affectionate, caring, and emotionally fulfilling. She explained that the strong bond they share developed over many years, particularly because she played an important role in caring for her younger daughter's child from infancy. According to her, this early caregiving experience strengthened their emotional attachment, and the relationship has continued to grow despite living separately. She stated that her grandchildren continue to express love, concern, and respect towards her, making her feel emotionally secure and closely connected to them. She stated:

"I share a loving and caring relationship with all my grandchildren. They have a lot of affection towards me, and I also feel deeply connected to them. Even though we don't meet often, the bond remains strong."

The participant further explained that the closeness between them is rooted in emotional attachment rather than physical proximity. She recalled spending considerable time taking care of her younger granddaughter during early childhood, which created a particularly strong emotional bond. Even now, all of her grandchildren regularly

enquire about her health, remind her to take her medicines, and ensure that she is doing well. She interpreted these gestures as expressions of love and concern that strengthened her confidence and emotional well-being. She further shared,

“The closeness comes from emotional attachment and past caregiving. I was very involved in taking care of my younger daughter’s child from a young age, which made us especially close.”

The participant described her interactions with her grandchildren as warm, meaningful, and centred around family togetherness. Whenever they visit, she enjoys preparing their favourite meals, talking with them, listening to their experiences, and spending quality time together. Even when they are physically apart, they maintain regular communication through phone calls, during which they discuss their studies, daily activities, and each other’s well-being. She particularly appreciated that her grandchildren often remind her to take her medicines and enquire about her health, making her feel genuinely cared for. She stated,

“When they visit, I spend time cooking for them, talking, and taking care of them. Over phone calls, we ask about each other’s well-being. They also check on my health and remind me about medicines.”

One recent experience that remained memorable for the participant was when her grandson offered to take her on his scooter, demonstrating affection and concern for her comfort. She also fondly recalled occasions when all of her grandchildren stayed with her for a few days, sharing meals and spending time together as a family. These moments brought immense happiness and reinforced her sense of belonging within the family. She further explained:

“Recently, my grandson offered to take me on his scooter, showing his care and concern for me. When they visit, they stay for a couple of days, eat happily, and spend time together as a family, which gives me great joy.”

Emotionally, the participant described her grandchildren as an important source of comfort, happiness, and peace. She explained that even during periods of sadness or emotional distress, talking to them immediately improves her mood and provides

emotional reassurance. Grandparenthood, according to her, is a stage of life filled with satisfaction because it allows her to continue experiencing unconditional love and affection from the younger generation. She believed that these relationships had a positive influence on her emotional well-being and helped her maintain psychological stability. She stated:

“I feel immense happiness and peace when I spend time with them. Even if I am sad, talking to them makes me feel relaxed and emotionally comforted.”

The participant further reported that her grandchildren make her feel respected and valued. She explained that they seek her blessings, listen to her advice, and continue to show affection despite their busy lives. These interactions reinforce her self-esteem and reassure her that she continues to occupy an important place within the family. She also believes that being a grandparent gives her a sense of purpose, motivating her to remain independent, continue working when possible, and take care of her health so that she can continue supporting her grandchildren emotionally.

Although the participant acknowledged certain challenges, she emphasized that these did not weaken the relationship. The greatest challenge identified was geographical distance, which limited opportunities for frequent face-to-face interaction. She also observed differences between the upbringing of today’s children and previous generations. However, she explained that she manages these differences with patience, understanding, and gentle guidance instead of criticism. She believes that accepting change while maintaining open communication helps preserve harmonious relationships within the family.

Regarding healthy ageing, Respondent 4 explained that ageing well means remaining independent, taking care of one’s health, continuing daily activities, and maintaining meaningful family relationships. She believed that her grandchildren provide emotional strength, reduce loneliness, relieve stress, and give her a sense of belonging despite living alone. Even short visits or telephone conversations bring her happiness and emotional fulfilment, helping her experience ageing in a positive and meaningful way. She stated:

“Yes, very much. They bring joy, reduce stress, and give me a sense of belonging. Even short visits or conversations make me feel emotionally fulfilled and peaceful.”

Overall, she demonstrates that meaningful intergenerational relationships can flourish even when grandparents and grandchildren do not live together. Through continued communication, mutual care, emotional attachment, and respect, she experiences happiness, purpose, and psychological well-being. Her experiences illustrate that emotional closeness, rather than physical proximity alone, is fundamental to sustaining strong grandparent–grandchild relationships and promoting healthy ageing in later life.

4.3.5 Case Five

Mrs. E is an older adult living with her spouse in Thiruvananthapuram District. She has two daughters, both of whom are married, and together they have three granddaughters. The eldest granddaughter is employed in a private firm, the second is pursuing a Master of Social Work (MSW) at Loyola College of Social Sciences, and the youngest is studying medicine. The participant described this stage of her life as peaceful, satisfying, and filled with happiness. She expressed that her family, particularly her grandchildren, constitutes one of the greatest sources of joy and emotional fulfillment in her life.

The participant explained that her relationship with her granddaughters is characterized by unconditional love, affection, and mutual support. Rather than viewing them merely as grandchildren, she described them as individuals who provide her with emotional strength, companionship, and a sense of fulfilment. She stated that their presence has enriched her life and strengthened her emotional well-being. She stated:

“They are not just my grandchildren; they mean immense support, love, and everything to me.”

She further explained that becoming a grandparent has brought her immense satisfaction and happiness. According to the participant, her grandchildren treat her with love and respect, creating an atmosphere of warmth and harmony within the

family. She perceived grandparenthood as a rewarding life experience that has strengthened family relationships and contributed positively to her quality of life. She further shared:

“Living as a grandparent means a truly satisfied and very happy life. The children behave very lovingly towards us, and we live very happily.”

The participant described her everyday interactions with her grandchildren as lively and enjoyable. She explained that whenever they spend time together, their home is filled with laughter, conversations, playful activities, and occasional minor disagreements, all of which she considers natural aspects of family life. She stated that every interaction with her grandchildren is meaningful, making it difficult to identify a single favourite memory because she treasures all the moments they have shared together. She stated:

“It is a life filled with laughter, play, little fights, and happiness.”

She further explained,

“There isn’t just one special moment to mention; I cherish everything in my heart.”

The participant acknowledged that while she lovingly corrects her grandchildren when they make mistakes, she does so with affection rather than harshness. She observed that her relationship with her grandchildren differs from the one she had with her own children. Although she disciplined her children more strictly during their upbringing, she now approaches her grandchildren with greater patience, understanding, and emotional sensitivity.

she explained that despite two of her granddaughters living away because of education and employment, their emotional relationship has remained unchanged. She believes that geographical distance has not diminished their affection or emotional closeness. Regular communication and continued family support have enabled them to maintain a meaningful relationship despite living separately.

Emotionally, the participant described her grandchildren as a constant source of happiness. She explained that she does not associate grandparenthood with dramatic

emotional experiences but instead experiences a quiet sense of joy and contentment whenever she thinks about them. Her greatest wish is for their well-being and success in life, and she regularly keeps them in her prayers. She states,

“Having children around just brings happiness. Mentally, it is just happiness.”

The participant further explained that caring for her grandchildren has become an important part of her daily routine. Whenever they visit, she willingly takes responsibility for organizing their belongings, helping them with household needs, and ensuring that everything is in order. Although these responsibilities require additional effort, she performs them gladly because they make her feel involved in their lives and strengthen her role within the family. She shared:

“I do a lot for my grandchildren. They tend to dump everything on my head and leave, and I have to organize and fix it all, whether it’s folding clothes or putting books away.”

She also stated that the arrival of her grandchildren brings renewed enthusiasm and energy into her life. Whenever they visit after being away for some time, she experiences a unique sense of excitement and happiness. She willingly spends time with them, participates in their activities, and does everything possible to make them feel comfortable and cared for. She stated,

“When the children come after being away, there is a special happiness in life. I do whatever I can for them, and we spend time happily together.”

The participant strongly believed that she played a significant role in raising all three of her granddaughters. She explained that she actively contributed to their upbringing by guiding them in matters related to education, character development, discipline, and daily routines. She viewed herself not only as a caregiver but also as a mentor who helped shape their values and personal growth. She further explained:

“I believe I had a very large role in raising all three of them. I provide them with encouragement regarding their character, daily routines, and studies.”

Regarding healthy ageing, the participant stated that she does not perceive herself as an

“old person.” She explained that she continues to live with the same enthusiasm and outlook that she had during earlier stages of life. According to her, maintaining a regular daily routine, receiving continuous family support, and remaining actively involved with her children and grandchildren have enabled her to experience ageing positively. She believes that emotional support from family members contributes significantly to maintaining both physical and mental well-being.

The participant also explained that her grandchildren continue to respect her opinions, listen to her advice, and provide emotional support whenever needed. These interactions reinforce her sense of self-worth and make her feel valued within the family. She further noted that she has never experienced major difficulties in maintaining close relationships with her grandchildren. Even though minor disagreements occasionally occur, they are resolved quickly through mutual understanding, allowing harmony to be restored. She stated:

“There are no major misunderstandings, only small everyday things. Once they are resolved, happiness returns.”

An important aspect of the participant’s narrative was her openness to change and adaptability. Rather than viewing technological advancements or generational differences as barriers, she explained that she willingly learns new things from her grandchildren. She proudly acknowledged that her children and grandchildren introduced her to digital technologies, and she has embraced those changes with a positive attitude. She explained:

“My children and grandchildren taught me about digital things. I adapt and engage in the things from the new generation that I like.”

Finally, the participant emphasized the importance of respecting older adults within the family. She believed that younger generations should value the wisdom and life experiences of elders, listen to their advice, and maintain mutual respect. According to her, such values strengthen intergenerational relationships and contribute to harmonious family life. She stated:

“Young people and children should respect the elderly. They should try to understand what the elderly are saying and be ready to learn from them.”

She illustrates that the grandparent–grandchild relationship is founded on love, mutual respect, emotional support, and lifelong family connectedness. Her experiences demonstrate that grandchildren provide immense happiness, fulfilment, and a sense of purpose while also encouraging continued involvement in family life. Despite geographical distance and occasional minor disagreements, she has successfully maintained strong intergenerational relationships through acceptance, adaptability, and open communication. Her case strongly supports the study’s findings that intergenerational bonding contributes to healthy ageing by enhancing emotional well-being, strengthening family cohesion, promoting active engagement, and fostering a positive outlook towards later life.

4.3.6 Case Six

Mr. F is a 66-year-old married man residing in Thiruvananthapuram District with his wife. Although his grandson lives away from him, he maintains a close and affectionate relationship through regular communication and periodic visits. The participant explained that both he and his wife make it a point to interact with their grandson every evening through video calls. These daily virtual conversations have become an important part of their routine and enable them to remain emotionally connected despite geographical distance. According to the participant, technology has played a significant role in preserving the warmth and intimacy of their relationship.

The participant described his relationship with his grandson as loving, friendly, and based on mutual affection rather than authority. He explained that he has never believed in maintaining rigid boundaries between grandparents and grandchildren. Instead, he prefers to interact with his grandson as a friend, allowing the relationship to develop naturally through understanding, trust, and companionship. He further stated that this approach has strengthened their emotional bond and encouraged open communication.

He stated:

“My relationship with my grandson is very loving and friendly. I don’t see myself as a strict or authoritative grandfather. Instead, I behave like a friend.”

The participant further explained that although he does not live with his grandson, emotional closeness has been maintained through regular communication. During their daily video calls, his grandson happily interacts with them by smiling, showing his toys, displaying what he is eating, and responding in his own playful manner. The participant described these seemingly simple interactions as meaningful experiences that strengthened their emotional attachment and brought happiness into his everyday life. He further shared:

“Even though we don’t live together, we feel close because of our daily communication. When he sees us on video calls, he smiles, shows his toys or food, and responds in his own way.”

The participant also recalled a memorable family experience during the Easter holidays when his grandson and family stayed with them for several days. He explained that their daily routine changed completely during this period. Instead of following their usual schedule, they spent most of their time playing with the child, talking, laughing, and enjoying each other’s company. The participant expressed that these few days filled the home with joy and excitement, making time pass very quickly. He considered this visit one of the happiest recent experiences shared with his grandson.

Emotionally, he described grandparenthood as one of the most fulfilling experiences of his later life. He explained that the happiness he experiences while spending time with his grandson cannot be fully expressed in words. Playing with him, observing his playful behaviour, and simply being in his presence provide deep emotional satisfaction. He believes that grandparenthood allows him to relive many joyful moments of life and creates a unique emotional connection that differs from all other relationships. He stated:

“I feel immense joy when I spend time with my grandson. It is something that cannot be fully expressed in words; it has to be experienced.”

The participant further explained that his grandson has a positive influence on his emotional well-being. Whenever he interacts with him, either through video calls or during visits, he experiences happiness, relaxation, and emotional peace. He stated that these interactions reduce stress, improve his mood, and help him remain mentally cheerful. According to him, even brief conversations with his grandson create positive emotions that remain with him throughout the day. He further explained:

“Whenever I see or interact with my grandson, I feel cheerful and stress-free. It creates a positive emotional state and removes unnecessary worries from my mind.”

He also expressed that he feels valued and respected within his family. He explained that despite the busy schedules of his children, they ensure that he and his wife are included in their daily lives by making regular video calls and arranging family visits whenever possible. He interpreted these efforts as expressions of love, care, and respect, which reinforced his sense of importance within the family.

Although the participant did not perceive grandparenthood as creating a completely new purpose in life, he acknowledged that it has added meaning and happiness to his daily routine. He explained that looking forward to the evening video calls with his grandson has become one of the most enjoyable parts of his day. Whenever his grandson visits, the entire household adjusts its schedule to spend quality time together. These experiences have brought renewed enthusiasm and excitement into his everyday life.

The participant also stated that his interactions with his grandson motivate him to remain physically and mentally active. Carrying the child, walking with him, playing together, and participating in family activities require physical movement while also providing mental stimulation. He believes that these activities help him maintain an active lifestyle despite advancing age. He stated:

“When I play with him, carry him, or walk around with him, it acts as a form of physical activity. It keeps me engaged and active, both physically and mentally.”

The participant further explained that the presence of his grandson encourages greater participation in family gatherings and celebrations. Festivals, birthdays, and family visits have become occasions for strengthening relationships among family members. According to him, grandchildren play an important role in bringing different generations together and creating opportunities for meaningful family interaction.

Although Respondent 6 acknowledged geographical distance as the primary challenge in maintaining the relationship, he emphasized that it has not weakened their emotional bond. Since they are unable to meet frequently, the family relies heavily on telephone and video calls to remain connected. He also observed that future generational differences could arise if older adults attempted to impose their opinions on younger family members. Therefore, he consciously avoids unnecessary interference and instead adopts a respectful and understanding approach toward his children and grandson.

He explained:

“I believe in not interfering too much in the lives of my children and their families. I respect their choices and give them space. This helps avoid conflicts and keeps the relationship smooth.”

With regard to healthy ageing, the participant defined it as maintaining a positive outlook towards life regardless of increasing age. He believes that staying mentally young, following a disciplined routine, remaining physically active, and avoiding unnecessary worries are essential components of healthy ageing. According to him, emotional happiness is equally important as physical health. His relationship with his grandson contributes significantly to this by keeping him emotionally engaged, mentally refreshed, and optimistic about life.

He stated:

“My relationship with my grandson contributes to my happiness and mental well-being. It keeps me emotionally active and joyful, which indirectly supports healthy ageing.”

The participant concluded that his grandson has become an important source of emotional happiness, companionship, and psychological well-being. Even though geographical distance limits physical interaction, regular communication ensures that their emotional bond remains strong. He believes that love, mutual respect, understanding, and adaptability are the foundations of meaningful intergenerational relationships. His experiences clearly demonstrate that the grandparent–grandchild relationship contributes positively to emotional well-being, social connectedness, and healthy ageing by providing joy, reducing stress, and encouraging active engagement in family life.

Mr. F highlights that emotional closeness does not depend solely on physical proximity. Through regular communication, mutual affection, and a friendly approach, he has maintained a strong relationship with his grandson despite geographical distance. His experiences demonstrate that intergenerational bonding enhances emotional well-being, promotes physical and mental activity, strengthens family connectedness, and contributes significantly to healthy ageing in later life.

4.3.7 Case Seven

Mrs. G is an older female residing with her family in Thiruvananthapuram District. Although advancing age has placed her in the later stage of life, she explained that she does not perceive herself as being burdened by old age. Instead, she continues to live with the same enthusiasm and outlook that she had during earlier years. She has three granddaughters, two of whom live away due to educational and personal commitments. Despite this geographical separation, she described her relationship with all three grandchildren as emotionally close, affectionate, and deeply meaningful. According to the participant, regular communication and mutual affection have enabled them to maintain a strong intergenerational bond regardless of physical distance.

The participant described her relationship with her grandchildren as one of unconditional love, emotional support, and companionship. She explained that her granddaughters occupy a special place in her life and are not merely family members but an important source of happiness, comfort, and emotional security. She stated that

their presence gives meaning to her daily life and strengthens her emotional well-being. She stated:

“My relationship with my grandchildren is very loving and supportive. They are not just my grandchildren; they are everything to me. They bring me happiness, support, and emotional comfort.”

The participant further explained that the emotional closeness between them has remained strong despite changes associated with growing up and living separately. She believes that their relationship is built upon mutual love, trust, and understanding. Her granddaughters continue to show affection and respect towards her, while she reciprocates with care, encouragement, and guidance. According to her, emotional closeness is sustained not merely through physical presence but through consistent expressions of love and mutual concern. She further shared:

“We share a close bond filled with love and mutual understanding. Even though they are growing up and have their own lives, the emotional closeness remains strong.”

The participant described her everyday interactions with her grandchildren as joyful, lively, and meaningful. She explained that they spend time talking, laughing, playing together, and sharing everyday experiences. Occasionally, she also corrects them or offers guidance whenever necessary. She believes that a healthy grandparent–grandchild relationship should balance affection with gentle discipline, allowing grandchildren to learn important values while continuing to feel loved and supported. She further explained,

“Our interactions are full of laughter, playfulness, small arguments, and happiness. I guide them, talk to them, sometimes scold them if needed, and also share joyful moments.”

When reflecting on memorable experiences, the participant stated that she could not identify a single outstanding event because every moment spent with her grandchildren holds special significance. Whether it involves simple conversations, correcting them with affection, or spending ordinary family time together, she treasures each experience equally. She explained that these everyday moments have become valuable memories

that continue to bring her happiness.

Emotionally, the participant described grandparenthood as one of the happiest and most satisfying phases of her life. She stated that spending time with her granddaughters fills her life with positivity and emotional fulfilment. Whenever they visit after spending time away, she experiences renewed joy and excitement. Their presence creates a cheerful atmosphere within the household and strengthens her emotional resilience. She stated:

“I feel very happy and joyful when I spend time with them. Their presence brings a special kind of happiness into my life.”

The participant further explained that being a grandparent provides her with peace, satisfaction, and emotional contentment. She considers this stage of life an opportunity to experience unconditional love from the younger generation while also continuing to contribute to their personal growth. According to her, these relationships provide emotional stability and maintain a positive outlook towards life.

She also expressed that she feels respected and valued within her family. She explained that her granddaughters listen to her advice, obey her guidance, and give importance to her opinions. These interactions reinforce her sense of self-worth and assure her that she continues to play a meaningful role in their lives. She stated:

“Yes, I feel valued because they listen to me, obey me, and give importance to what I say. Their respect and attention make me feel meaningful and appreciated.”

The participant further explained that grandparenthood has strengthened her sense of purpose and responsibility. She believes that she has played an important role in shaping the character, education, values, and lifestyle of her granddaughters. Even today, she continues to guide them whenever necessary and considers herself responsible for supporting their personal development. This responsibility motivates her to remain actively engaged in family life.

She also reported that her daily routine changes whenever her grandchildren visit. She willingly undertakes additional household responsibilities, takes care of their needs,

arranges their belongings, and ensures their comfort. Rather than viewing these responsibilities as burdens, she considers them expressions of love and care that enhance her sense of purpose.

She further shared:

“My daily routine includes doing many things for them. I take care of their needs, arrange their things, and manage household activities related to them.”

The participant explained that the presence of her grandchildren motivates her to remain physically active and mentally engaged. Their visits fill the home with energy and enthusiasm, encouraging her to participate in family conversations, shared activities, and social interactions. She believes that grandchildren create a lively family atmosphere that strengthens relationships among all family members.

With regard to challenges, Respondent 7 stated that she has not experienced any major difficulties in maintaining close relationships with her grandchildren. Although minor misunderstandings occasionally occur, she considers them a natural part of family life. She explained that temporary feelings of anger or disappointment quickly disappear through mutual understanding, allowing happiness and harmony to return. She also stated that she does not perceive a significant generation gap because she willingly accepts changes and adapts to the evolving lifestyles of younger generations. She explained:

“I do not feel any strong generational gap. I accept things as they are and move forward. I am open to adapting to changes.”

Regarding healthy ageing, the participant explained that ageing well means continuing to live happily without becoming preoccupied with growing older. She believes that maintaining a positive daily routine, receiving continuous support from family members, and preserving close relationships with children and grandchildren are essential for healthy ageing. According to her, grandchildren also help her remain connected to contemporary society by introducing her to modern ideas and digital

technologies, thereby encouraging continuous learning even in later life.

She stated:

“My grandchildren contribute positively to my life. They teach me new things, especially modern and digital aspects, and keep me connected with the present generation.”

Finally, the participant emphasized that her relationship with her grandchildren contributes significantly to her overall well-being. Their love, respect, and emotional support provide happiness, peace of mind, and psychological satisfaction. She believes that knowing she is valued and appreciated by her grandchildren strengthens her confidence and enables her to experience later life with optimism and emotional security. She concluded:

“Their love, respect, and support bring me happiness and emotional satisfaction. Knowing that they value me and listen to me gives me peace of mind and contentment.”

She demonstrates that strong intergenerational relationships are built upon love, mutual respect, emotional support, and adaptability. Her experiences illustrate that grandchildren contribute significantly to happiness, emotional fulfilment, family connectedness, and a continued sense of purpose. By remaining actively involved in her grandchildren’s lives and adapting to changing family dynamics, she experiences healthy ageing characterized by emotional well-being, social engagement, psychological resilience, and overall life satisfaction. Her case strongly supports the findings of the present study that meaningful grandparent–grandchild relationships serve as an important predictor of healthy ageing among older adults.

4.3.8 Case Eight

Mr. H is a 65-year-old married man residing in Thiruvananthapuram District with his wife, daughter, and grandson. Unlike several other participants whose grandchildren

live separately, Respondent 8 shares the same household with his grandson, allowing for continuous daily interaction. He described this living arrangement as a significant source of happiness, companionship, and emotional fulfilment. According to the participant, his grandson has become an inseparable part of his everyday life, bringing purpose and vitality to the family. He explained that routine activities, conversations, family outings, and shared responsibilities have strengthened their bond and created a warm, supportive home environment.

The participant described his relationship with his grandson as exceptionally close, affectionate, and meaningful. He explained that they relate to one another more like friends than members of different generations. Rather than imposing authority, he believes in respecting his grandson's individuality while maintaining mutual trust and understanding. He also shared that his grandson is caring and attentive, particularly because of his health condition, and frequently offers assistance whenever required. These acts of care have strengthened their emotional attachment and deepened their intergenerational relationship. He stated:

"My relationship with my grandson is very close and meaningful. He plays a major role in my life, and I believe I also have an important place in his life. We share a strong bond, and his presence brings joy and purpose into our everyday life."

The participant further explained that their closeness is built upon mutual respect and companionship. He consciously avoids interfering excessively in his grandson's personal choices while providing guidance whenever necessary. In return, his grandson remains emotionally close to him, expressing concern for his health and well-being. According to the participant, this mutual understanding creates a balanced relationship based on affection rather than control. He further shared:

"We are very close, almost like friends. I do not interfere much in his personal space, and I respect his individuality. At the same time, he is very caring and stays close to me."

Respondent 8 described their everyday interactions as friendly, supportive, and engaging. He explained that they spend considerable time together through conversations, shopping, gardening, family outings, and travelling. Their relationship

is also characterized by reciprocal learning, where his grandson assists him with modern technology such as mobile phones and digital applications, while he, in turn, provides guidance regarding life values and personal experiences. He viewed this exchange of knowledge as an important feature of their relationship that strengthens mutual respect across generations.

The participant also recalled several memorable experiences that reflected the strength of their bond. He explained that his grandson often identifies interesting places online and encourages the family to explore them together, resulting in frequent weekend outings that have become an enjoyable part of their family life. He further expressed immense pride in his grandson's academic and extracurricular achievements, particularly his participation in National Cadet Corps (NCC) activities, where he received medals and recognition. One especially memorable occasion was when his grandson presented a book to the Chief Minister during a school programme, an event that was televised and became a proud moment for the entire family. He stated:

“One memorable moment was when he handed over a book to the Chief Minister during a school function, which was shown on television. That made us extremely proud.”

Emotionally, Respondent 8 described grandparenthood as one of the most rewarding experiences of his life. He explained that the joy experienced as a grandparent differs from parenthood because it is free from many of the responsibilities and pressures associated with raising one's own children. According to him, grandparenthood allows unconditional love, companionship, and emotional closeness to flourish naturally. Spending time with his grandson fills the home with energy, happiness, and positivity, making even ordinary daily activities enjoyable. He stated:

“Being a grandparent is a different and deeper level of happiness compared to being a parent. As a grandparent, the love is more free and unconditional.”

The participant further explained that his grandson has a significant influence on his emotional and psychological well-being. He reported that interacting with him reduces stress, alleviates loneliness, and keeps him emotionally active. The constant

companionship and affectionate interactions provide him with emotional satisfaction and contribute positively to his mental health. He emphasized that his grandson's presence creates a cheerful atmosphere within the household and encourages a positive outlook towards life.

Respondent 8 also expressed that he feels valued and respected within the family because his grandson depends upon him while simultaneously showing care and responsibility towards him. He particularly appreciated the concern shown by his grandson regarding his health, interpreting these actions as evidence of love, gratitude, and mutual respect. Such interactions strengthen his self-esteem and reinforce his importance within the family system. He explained:

"He shows care, concern, and responsibility towards me, especially considering my health condition. That makes me feel important in his life."

The participant described grandparenthood as providing a strong sense of purpose and motivation. He explained that preparing food for his grandson, taking care of him, supporting his education, and ensuring his overall well-being have become meaningful aspects of his daily life. These responsibilities motivate him to remain active and involved. He believed that without his grandson, everyday life would feel less purposeful and considerably less fulfilling. He stated:

"Preparing food for him, taking care of him, and ensuring his well-being motivates me daily. Without him, our routine might feel less meaningful."

He further explained that living with his grandson has transformed the family's daily routine. Compared to earlier years, they now travel more frequently, participate in recreational activities, visit new places, and attend school programmes together. His grandson has introduced greater variety and enthusiasm into family life by encouraging exploration and participation in activities that they might not have considered previously. These experiences have helped the participant remain physically active, socially engaged, and mentally stimulated.

The participant acknowledged that although living together minimizes difficulties in maintaining their relationship, certain generational differences occasionally arise,

particularly regarding parenting styles and lifestyle preferences. However, he explained that these differences rarely become conflicts because he deliberately avoids interfering in decisions made by the younger generation. Instead, he believes that respecting personal autonomy and allowing each generation to make its own choices promotes harmony and strengthens family relationships. He also shared:

“We manage these differences by not interfering too much. I believe each generation should live according to their own understanding. Giving them space reduces conflicts and helps maintain harmony.”

Regarding healthy ageing, Respondent 8 described it primarily as a state of mind rather than a consequence of chronological age. He explained that individuals remain young when they maintain positive thinking, participate actively in family and community life, and continue learning from younger generations. According to him, social engagement and emotional connectedness are more important than physical age in determining healthy ageing. He stated:

“Healthy ageing is not about age but about mindset. If we think positively and stay connected with society, we do not feel old.”

The participant strongly believed that his grandson plays a major role in promoting his healthy ageing. He explained that daily interactions keep him mentally alert, physically active, emotionally satisfied, and socially involved. Caring for his grandson, witnessing his achievements, participating in family activities, and maintaining regular communication all contribute to his overall quality of life. He emphasized that these experiences provide emotional happiness, reduce stress, and motivate him to remain active despite advancing age. He concluded:

“My grandson plays a major role in keeping me mentally and physically active. This relationship brings happiness, reduces stress, and gives emotional satisfaction. Spending time with him and seeing his achievements contributes greatly to my overall well-being.”

This demonstrates how co-residence with a grandchild can strengthen intergenerational bonding through continuous interaction, mutual support, and shared daily experiences.

His relationship is characterized by friendship, mutual respect, reciprocal learning, and emotional closeness. The participant's experiences illustrate that grandchildren can significantly enhance emotional well-being, provide a strong sense of purpose, promote physical and social activity, and encourage a positive outlook towards ageing. His case strongly supports the findings of the present study that meaningful grandparent–grandchild relationships serve as an important predictor of healthy ageing by fostering emotional security, active engagement, psychological resilience, and overall quality of life among older adults.

CHAPTER V

CASE ANALYSIS AND INTERPRETATION

5.1 Introduction

This chapter presents the analysis and interpretation of the data collected from eight older adults residing in Thiruvananthapuram District. The study entitled “The Influence of Intergenerational Bonding as a Predictor of Healthy Ageing in Later Life” sought to explore how older adults experience and perceive their relationships with their grandchildren and how these relationships contribute to various dimensions of healthy ageing. As the study aimed to understand the subjective experiences, emotions, meanings, and interpretations attached to intergenerational relationships, a qualitative research approach was adopted. This approach enabled the researcher to obtain an in-depth understanding of the participants’ lived experiences and the significance they attribute to their relationships with younger generations.

The growing ageing population has increased the need to understand factors that contribute to healthy ageing and overall well-being among older adults. While physical health remains an important aspect of ageing, contemporary perspectives on healthy ageing emphasize the significance of psychological well-being, social participation, emotional fulfilment, meaningful relationships, and a sense of purpose in life. Within this context, family relationships play a crucial role in shaping the ageing experience. Among various family relationships, the bond between grandparents and grandchildren occupies a unique and meaningful position, often characterized by affection, companionship, mutual support, emotional attachment, and the transmission of values across generations.

To explore these experiences, data were collected through semi-structured interviews that provided participants with the opportunity to express their thoughts, feelings, and experiences freely. The flexible nature of the interview process allowed participants to narrate their personal stories and reflections regarding their relationships with their grandchildren. The interviews generated rich and detailed accounts concerning daily interactions, emotional connections, family involvement, challenges encountered in maintaining relationships, and perceptions of healthy ageing. These narratives offered valuable insights into how intergenerational bonding influences the lives of older adults and contributes to their overall well-being.

Following data collection, all interviews were transcribed verbatim and systematically organized for analysis. The data were analyzed using Braun and Clarke's (2006) Six-Phase Thematic Analysis Framework, a widely accepted method for identifying, analyzing, and interpreting patterns of meaning within qualitative data. This method was selected because of its flexibility and suitability for exploring participants' experiences while allowing themes to emerge directly from the data. Thematic analysis facilitated a comprehensive examination of participants' narratives and enabled the researcher to identify recurring patterns related to intergenerational bonding and healthy ageing.

The analytical process began with familiarization with the data through repeated reading of the interview transcripts and careful reflection on participants' narratives. This immersion in the data enabled the researcher to gain a thorough understanding of the participants' experiences and perspectives. In the second phase, meaningful statements and significant expressions relevant to the research objectives were identified and assigned initial codes. These codes represented important ideas, emotions, perceptions, and experiences expressed by the participants. Subsequently, similar codes were grouped together to form broader categories and patterns. Through a process of comparison, review, and refinement, these categories evolved into themes and sub-themes that reflected the central aspects of participants' experiences. Throughout the analytical process, particular attention was given to preserving the authenticity and richness of participants' voices. The researcher remained committed to representing participants' experiences accurately while identifying common patterns across the dataset. Verbatim quotations were retained as evidence to support the interpretation of findings and to ensure that participants' perspectives remained central to the analysis. The resulting themes capture both the shared experiences and the unique viewpoints of the participants regarding their relationships with grandchildren and the role of these relationships in promoting healthy ageing.

The analysis revealed that intergenerational bonding is a multidimensional experience that encompasses emotional, psychological, social, and functional aspects of life. Participants described their grandchildren as important sources of happiness, emotional support, companionship, motivation, and meaning. The findings suggest that relationships with grandchildren contribute significantly to older adults' sense of

belonging, emotional fulfilment, self-worth, and life satisfaction. At the same time, participants also discussed challenges such as geographical distance, generational differences, technological changes, and health-related limitations that occasionally affect the maintenance of these relationships. Despite these challenges, the participants generally perceived their relationships with grandchildren as positive, meaningful, and beneficial to their well-being.

The thematic analysis resulted in the identification of five major themes and several related sub-themes. These themes emerged from the participants' narratives and represent the key dimensions of their experiences regarding intergenerational bonding and healthy ageing. The major themes identified in the study are:

1. Nature and Quality of the Grandparent–Grandchild Relationship
2. Emotional and Psychological Meanings of the Bond
3. Influence on Sense of Purpose and Daily Life
4. Challenges in Maintaining the Bond
5. Perception of Healthy Ageing in Relation to Intergenerational Bonding

Each theme consists of multiple sub-themes that provide a more nuanced understanding of specific aspects of participants' experiences. Together, these themes illustrate how intergenerational relationships influence emotional well-being, social connectedness, daily functioning, personal fulfilment, and perceptions of ageing. The themes also demonstrate the ways in which older adults derive meaning, satisfaction, and resilience from their relationships with grandchildren.

The findings presented in this chapter contribute to a deeper understanding of the social and relational dimensions of healthy ageing. They highlight the importance of intergenerational bonding as a valuable resource that promotes emotional well-being, strengthens family relationships, reduces loneliness, enhances social engagement, and fosters a sense of purpose among older adults. The subsequent sections present each theme and sub-theme in detail, supported by relevant verbatim quotations from

participants and accompanied by interpretations that explain their significance in relation to the study objectives and existing literature.

5.2 Theme 1: Nature and Quality of the Grandparent–Grandchild Relationship

The first major theme that emerged from the thematic analysis was the Nature and Quality of the Grandparent–Grandchild Relationship. This theme reflects how older adults perceive, experience, and describe their relationships with their grandchildren. Across all participant narratives, the grandparent–grandchild relationship emerged as a significant and meaningful aspect of family life that contributes to emotional satisfaction, social connectedness, and a sense of belonging. Participants consistently described their relationships with grandchildren as affectionate, supportive, caring, and emotionally rewarding. The relationship was perceived not merely as a biological connection but as a deep emotional bond characterized by mutual love, trust, companionship, and understanding.

The findings suggest that grandchildren occupy a unique place in the lives of older adults. Participants frequently spoke about the joy they experience through interactions with their grandchildren and the emotional fulfilment derived from being involved in their lives. Many participants indicated that their grandchildren played an important role in providing companionship and reducing feelings of loneliness. Grandchildren were often viewed as sources of happiness, energy, and emotional comfort. The relationship also appeared to foster a sense of continuity within the family by connecting different generations through shared experiences, traditions, and values. An important aspect that emerged from the narratives was the reciprocal nature of the relationship. While grandparents often provided care, guidance, affection, and support to their grandchildren, they also received emotional benefits from these interactions. Participants reported feeling loved, respected, and appreciated by their grandchildren. Such reciprocal exchanges contributed to stronger emotional bonds and enhanced the overall quality of the relationship. The findings indicate that positive intergenerational relationships create opportunities for meaningful engagement and emotional connectedness, which are important components of healthy ageing.

The quality of the relationship was maintained through regular interaction,

communication, shared activities, and emotional availability. Participants described how both face-to-face encounters and technology-mediated communication helped sustain their relationships with grandchildren. Even when grandchildren lived away due to education, employment, or family circumstances, efforts were made to remain connected through phone calls, video calls, and social media platforms. These interactions enabled grandparents to continue participating in the lives of their grandchildren and strengthened emotional closeness despite physical separation.

The theme comprises three interconnected sub-themes: Close and Loving Bond, Nature of Daily and Virtual Interactions, and Bond Maintained Across Distance. Together, these sub-themes illustrate the various dimensions through which grandparents experience their relationships with grandchildren and demonstrate the significance of these relationships in later life.

5.2.1 Sub-theme A: Close and Loving Bond

One of the most prominent findings of the study was the existence of a close and loving bond between grandparents and grandchildren. Participants repeatedly emphasized the emotional warmth, affection, and attachment that characterized their relationships. Grandchildren were often described as individuals with whom participants shared a special emotional connection. This bond was built upon trust, mutual understanding, openness, and unconditional love.

Many participants reported that their grandchildren felt comfortable sharing their thoughts, feelings, achievements, and concerns with them. This openness was perceived as an indication of trust and emotional closeness. Participants expressed pride in being trusted confidants and valued family members in the lives of their grandchildren. The emotional connection extended beyond occasional interaction and was embedded in the daily realities of family life. Several participants described feeling deeply attached to their grandchildren and viewed them as integral sources of happiness and emotional fulfilment.

“We share a strong emotional bond. They are very open with me, and I feel deeply connected to them.”

The above statement reflects the depth of emotional intimacy that exists within the grandparent–grandchild relationship. The participant’s experience highlights the importance of trust, openness, and emotional connection in fostering a meaningful relationship. Such bonds create a sense of security and belonging for both grandparents and grandchildren. The ability to communicate openly strengthens interpersonal relationships and promotes mutual understanding across generations.

The findings suggest that the close and loving bond shared between grandparents and grandchildren contributes significantly to emotional well-being during later life. Emotional attachment provides older adults with companionship, affection, and psychological comfort. Feeling loved and valued within the family enhances self-esteem and contributes to a positive sense of identity. Furthermore, these relationships provide emotional resources that help older adults cope with life challenges, thereby supporting healthy ageing and overall life satisfaction.

5.2.2 Sub-theme B: Nature of Daily and Virtual Interactions

Another important aspect of the grandparent–grandchild relationship identified in the study was the significance of daily interactions and communication. Participants emphasized that meaningful relationships are nurtured through routine engagements, shared experiences, conversations, and participation in everyday activities. Simple activities such as cooking, eating together, helping with household tasks, playing games, accompanying grandchildren to school, or spending leisure time together were often described as valuable moments that strengthened family bonds.

The participants viewed these interactions as opportunities to develop emotional closeness and maintain active involvement in family life. Rather than focusing solely on major events or special occasions, participants highlighted the importance of ordinary everyday experiences. Such interactions allowed grandparents to remain engaged, active, and emotionally connected to their grandchildren. Many participants reported that they looked forward to spending time with their grandchildren and derived considerable satisfaction from these interactions.

The findings also revealed the growing importance of virtual communication in maintaining intergenerational relationships. Technological advancements have created

new opportunities for communication, particularly when family members live apart. Participants described using phone calls, video calls, and messaging applications to stay connected with their grandchildren. Although direct face-to-face interaction remained highly valued, virtual communication served as an effective means of preserving relationships and maintaining regular contact.

“They come to the kitchen to help me, even though they make a mess. I don’t mind it; I consider it part of our life.”

This statement illustrates how ordinary daily interactions contribute to relationship building and emotional bonding. The participant perceives the grandchildren’s involvement in household activities not as an inconvenience but as a meaningful aspect of family life. Such interactions create opportunities for companionship, shared experiences, and emotional engagement. The acceptance and enjoyment expressed by the participant indicate the positive emotional value attached to these everyday encounters.

The findings demonstrate that routine interactions play a vital role in sustaining strong intergenerational relationships. They provide opportunities for social participation, emotional expression, and mutual learning. These interactions help older adults remain involved in family activities and reduce feelings of isolation. Regular communication, whether face-to-face or virtual, strengthens emotional bonds and contributes to the overall quality of the relationship.

5.2.3 Sub-theme C: Bond Maintained Across Distance

A significant finding of the study was that emotional closeness between grandparents and grandchildren can be maintained despite geographical separation. Several participants reported that their grandchildren lived in different locations due to educational, occupational, or family commitments. Although physical distance reduced opportunities for frequent face-to-face interaction, participants emphasized that it did not diminish the emotional strength of the relationship.

Participants described making conscious efforts to maintain contact through regular communication and periodic visits. Telephone conversations, video calls, and social

media interactions were commonly used to remain informed about each other's lives. These forms of communication enabled grandparents to continue participating in important events, offer guidance, and express affection despite living apart. Participants often expressed excitement and happiness when grandchildren visited them, viewing these occasions as valuable opportunities for bonding and shared experiences.

“When my grandchild comes here, we play together and spend time happily. Even when they go to school, they call me and talk to me.”

The statement highlights the resilience of intergenerational relationships in the face of geographical distance. Although physical separation may limit direct interaction, emotional closeness is maintained through regular communication and continued involvement in each other's lives. The participant's narrative demonstrates that meaningful relationships are not solely dependent on physical proximity but are sustained through emotional commitment and ongoing communication.

The findings suggest that communication technologies play a crucial role in preserving family relationships in contemporary society. Regular contact helps grandparents maintain emotional attachment, reduces feelings of separation, and fosters a sense of connectedness. The ability to remain involved in grandchildren's lives despite distance contributes positively to emotional well-being and reinforces the importance of intergenerational relationships. This finding reflects the adaptive strategies employed by families to maintain strong bonds across generations in changing social contexts.

Overall, this demonstrates that the grandparent–grandchild relationship is characterized by emotional closeness, meaningful interaction, and enduring connection. The findings reveal that these relationships provide older adults with companionship, emotional security, family connectedness, and a sense of belonging. Whether through direct interaction, daily engagement, or communication across distance, the quality of the relationship remains a significant source of support and fulfilment in later life. These findings highlight the importance of intergenerational bonding as a foundation for positive ageing experiences and overall well-being among older adults.

5.3 Theme 2: Emotional and Psychological Meanings of the Bond

The second major theme that emerged from the thematic analysis was Emotional and Psychological Meanings of the Bond. This theme captures the emotional experiences, psychological benefits, and personal meanings that older adults attach to their relationships with their grandchildren. The narratives of the participants revealed that the grandparent–grandchild relationship extends far beyond ordinary family interaction and occupies a central place in their emotional lives. Participants consistently described their grandchildren as sources of happiness, emotional comfort, companionship, affection, pride, and psychological strength. These relationships were viewed not merely as family ties but as meaningful emotional connections that enriched their lives and contributed significantly to their overall well-being.

The findings suggest that grandchildren play a crucial role in enhancing the emotional quality of life of older adults. Participants spoke about the joy they experience when spending time with their grandchildren, the comfort they derive from their presence, and the emotional satisfaction that comes from maintaining close family relationships. Grandchildren were often described as individuals who brought positivity, energy, and purpose into their lives. The relationship provided opportunities for emotional expression, affection, and reciprocal care, all of which contributed to a sense of fulfilment during later life. Ageing is frequently accompanied by several life transitions, including retirement, changes in family roles, declining physical abilities, loss of loved ones, and reduced social engagement. Such transitions can sometimes lead to emotional difficulties such as loneliness, sadness, anxiety, and feelings of social isolation. Within this context, participants perceived their relationships with grandchildren as valuable emotional resources that helped them cope with these challenges. Regular interaction, communication, and affection from grandchildren appeared to strengthen participants' emotional resilience and foster a positive outlook towards ageing. Furthermore, the findings indicate that the relationship contributes to the maintenance of psychological well-being by promoting feelings of belongingness, self-worth, social value, and emotional security. Participants frequently reported that their grandchildren made them feel loved, respected, and appreciated. Such experiences reinforced their sense of identity and helped them maintain a positive perception of themselves despite the challenges associated with ageing. Thus, intergenerational bonding emerged as an important source of emotional support and psychological strength in later life.

This theme consists of three sub-themes: Happiness and Emotional Joy, Reduction of Loneliness and Emotional Stability, and Feeling Valued and Important.

5.3.1 Sub-theme A: Happiness and Emotional Joy

One of the most dominant findings across participant narratives was the immense happiness and emotional joy associated with grandparenthood. Participants repeatedly described becoming a grandparent as one of the most meaningful and rewarding experiences of their lives. The presence of grandchildren was often associated with feelings of excitement, affection, contentment, pride, and emotional fulfilment. Many participants stated that interactions with grandchildren brought a unique kind of happiness that could not be obtained through any other relationship.

For many older adults, grandchildren represented a continuation of family life and a source of renewed enthusiasm. Participants explained that watching their grandchildren grow, listening to their stories, celebrating their achievements, and participating in their daily lives created moments of immense joy. The happiness derived from these interactions often extended beyond the immediate moment and contributed to a broader sense of life satisfaction.

“Becoming a grandparent is a very special feeling for me. There is nothing else like it.”

This statement illustrates the profound emotional significance attached to grandparenthood. The participant views the role of being a grandparent as a unique life experience that brings exceptional happiness and fulfilment. The statement suggests that grandchildren occupy a special place within the emotional world of older adults and contribute significantly to their overall well-being. The findings indicate that the relationship provides opportunities for affection, emotional expression, and meaningful engagement, all of which promote positive ageing experiences.

Participants further reported that even simple interactions such as talking, sharing meals, accompanying grandchildren to school, receiving phone calls, or spending holidays together generated feelings of joy and satisfaction. These seemingly ordinary moments were perceived as highly valuable because they strengthened emotional bonds

and created cherished memories.

Several participants also described feelings of pride when observing their grandchildren succeed academically, professionally, or personally. Witnessing these achievements gave grandparents a sense of accomplishment and happiness, as they often felt connected to the successes of the younger generation. Such experiences reinforced positive emotions and enhanced life satisfaction.

The findings therefore suggest that grandchildren function as important sources of emotional enrichment. Their presence contributes to positive affect, emotional vitality, and happiness, which are essential components of psychological well-being and healthy ageing.

5.3.2 Sub-theme B: Reduction of Loneliness and Emotional Stability

Another important dimension of the emotional significance of the relationship was its role in reducing loneliness and promoting emotional stability. Many participants explained that interactions with grandchildren helped them overcome feelings of loneliness, isolation, and emotional distress. As individuals age, changes such as retirement, reduced social networks, children moving away, or the loss of a spouse may increase vulnerability to loneliness. Participants indicated that relationships with grandchildren helped mitigate these challenges by providing companionship and emotional support. The narratives revealed that grandchildren often filled emotional voids that emerged during later life. Their presence brought activity, conversation, and emotional warmth into participants' daily routines. Participants described feeling happier and more emotionally secure when they were able to spend time with their grandchildren or communicate with them regularly.

“This relationship helps reduce my loneliness.”

This statement highlights the role of intergenerational bonding in alleviating loneliness among older adults. The participant perceives the relationship as a source of companionship and emotional connection that helps reduce feelings of isolation. The

findings suggest that regular interaction with grandchildren enhances emotional well-being by fostering social connectedness and providing opportunities for meaningful interpersonal relationships.

Several participants shared that periods of separation from family members often created feelings of emptiness. However, visits from grandchildren brought renewed energy and emotional comfort. The presence of grandchildren transformed the household environment by creating opportunities for conversation, laughter, and engagement. Participants also emphasized the importance of communication through telephone calls and digital technologies. Even when geographical distance limited face-to-face interaction, regular communication helped maintain emotional closeness. Hearing the voices of grandchildren, receiving messages, or engaging in video calls provided reassurance and comfort, thereby reducing feelings of loneliness.

The findings indicate that emotional support received from grandchildren contributes to emotional stability and resilience. Participants often felt reassured knowing that their grandchildren cared about them and maintained regular contact. This emotional security helped them cope more effectively with the challenges associated with ageing and strengthened their psychological well-being.

Therefore, the relationship serves as a protective factor against loneliness and social isolation. By promoting companionship, emotional connection, and a sense of belongingness, intergenerational bonding contributes significantly to emotional stability and mental health in later life.

5.3.3 Sub-theme C: Feeling Valued and Important

The third sub-theme relates to participants' feelings of being valued, respected, and important within the family. Participants frequently reported that interactions with grandchildren enhanced their sense of significance and self-worth. They described

feeling appreciated when grandchildren sought their advice, listened to their stories, spent time with them, or included them in family activities and discussions.

Many participants explained that ageing sometimes brings concerns about becoming

less relevant within society or the family. However, their relationships with grandchildren helped counter these concerns by reinforcing their sense of purpose and importance. Being able to contribute to the lives of younger family members enabled them to maintain meaningful social roles and positive self-perceptions.

“They come to me, share things with me, and listen to me. That makes me feel important.”

This statement reflects the participant’s experience of being acknowledged and valued within the family. The willingness of grandchildren to seek guidance, communicate openly, and spend time with their grandparent reinforces feelings of self-worth and social significance. The findings suggest that such interactions strengthen self-esteem and contribute positively to psychological well-being.

Participants often described themselves as sources of wisdom, guidance, and emotional support for their grandchildren. Being consulted for advice or being entrusted with personal concerns made them feel respected and appreciated. These experiences reinforced their belief that they continued to play meaningful roles within the family despite advancing age.

The findings also reveal the reciprocal nature of the grandparent–grandchild relationship. While grandparents provide care, guidance, and affection, they simultaneously receive emotional validation, respect, and appreciation from their grandchildren. This mutual exchange strengthens family bonds and promotes positive self-perceptions among older adults.

Several participants expressed pride when grandchildren acknowledged their contributions to family life or demonstrated affection towards them. Such recognition enhanced feelings of dignity, confidence, and personal value. These emotional experiences contributed to a stronger sense of identity and improved psychological well-being.

Overall, the findings suggest that feeling valued and important is a significant outcome of intergenerational bonding. The relationship enables older adults to maintain meaningful social roles, experience emotional validation, and preserve a positive sense

of self during later life.

Theme Summary

The findings under Theme 2 demonstrate that the grandparent–grandchild relationship carries profound emotional and psychological significance for older adults. Grandchildren serve as important sources of happiness, companionship, emotional comfort, and personal fulfilment. The relationship helps reduce loneliness, promotes emotional stability, reinforces self-worth, and enhances overall psychological well-being. Through affection, communication, support, and mutual appreciation, intergenerational bonding contributes positively to healthy ageing and improves the quality of life of older adults. The emotional and psychological benefits identified in this study highlight the important role of family relationships in promoting successful and meaningful ageing experiences.

5.4 Theme 3: Influence on Sense of Purpose and Daily Life

The third major theme that emerged from the thematic analysis was Influence on Sense of Purpose and Daily Life. This theme reflects the ways in which relationships with grandchildren shape the everyday experiences, responsibilities, activities, and social engagement of older adults. Participants consistently described their grandchildren as important sources of motivation, purpose, and involvement in daily life. The findings suggest that intergenerational bonding extends beyond emotional satisfaction and significantly influences how older adults organize their routines, spend their time, and perceive their roles within the family.

Ageing is often accompanied by changes in social roles and responsibilities. Retirement, reduced occupational involvement, and changes in family structures may sometimes result in feelings of inactivity or loss of purpose among older adults. However, the findings indicate that relationships with grandchildren help counter these experiences by providing meaningful responsibilities and opportunities for active participation in family life. Participants described how caring for, supporting, and spending time with their grandchildren gave structure and meaning to their daily lives. The presence of grandchildren encouraged older adults to remain physically active, mentally engaged, and socially connected. Participants reported that their involvement

in the lives of their grandchildren motivated them to participate in various activities, maintain routines, and engage in family and social events. These experiences contributed to a greater sense of usefulness, productivity, and fulfilment during later life. Thus, intergenerational bonding emerged as an important factor influencing active and healthy ageing.

This theme consists of four sub-themes: Sense of Purpose and Responsibility, Motivation to Stay Physically and Mentally Active, Influence on Daily Routine, and Influence on Family and Social Participation.

5.4.1 Sub-theme A: Sense of Purpose and Responsibility

One of the most significant findings was that participants derived a strong sense of purpose and responsibility from their relationships with their grandchildren. Many participants expressed that caring for their grandchildren, supporting their development, and providing guidance gave them meaningful roles within the family. They viewed themselves as important contributors to the upbringing and well-being of the younger generation.

Participants described various ways in which they fulfilled these responsibilities, including supervising grandchildren, assisting with studies, providing emotional support, teaching values, and helping with daily care. These activities created a sense of involvement and importance that enhanced their overall satisfaction with life.

“Taking care of my grandchildren gives me a strong sense of purpose.”

This statement reflects the participant’s perception that grandparenthood provides meaningful responsibilities that contribute to a sense of purpose in later life. The findings suggest that grandchildren create opportunities for older adults to remain actively involved in family life and continue making valuable contributions. Such meaningful roles help older adults maintain motivation, self-esteem, and a positive outlook towards ageing.

Several participants explained that being able to support their grandchildren made them feel useful and productive. Rather than viewing ageing as a period of dependency or

withdrawal, they perceived themselves as active contributors within the family system. This sense of purpose enhanced psychological well-being and provided direction to their daily lives. The findings therefore indicate that grandchildren serve as important sources of meaning and responsibility. Through their involvement in grandchildren's lives, older adults experience a renewed sense of purpose that contributes positively to healthy ageing.

5.4.2 Sub-theme B: Motivation to Stay Physically and Mentally Active

Another important finding was that interactions with grandchildren motivated participants to remain physically and mentally active. Many participants reported engaging in activities such as playing, walking, accompanying grandchildren to various places, helping with schoolwork, and participating in recreational activities. These interactions encouraged them to remain energetic and involved despite advancing age. Participants frequently described grandchildren as sources of vitality who brought movement, excitement, and stimulation into their daily lives. The need to keep up with grandchildren's activities motivated them to maintain their physical mobility and mental alertness.

“When I play with him, carry him, or walk around with him, it keeps me active.”

This statement highlights the role of grandchildren in encouraging physical movement and engagement. The participant recognizes that interactions with grandchildren naturally involve activity and participation, which contribute to maintaining physical health and mobility. The findings suggest that the relationship promotes active ageing by encouraging older adults to remain physically involved in everyday activities.

Participants also described the mental stimulation associated with spending time with grandchildren. Listening to their stories, answering questions, helping with studies, and learning about new technologies required cognitive engagement and adaptability. Such interactions helped older adults remain mentally alert and connected to contemporary developments. The findings indicate that grandchildren play an important role in promoting both physical and mental activity among older adults. By encouraging movement, participation, and continuous learning, the relationship contributes to maintaining functional ability and overall well-being during later life.

5.4.3 Sub-theme C: Influence on Daily Routine

Participants reported that the arrival of grandchildren brought noticeable changes to their daily routines and lifestyles. Many explained that their schedules became more structured and activity-oriented due to their involvement with grandchildren. Activities such as school drop-offs, meal preparation, caregiving, recreational outings, and communication became integrated into their everyday lives.

Several participants noted that before becoming grandparents, their routines were comparatively less active. However, the presence of grandchildren introduced new responsibilities and opportunities for engagement, making their daily lives more dynamic and meaningful.

“Now, because of him, we go out more often and engage in more activities.”

This statement demonstrates how grandchildren can influence the lifestyle and daily routines of older adults. The participant explains that the presence of the grandchild has increased participation in activities and encouraged a more active way of living. The findings suggest that grandchildren contribute to greater engagement in meaningful experiences, thereby enhancing quality of life. Participants described participating in outings, celebrations, educational activities, and recreational events that they might not have otherwise engaged in. These experiences added variety and enjoyment to their daily lives while reducing monotony and inactivity.

The findings reveal that grandchildren act as catalysts for increased engagement and activity. Their presence encourages older adults to remain involved in everyday life and participate in experiences that promote both physical and psychological well-being.

5.4.4 Sub-theme D: Influence on Family and Social Participation

The final sub-theme highlights the role of grandchildren in enhancing family interaction and social participation. Participants frequently reported that grandchildren brought family members together and encouraged greater involvement in family events, celebrations, and social gatherings. Through these interactions, grandparents experienced a stronger sense of belonging and connection within the family. Many

participants explained that family outings, holiday celebrations, birthdays, and special occasions became more meaningful because of the presence of grandchildren. Such events provided opportunities for interaction, communication, and shared experiences across generations.

“We go out together during holidays and spend time as a family.”

This statement illustrates how grandchildren contribute to increased family participation and social engagement. The participant emphasizes the importance of spending time together as a family, highlighting the role of grandchildren in strengthening family relationships. The findings suggest that intergenerational bonding promotes family cohesion and encourages social interaction among family members.

Participants also reported that grandchildren helped expand their social networks by introducing them to school events, community activities, and social gatherings. These experiences increased opportunities for interaction and reduced social isolation. The findings indicate that grandchildren serve as important links connecting older adults to family and community life. Through shared activities and social interactions, grandparents experience enhanced social participation, stronger family bonds, and greater emotional well-being.

Theme Summary

The findings demonstrate that relationships with grandchildren significantly influence the sense of purpose and daily lives of older adults. Grandchildren provide meaningful responsibilities, motivate physical and mental activity, shape daily routines, and encourage participation in family and social activities. Through these experiences, older adults maintain active roles within the family and experience greater engagement, fulfilment, and life satisfaction. The findings suggest that intergenerational bonding contributes not only to emotional well-being but also to active and healthy ageing by promoting purpose, participation, and meaningful involvement in everyday life.

5.5 Theme 4: Challenges in Maintaining the Bond

The fourth theme that emerged from the thematic analysis was Challenges in

Maintaining the Bond. Although participants generally described their relationships with grandchildren as positive, affectionate, and meaningful, they also acknowledged several challenges that occasionally affected the quality and frequency of their interactions. The findings indicate that maintaining strong intergenerational relationships in contemporary society is not always straightforward. Various factors such as generational differences, technological advancements, geographical distance, changing lifestyles, and age-related health limitations can create obstacles in sustaining regular interaction and emotional closeness between grandparents and grandchildren.

The participants recognized that society has undergone significant changes over time, influencing family structures, communication patterns, and interpersonal relationships. While they deeply valued their relationships with their grandchildren, they also noted that younger generations often have different perspectives, lifestyles, interests, and ways of communicating. Furthermore, many participants faced practical difficulties due to physical distance or health-related concerns, which sometimes limited opportunities for direct involvement in their grandchildren's lives.

Despite these challenges, an important finding of the study was that participants actively adopted strategies to maintain positive relationships with their grandchildren. Rather than allowing these difficulties to weaken family bonds, they demonstrated patience, understanding, flexibility, and adaptation. The findings therefore suggest that while challenges exist, older adults employ various coping mechanisms that help preserve meaningful intergenerational relationships. This theme comprises four sub-themes: Generational and Technology-Related Differences, Geographical Distance and Limited Interaction, Health and Physical Challenges, and Strategies for Overcoming Challenges.

5.5.1 Sub-theme A: Generational and Technology-Related Differences

One of the most frequently mentioned challenges was the existence of generational differences between grandparents and grandchildren. Participants acknowledged that they belonged to different generations and had grown up under different social, cultural, and technological circumstances. These differences sometimes influenced communication styles, interests, attitudes, and expectations within the relationship.

Many participants observed that younger generations have greater exposure to modern technology, digital media, and rapidly changing social trends. While some grandparents successfully adapted to these changes, others found it difficult to fully understand or relate to the lifestyle and perspectives of their grandchildren. Participants explained that these differences occasionally created misunderstandings or communication gaps.

“Sometimes they say I belong to the old generation.”

This statement reflects the awareness of generational differences within the grandparent–grandchild relationship. The participant recognizes that grandchildren may perceive older adults as belonging to a different era with different values and ways of thinking. Such perceptions can occasionally create barriers to mutual understanding and communication.

The findings suggest that generational differences are a natural aspect of intergenerational relationships. Older adults and younger family members often possess distinct experiences, beliefs, and approaches to life due to differences in historical and social contexts. While these differences may sometimes result in disagreement or misunderstanding, they do not necessarily weaken emotional bonds. Several participants reported that technological advancements represented a specific area where generational differences became visible. Grandchildren often communicated through smartphones, social media platforms, and digital applications that grandparents were not always familiar with. Some participants admitted that adapting to new technologies was challenging, while others described learning digital skills with the assistance of their grandchildren.

Interestingly, participants generally viewed these differences with acceptance rather than frustration. Many expressed a willingness to learn from younger generations and adapt to changing circumstances. This willingness to embrace change helped maintain harmonious relationships despite generational gaps. The findings therefore indicate that although generational and technological differences may present challenges, mutual understanding and adaptability can minimize their negative impact on intergenerational relationships.

5.5.2 Sub-theme B: Geographical Distance and Limited Interaction

Another significant challenge identified by participants was geographical distance and the resulting limitation in face-to-face interaction. Due to educational opportunities, employment requirements, marriage, and migration, many grandchildren lived separately from their grandparents. This physical separation reduced opportunities for regular in-person contact and sometimes created feelings of longing and emotional distance.

Several participants expressed sadness about not being able to meet their grandchildren as frequently as they desired. While they maintained communication through telephone calls and digital platforms, they felt that virtual interaction could not completely replace the emotional satisfaction derived from direct personal contact.

“The main difficulty is distance and limited interaction.”

The statement highlights how physical separation affects opportunities for meaningful interaction between grandparents and grandchildren. The participant identifies distance as a major obstacle that limits face-to-face communication and shared experiences.

The findings suggest that regular physical interaction plays an important role in strengthening emotional bonds. Activities such as playing together, sharing meals, celebrating family occasions, and engaging in everyday conversations contribute significantly to relationship quality. When these opportunities are reduced due to geographical distance, grandparents may experience feelings of missing their grandchildren and a desire for more frequent contact.

Despite these difficulties, participants demonstrated resilience in maintaining relationships across distance. Many reported making regular phone calls, participating in video calls, exchanging messages, and eagerly anticipating family visits. These efforts helped sustain emotional closeness and ensured continued involvement in each other's lives. The findings therefore indicate that while geographical distance poses challenges, strong emotional bonds can be preserved through consistent communication and intentional efforts to remain connected. Technology has become an important tool for bridging physical separation and supporting intergenerational relationships in contemporary families.

5.5.3 Sub-theme C: Health and Physical Challenges

Health-related concerns emerged as another challenge affecting the ability of some participants to maintain active involvement in their grandchildren's lives. As individuals age, physical health problems, reduced mobility, fatigue, and chronic illnesses may limit their participation in certain activities and responsibilities.

Several participants reported experiencing physical difficulties that affected their ability to engage in childcare, accompany grandchildren to activities, or participate in daily routines to the extent they desired. While these limitations did not diminish their emotional attachment to their grandchildren, they occasionally restricted the amount of practical support they could provide.

“There are practical difficulties because of my health condition.”

This statement illustrates how age-related health challenges can influence the practical aspects of maintaining intergenerational relationships. The participant acknowledges that physical limitations may restrict participation in certain activities despite a strong desire to remain involved. The findings suggest that healthy ageing is not solely dependent on emotional well-being but is also influenced by physical health status. Older adults who experience health challenges may face difficulties in travelling, attending family events, caring for grandchildren, or engaging in physically demanding activities. Such limitations can sometimes create frustration or feelings of dependency.

However, participants generally demonstrated acceptance and adaptability in dealing with these challenges. Rather than focusing on their limitations, they emphasized the importance of maintaining emotional connections through conversation, guidance, affection, and support. Many participants indicated that even when physical involvement was limited, they continued to play meaningful roles in their grandchildren's lives. The findings therefore reveal that health challenges may affect the form of interaction but do not necessarily diminish the emotional significance of the relationship. Emotional support, communication, and affection remain important components of intergenerational bonding regardless of physical limitations.

5.5.4 Sub-theme D: Strategies for Overcoming Challenges

Despite facing various challenges, participants actively adopted strategies that enabled them to maintain strong and positive relationships with their grandchildren. An important finding of the study was that grandparents often approached challenges with patience, understanding, flexibility, and emotional maturity.

Many participants emphasized the importance of respecting the independence and autonomy of younger generations. Rather than imposing their opinions or attempting to control their grandchildren's behaviour, they preferred to offer guidance and advice when appropriate while allowing grandchildren the freedom to make their own decisions.

"I only guide them and give advice when needed."

This statement reflects a respectful and supportive approach to maintaining intergenerational relationships. The participant recognizes the importance of balancing guidance with respect for the autonomy of younger family members.

The findings suggest that successful intergenerational relationships are often characterized by mutual respect and adaptability. Participants understood that grandchildren belong to a different generation with different experiences and perspectives. By accepting these differences and avoiding excessive interference, they were able to maintain harmonious relationships.

Participants also described using effective communication as a strategy for resolving misunderstandings. Open conversations, active listening, empathy, and emotional support helped strengthen trust and prevent conflicts from escalating. Many participants believed that patience and understanding were essential for maintaining family harmony.

Furthermore, participants demonstrated flexibility in adapting to changing circumstances. Whether learning to use technology, adjusting to geographical separation, or accommodating new family routines, they showed a willingness to modify their behaviour in order to sustain meaningful relationships. The findings therefore indicate that adaptation, patience, respect, and effective communication are key factors that help grandparents overcome challenges and preserve strong

intergenerational bonds.

Theme Summary

The findings under Theme 4: Challenges in Maintaining the Bond reveal that although grandparent–grandchild relationships are generally characterized by affection and emotional closeness, they are not free from challenges. Participants identified generational differences, technological changes, geographical distance, and health-related limitations as factors that can affect interaction and relationship maintenance. However, the study also demonstrates that grandparents actively employ coping strategies such as patience, flexibility, understanding, respect for autonomy, and effective communication to overcome these difficulties. These adaptive approaches enable them to sustain meaningful relationships with their grandchildren despite changing family circumstances. The findings highlight the resilience of intergenerational bonds and emphasize that challenges do not necessarily weaken relationships when family members remain committed to maintaining emotional connection and mutual support.

5.6 Theme 5: Perception of Healthy Ageing in Relation to Intergenerational Bonding

The fifth and final theme that emerged from the thematic analysis was Perception of Healthy Ageing in Relation to Intergenerational Bonding. This theme explores how older adults understood the concept of healthy ageing and how they perceived the role of their relationships with grandchildren in supporting their well-being during later life. Participants demonstrated a broad understanding of healthy ageing that extended beyond the absence of illness. They viewed healthy ageing as a holistic process involving physical health, emotional well-being, mental alertness, social engagement, independence, and the ability to continue participating meaningfully in everyday life.

The findings revealed that participants did not define healthy ageing solely in terms of medical or physical conditions. Instead, they emphasized the importance of maintaining a positive outlook, remaining active, fulfilling responsibilities, sustaining social relationships, and preserving emotional balance. For many participants, family relationships—particularly those with grandchildren—played a central role in

achieving these aspects of healthy ageing. Grandchildren were perceived as sources of happiness, motivation, companionship, and emotional support that enriched their daily lives and contributed positively to their ageing experience.

Participants frequently highlighted that interactions with grandchildren provided opportunities for engagement, activity, and social participation. The presence of grandchildren encouraged them to remain mentally active, emotionally connected, and involved in family life. Consequently, intergenerational bonding emerged as an important factor influencing participants' perceptions of successful and healthy ageing. This theme comprises three sub-themes: Definitions of Healthy Ageing, Factors Contributing to Ageing Well, and Grandparent–Grandchild Bond as Predictor of Healthy Ageing

5.6.1 Sub-theme A: Definitions of Healthy Ageing

Participants described healthy ageing as a multidimensional process that involves maintaining physical fitness, mental alertness, emotional well-being, and active participation in daily life. Rather than focusing solely on freedom from disease, they emphasized the importance of being able to perform daily activities independently, remain socially connected, and maintain a positive state of mind. Many participants believed that healthy ageing means continuing to live life actively and meaningfully despite advancing age. They associated healthy ageing with staying engaged in family life, maintaining good habits, managing responsibilities, and preserving emotional balance. Participants often described healthy ageing as the ability to adapt to life's changes while remaining physically and mentally capable.

“Healthy ageing means staying physically and mentally active.”

This statement reflects a holistic understanding of healthy ageing. The participant views ageing well not simply as avoiding illness but as maintaining both physical and mental vitality. The emphasis on activity suggests that healthy ageing involves continued engagement with life and the ability to participate in meaningful activities.

The findings indicate that participants perceive healthy ageing as an active process rather than a passive state. They believe that maintaining good health requires ongoing involvement in physical, social, and mental activities. This perspective aligns with contemporary concepts of healthy ageing, which emphasize functional ability, independence, and quality of life. Several participants also associated healthy ageing with emotional well-being. They stressed the importance of remaining happy, avoiding excessive stress, and maintaining positive relationships with family members. Emotional stability was viewed as equally important as physical health in ensuring a satisfying later life.

The findings suggest that older adults adopt a comprehensive perspective on healthy ageing, recognizing the interconnectedness of physical, mental, emotional, and social dimensions of well-being. Their definitions highlight the importance of maintaining balance across these areas in order to experience a fulfilling and meaningful old age.

5.6.2 Sub-theme B: Factors Contributing to Ageing Well

Participants identified several factors that they believed contributed to healthy ageing. Among the most frequently mentioned were family support, meaningful responsibilities, positive attitudes, resilience, social engagement, and the ability to adapt to changing circumstances. These factors were viewed as essential for maintaining well-being and quality of life during later years.

Many participants emphasized the importance of continuing to perform daily tasks and responsibilities despite the challenges associated with ageing. Remaining active and productive gave them a sense of accomplishment and prevented feelings of dependency or helplessness. Participants also highlighted the value of maintaining strong family relationships, which provided emotional support and encouragement during difficult times.

“I continue managing my responsibilities and daily life.”

This statement demonstrates the participant’s belief that maintaining responsibilities contributes to healthy ageing. The ability to continue managing daily activities reflects independence, resilience, and a sense of competence, all of which are important

components of well-being in later life. The findings suggest that healthy ageing is influenced not only by physical health but also by the ability to remain engaged in meaningful roles and activities. Participants viewed responsibility as a source of motivation that encouraged them to stay active and involved in everyday life. Family support emerged as another crucial factor contributing to healthy ageing. Participants consistently described their families as important sources of emotional security, practical assistance, and companionship. Supportive family relationships helped them cope with challenges, maintain a positive outlook, and feel connected to others.

In addition, participants emphasized the role of positive attitudes and resilience. Many explained that ageing inevitably involves certain difficulties, including health concerns and changing life circumstances. However, maintaining optimism and adapting to these changes were considered essential for ageing successfully. Participants who adopted a positive perspective reported greater satisfaction and emotional well-being.

The findings therefore indicate that healthy ageing is influenced by a combination of personal, social, and relational factors. Family support, meaningful engagement, resilience, and positive attitudes collectively contribute to a healthier and more fulfilling ageing experience

5.6.3 Sub-theme C: Grandparent–Grandchild Bond as Predictor of Healthy Ageing

One of the most significant findings of the study was participants' belief that their relationships with grandchildren directly contribute to healthy ageing. Almost all participants described grandchildren as important sources of happiness, companionship, motivation, and emotional support. They believed that regular interaction with grandchildren positively influenced their mental, emotional, and social well-being.

Participants frequently explained that grandchildren brought excitement, energy, and purpose into their lives. Spending time with grandchildren encouraged them to remain active, engage in conversations, participate in family activities, and maintain interest in daily life. The relationship was viewed as mutually beneficial, providing emotional satisfaction for both generations

“Their presence gives me happiness, reduces loneliness, and keeps me mentally active.

This statement clearly illustrates the participant’s perception of the positive influence of grandchildren on healthy ageing. The participant identifies multiple benefits, including happiness, companionship, and mental stimulation, which collectively contribute to overall well-being.

The findings suggest that intergenerational bonding functions as a protective factor that supports healthy ageing. Through regular interaction and emotional connection, grandchildren help reduce loneliness, enhance emotional well-being, and strengthen social connectedness. These benefits contribute to better psychological health and a more positive ageing experience.

Participants also reported that grandchildren encouraged them to remain mentally active by engaging them in conversations, introducing them to new ideas, and helping them learn new technologies. Such interactions stimulated curiosity, learning, and cognitive engagement. Many participants believed that staying mentally active was essential for maintaining overall health and independence.

Furthermore, grandchildren provided emotional encouragement and a sense of continuity across generations. Participants often expressed pride in witnessing their grandchildren’s growth and achievements. These experiences reinforced feelings of accomplishment, satisfaction, and purpose, which are important aspects of healthy ageing.

The findings additionally reveal that the grandparent–grandchild relationship contributes to social well-being by strengthening family cohesion and increasing participation in family events and activities. Grandchildren often served as a reason for family gatherings, celebrations, and shared experiences, thereby promoting social interaction and reducing feelings of isolation. Overall, participants perceived intergenerational bonding as a key contributor to successful ageing. The relationship provided emotional fulfilment, social engagement, psychological resilience, and a sense of purpose, all of which were viewed as essential components of healthy ageing.

Theme Summary

The findings under Theme 5: Perception of Healthy Ageing in Relation to Intergenerational Bonding demonstrate that participants view healthy ageing as a multidimensional process involving physical health, mental alertness, emotional well-being, social engagement, and meaningful participation in life. Family support, resilience, responsibility, and positive attitudes were identified as important factors contributing to ageing well. Most importantly, participants strongly perceived their relationships with grandchildren as a significant predictor of healthy ageing. Grandchildren provided happiness, companionship, emotional support, mental stimulation, and a sense of purpose, all of which enhanced participants' overall well-being. The findings therefore suggest that intergenerational bonding plays a vital role in promoting healthy ageing by fostering emotional fulfilment, social connectedness, psychological resilience, and an improved quality of life among older adults.

5.7 Conclusion

This chapter presented the analysis and interpretation of data collected from eight older adults residing in Thiruvananthapuram District regarding the influence of intergenerational bonding on healthy ageing in later life. Using Braun and Clarke's six-phase thematic analysis, the interview data were systematically coded, categorized, and organized into themes and sub-themes that reflected the lived experiences and perceptions of the participants. The analysis provided valuable insights into how relationships with grandchildren shape the emotional, psychological, social, and functional dimensions of ageing.

The findings revealed that the nature and quality of the grandparent–grandchild relationship was characterized by strong emotional attachment, affection, trust, and mutual care. Participants described their relationships with grandchildren as loving, supportive, and emotionally fulfilling. Regular interactions, whether through direct contact or virtual communication, helped maintain closeness and strengthened family connectedness. Even in situations where geographical distance limited face-to-face interactions, participants continued to preserve meaningful relationships through communication and family visits, highlighting the resilience of intergenerational bonds.

The analysis further demonstrated the emotional and psychological significance of the

bond. Grandchildren emerged as important sources of happiness, emotional satisfaction, companionship, and comfort. Participants consistently associated grandparenthood with positive emotions and described grandchildren as bringing joy and meaning into their lives. The relationship also played a significant role in reducing feelings of loneliness and social isolation, which are common concerns among older adults. In addition, participants expressed a strong sense of being valued and appreciated when grandchildren sought their guidance, listened to them, and maintained close communication. These experiences enhanced self-esteem, emotional security, and overall psychological well-being.

Another major finding was the influence of grandchildren on participants' sense of purpose and daily life. The presence of grandchildren provided older adults with meaningful roles and responsibilities, reinforcing their sense of usefulness and purpose. Participants reported that caring for, supporting, and guiding their grandchildren gave direction and motivation to their daily lives. Interactions with grandchildren also encouraged physical activity, mental engagement, and participation in family and social activities. Many participants noted that grandchildren contributed to a more active lifestyle by motivating them to engage in outdoor activities, family gatherings, and shared experiences. These findings suggest that intergenerational relationships play a significant role in promoting active and productive ageing.

Although the relationship was largely positive, participants also identified several challenges in maintaining the bond. Generational differences, technological changes, geographical distance, and age-related health limitations were recognized as factors that occasionally affected communication and interaction. Participants acknowledged that younger generations often have different lifestyles, perspectives, and communication patterns, which may sometimes create misunderstandings. Physical distance reduced opportunities for regular face-to-face interaction, while health conditions occasionally limited active participation in grandchildren's lives. However, the findings also revealed that participants adopted various adaptive strategies, including patience, flexibility, understanding, effective communication, and respect for the autonomy of younger generations. These strategies helped sustain positive and meaningful relationships despite the challenges encountered. The final theme focused on participants' perceptions of healthy ageing and the role of intergenerational bonding in

promoting it. Participants viewed healthy ageing as a multidimensional process involving physical health, mental alertness, emotional stability, social engagement, independence, and continued participation in meaningful activities. Family support, resilience, positive attitudes, and active involvement in daily life were identified as important contributors to ageing well. Most importantly, participants strongly believed that their relationships with grandchildren positively influenced their ageing experiences. Grandchildren were perceived as sources of happiness, emotional support, companionship, motivation, and mental stimulation. Through these contributions, intergenerational bonding was seen as enhancing emotional well-being, reducing loneliness, strengthening social connectedness, fostering resilience, and improving overall quality of life.

Overall, the findings of this study indicate that intergenerational bonding plays a significant role in the lives of older adults and contributes positively to healthy ageing. The relationship between grandparents and grandchildren extends beyond simple family interaction and serves as a valuable source of emotional fulfilment, social participation, psychological well-being, and purpose in later life. The themes identified in this chapter collectively demonstrate that strong intergenerational relationships can enhance the ageing experience and support older adults in maintaining a healthy, meaningful, and satisfying life. The next chapter presents the major findings, conclusions, implications, and suggestions derived from the study.

CHAPTER VI

FINDINGS, SUGGESTIONS AND CONCLUSION

6.1 Introduction

This chapter presents the major findings, conclusions, implications, and suggestions derived from the study entitled “The Influence of Intergenerational Bonding as a Predictor of Healthy Ageing in Later Life.” The study was undertaken with the objective of exploring how older adults perceive and experience their relationships with their grandchildren and how these intergenerational relationships contribute to healthy ageing. As population ageing continues to increase globally and within India, understanding the social and relational factors that promote well-being in later life has become increasingly important. Among these factors, family relationships, particularly the bond between grandparents and grandchildren, play a significant role in shaping the experiences of older adults.

The study adopted a qualitative research approach and employed a descriptive research design to gain an in-depth understanding of participants’ lived experiences. Data were collected from eight older adults residing in Thiruvananthapuram District through semi-structured interviews. The interviews provided rich and detailed narratives regarding the nature of grandparent–grandchild relationships, the emotional and psychological meanings attached to these relationships, their influence on daily life and sense of purpose, the challenges encountered in maintaining the bond, and participants’ perceptions of healthy ageing. The collected data were analysed using Braun and Clarke’s (2006) six-phase thematic analysis framework, which facilitated the systematic identification, organization, and interpretation of recurring patterns and themes within the participants’ narratives. The analysis revealed that intergenerational bonding occupies a central place in the lives of older adults and contributes significantly to their overall well-being. Participants described their relationships with grandchildren as affectionate, emotionally meaningful, and deeply fulfilling. The findings demonstrated that grandchildren serve as important sources of happiness, companionship, emotional support, and motivation. These relationships were found to reduce feelings of loneliness, enhance emotional stability, strengthen self-worth, and provide older adults with a sense of purpose and responsibility. Furthermore, interactions with grandchildren encouraged physical activity, mental engagement, social participation, and active involvement in family life, all of which are important

dimensions of healthy ageing.

At the same time, the study also identified certain challenges that influence the maintenance of intergenerational relationships. Issues such as geographical distance, limited opportunities for face-to-face interaction, generational differences, technological barriers, and health-related limitations were reported by participants. Despite these challenges, older adults demonstrated resilience and adaptability by employing various strategies such as maintaining communication, respecting the autonomy of younger generations, practising patience, and embracing changing family dynamics. These adaptive approaches enabled them to preserve meaningful relationships with their grandchildren and continue benefiting from the emotional and social support derived from these bonds.

The findings of the study highlight the multidimensional role of intergenerational bonding in promoting healthy ageing. Healthy ageing was not perceived merely as the absence of illness but as a state of physical, mental, emotional, and social well-being supported by meaningful family relationships. Participants consistently emphasized that their grandchildren contributed positively to their ageing experience by bringing happiness, purpose, connectedness, and a renewed sense of vitality to their lives. Thus, the study reinforces the importance of family relationships as protective and supportive factors in later life. This chapter is organized into four major sections. The first section presents the major findings that emerged from the thematic analysis. The second section provides the conclusions drawn from the study in relation to the research objectives. The third section discusses the implications of the findings for social work practice, particularly in the field of gerontological social work. Finally, the chapter concludes with suggestions for future research, policy development, and interventions aimed at strengthening intergenerational relationships and promoting healthy ageing among older adults.

6.2 Major Findings of the Study

The present study explored the influence of intergenerational bonding as a predictor of healthy ageing among older adults residing in Thiruvananthapuram District. Through qualitative interviews and thematic analysis, several important findings emerged

regarding the nature of grandparent–grandchild relationships and their contribution to the well-being of older adults. The findings reveal that intergenerational relationships play a significant role in enhancing emotional, psychological, social, and functional aspects of healthy ageing. The major findings of the study are discussed below.

1. Strong Emotional Bonds Exist Between Grandparents and Grandchildren

One of the most prominent findings of the study was the existence of strong emotional bonds between grandparents and grandchildren. Participants consistently described their relationships as affectionate, loving, caring, and emotionally meaningful. Grandchildren were not viewed merely as younger family members but as individuals with whom participants shared deep emotional connections. The relationship was characterized by mutual trust, affection, understanding, and emotional closeness.

Many participants expressed that they enjoyed spending time with their grandchildren and considered them an integral part of their lives. The bond was strengthened through daily interactions, shared experiences, family activities, and open communication. Participants often described their grandchildren as sources of comfort and companionship who brought happiness and positivity into their lives. The findings indicate that strong emotional relationships contribute to a sense of belongingness and family connectedness, which are important for maintaining psychological well-being during later life.

Furthermore, the emotional attachment shared between grandparents and grandchildren appeared to transcend age differences and generational boundaries. The relationship provided opportunities for meaningful interaction, mutual learning, and emotional support, thereby enhancing the quality of life of older adults.

2. Grandchildren Provide Happiness and Emotional Fulfilment

Another important finding of the study was that grandchildren served as major sources of happiness and emotional fulfilment for older adults. Participants frequently described grandparenthood as one of the most joyful and rewarding experiences of their lives. Spending time with grandchildren, listening to their stories, observing their growth, and participating in their lives generated feelings of happiness, pride,

excitement, and satisfaction.

Many participants stated that the presence of grandchildren brought energy and positivity into their daily lives. Even simple interactions such as conversations, phone calls, visits, and shared activities were perceived as valuable experiences that enhanced emotional well-being. Grandchildren often became a source of motivation and optimism, helping older adults maintain a positive outlook towards life.

The findings suggest that grandparenthood provides emotional enrichment and contributes significantly to life satisfaction. The joy derived from interacting with grandchildren acts as an important emotional resource that helps older adults cope with the challenges associated with ageing. Thus, the relationship serves as a source of emotional fulfilment and contributes to a happier and more meaningful ageing experience.

3. Intergenerational Relationships Reduce Loneliness and Enhance Emotional Stability

The study found that relationships with grandchildren played a crucial role in reducing feelings of loneliness and promoting emotional stability among older adults. Several participants reported experiencing loneliness due to life changes such as retirement, children moving away, reduced social participation, or the loss of significant relationships. In such situations, grandchildren provided companionship, emotional support, and a sense of connectedness.

Participants explained that regular communication and interaction with grandchildren helped alleviate feelings of isolation and emotional distress. Visits, conversations, and virtual communication created opportunities for social engagement and emotional expression. The presence of grandchildren filled emotional gaps and provided comfort during difficult periods of life.

The findings indicate that intergenerational bonding serves as a protective factor against loneliness, which is often considered a major concern among ageing populations. By fostering companionship and emotional closeness, grandchildren contribute to emotional resilience and psychological well-being. Consequently, these relationships help older adults maintain emotional balance and a greater sense of security and

happiness.

4. Grandparents Feel Valued, Respected, and Appreciated

A significant finding of the study was that participants experienced feelings of value, respect, and appreciation through their interactions with grandchildren. Many participants expressed that they felt important when grandchildren sought their advice, listened to their stories, shared personal experiences, or spent time with them.

These interactions reinforced the perception that they continued to play a meaningful role within the family despite advancing age. Participants reported that being consulted and respected by younger family members enhanced their self-confidence and self-esteem. They felt that their experiences, wisdom, and guidance were still relevant and appreciated.

The findings suggest that intergenerational relationships contribute to a positive sense of identity and self-worth among older adults. Feeling valued and recognized helps counteract feelings of social exclusion or reduced usefulness that can sometimes accompany ageing. Thus, grandchildren play an important role in reinforcing the dignity, confidence, and emotional well-being of older adults.

5. Grandchildren Provide a Sense of Purpose and Responsibility

The study revealed that grandchildren contribute significantly to older adults' sense of purpose and responsibility. Participants described how caring for, supporting, guiding, and mentoring their grandchildren gave meaning to their daily lives. Many older adults reported feeling responsible for contributing to the upbringing, education, and moral development of their grandchildren.

This sense of responsibility motivated participants to remain engaged in family life and maintain active involvement in daily activities. Grandchildren provided opportunities for older adults to continue fulfilling meaningful social and family roles. Participants indicated that they derived satisfaction from helping their grandchildren, offering advice, and being involved in their lives.

The findings highlight that having meaningful roles and responsibilities contributes positively to psychological well-being during later life. The presence of grandchildren helps older adults maintain a sense of usefulness, productivity, and purpose, thereby enhancing overall life satisfaction and supporting healthy ageing.

6. Interactions with Grandchildren Promote Active Ageing

The findings demonstrated that relationships with grandchildren encourage both physical and mental activity among older adults. Participants reported engaging in various activities such as playing with grandchildren, accompanying them to different places, helping with studies, attending family functions, and participating in recreational activities.

These interactions motivated older adults to remain physically active and mentally engaged. Participants explained that spending time with grandchildren often required them to move around, participate in activities, learn new things, and remain attentive to the needs and interests of younger generations.

The findings suggest that intergenerational interactions contribute to active ageing by promoting continued participation in meaningful activities. Such engagement helps maintain physical functioning, cognitive stimulation, and psychological well-being. Therefore, grandchildren play an important role in encouraging older adults to remain active participants in family and social life.

7. Grandchildren Enhance Family Participation and Social Engagement

Another major finding was that grandchildren increased family participation and social engagement among older adults. Participants reported that family gatherings, celebrations, holidays, and social events became more meaningful because of the presence of grandchildren. These occasions created opportunities for interaction, communication, and shared experiences across generations.

Many participants explained that grandchildren motivated them to participate more actively in family activities and maintain stronger connections with other family members. The relationship fostered family cohesion and strengthened interpersonal

relationships within the household.

The findings indicate that intergenerational bonding extends beyond the relationship between grandparents and grandchildren and contributes to the overall functioning of the family system. Increased social participation enhances feelings of belongingness and connectedness, which are important components of healthy ageing and quality of life.

8. Challenges Affect Intergenerational Relationships

Although participants generally described positive relationships with their grandchildren, the study identified several challenges that influenced the maintenance of these relationships. Common challenges included geographical distance, limited opportunities for face-to-face interaction, generational differences, technological barriers, and health-related limitations.

Many participants reported that migration, educational commitments, and work-related responsibilities often reduced the frequency of direct interaction with grandchildren. Differences in attitudes, lifestyles, and technological competence sometimes created communication barriers between generations. Additionally, health problems occasionally limited the ability of older adults to participate fully in activities with their grandchildren.

Despite these challenges, participants emphasized that the emotional bond remained strong. The findings suggest that while modern social changes create obstacles to interaction, they do not necessarily weaken the emotional significance of intergenerational relationships.

9. Adaptive Strategies Help Maintain Relationships

The study found that participants actively employed various strategies to maintain positive relationships with their grandchildren despite existing challenges. These strategies included patience, understanding, flexibility, open communication, and respect for the autonomy of younger generations.

Participants recognized that societal changes and generational differences required adaptation and mutual understanding. Rather than imposing their views, many grandparents preferred to guide and support their grandchildren while respecting their independence and choices. Communication through telephone calls, video calls, and social media also helped maintain emotional connections when physical interaction was limited.

The findings indicate that successful intergenerational relationships depend not only on emotional attachment but also on the ability to adapt to changing family dynamics. Flexibility and acceptance enable grandparents to sustain meaningful relationships and continue benefiting from intergenerational interactions.

10. Intergenerational Bonding Contributes to Healthy Ageing

One of the most significant findings of the study was that participants perceived intergenerational bonding as a major contributor to healthy ageing. Participants consistently emphasized that grandchildren enhanced their emotional well-being, reduced loneliness, increased happiness, promoted social engagement, and encouraged active participation in daily life.

The relationship provided emotional support, companionship, purpose, and opportunities for meaningful engagement. Participants viewed healthy ageing as a multidimensional process involving physical, psychological, emotional, and social well-being, and believed that grandchildren positively influenced all these dimensions.

The findings demonstrate that intergenerational bonding functions as an important social and emotional resource in later life. By fostering happiness, connectedness, resilience, and active engagement, grandparent–grandchild relationships contribute significantly to positive ageing experiences and overall quality of life. Therefore, the study concludes that intergenerational bonding is not merely a family relationship but a valuable factor that supports healthy ageing and enhances the well-being of older adults.

6.3 Implications for Social Work Practice

The findings of the present study have important implications for social work practice, particularly in the field of gerontological social work. The study demonstrates that intergenerational bonding serves as a significant source of emotional support, companionship, social connectedness, and psychological well-being for older adults. Therefore, social workers must recognize and utilize family relationships, especially grandparent–grandchild relationships, as valuable resources for promoting healthy ageing and enhancing the quality of life of older persons.

In the field of gerontological social work, practitioners should focus on strengthening existing family support systems and encouraging meaningful interactions between older adults and younger generations. Since the study revealed that grandchildren contribute to happiness, emotional fulfilment, and a sense of purpose among older adults, social workers can facilitate opportunities that enhance intergenerational engagement and family cohesion.

The findings also highlight the importance of family-centred interventions. Social workers working with older adults and families should encourage active participation of family members in the lives of older persons. Family counselling, family support programmes, and educational initiatives can help strengthen relationships between grandparents and grandchildren and foster mutual understanding and respect across generations. Such interventions can contribute to improved emotional well-being and stronger family support networks.

Another important implication relates to the development of community-based programmes. Community organizations, senior citizen centres, and social welfare agencies can organize intergenerational activities such as cultural programmes, storytelling sessions, recreational events, volunteer initiatives, and skill-sharing opportunities. These programmes can create meaningful spaces for interaction between older adults and younger generations, thereby reducing social isolation and promoting social inclusion.

The findings further suggest that intergenerational bonding can play a significant role in mental health promotion among older adults. Since participants reported reduced loneliness, enhanced emotional stability, and improved psychological well-being

through their relationships with grandchildren, social workers should consider intergenerational relationships as protective factors against loneliness, depression, and emotional distress. Interventions aimed at improving mental health among older adults should therefore include strategies that strengthen family connections and social support systems.

The study also has implications for healthy ageing initiatives and policy development. Programmes designed to promote healthy ageing should move beyond a purely medical approach and incorporate social and relational dimensions of well-being. Social workers can advocate for policies and services that encourage family involvement, intergenerational interaction, and community participation. By integrating family and intergenerational components into healthy ageing programmes, social workers can contribute to the holistic well-being of older adults and support positive ageing experiences.

Overall, the findings emphasize that intergenerational bonding is an important resource that can be effectively utilized in social work practice to promote healthy ageing, strengthen family relationships, enhance emotional well-being, and improve the overall quality of life of older adults.

6.4 Suggestions

Based on the findings of the present study, several suggestions are proposed to strengthen intergenerational relationships and promote healthy ageing among older adults. These suggestions are directed towards families, community organizations, policymakers, and older adults themselves, as each of these stakeholders plays an important role in fostering meaningful intergenerational connections and enhancing the well-being of ageing populations.

Suggestions for Families

Families should actively encourage regular interaction between grandparents and grandchildren. Frequent communication, shared activities, and quality time together can strengthen emotional bonds and promote mutual understanding across generations. Family members should create opportunities for grandparents and grandchildren to

engage in meaningful conversations, participate in celebrations, share experiences, and maintain regular contact even when living apart. Families should also recognize and appreciate the valuable contributions that older adults make through their knowledge, experience, guidance, and emotional support.

In addition, efforts should be made to support older adults in maintaining meaningful roles within the family. Involving grandparents in family decision-making, childcare, cultural activities, and family traditions can enhance their sense of purpose, belongingness, and self-worth. Strengthening family relationships can contribute significantly to the emotional and psychological well-being of older adults.

Suggestions for Community Organizations

Community organizations, senior citizen groups, non-governmental organizations, and local self-government institutions should develop and implement programmes that encourage interaction between different generations. Intergenerational programmes such as cultural events, storytelling sessions, recreational activities, mentorship programmes, and community celebrations can provide valuable opportunities for meaningful engagement between older adults and younger people.

Community-based initiatives should also focus on creating spaces where older adults and youth can learn from one another. Shared learning activities involving traditional knowledge, life skills, digital literacy, arts, and cultural heritage can promote mutual respect and understanding between generations. Furthermore, volunteer programmes involving both older adults and young people can strengthen social cohesion and foster positive intergenerational relationships within the community.

Suggestions for Policymakers

Policymakers should recognize the importance of intergenerational relationships in promoting healthy ageing and incorporate this perspective into ageing-related policies and programmes. Policies that support family-based care, family involvement, and intergenerational interaction can contribute to the overall well-being of older adults. Special attention should be given to developing initiatives that address loneliness, social isolation, and emotional distress among the elderly population.

Government agencies should also strengthen community support systems by promoting age-friendly communities, senior citizen welfare programmes, and intergenerational projects. Investment in social infrastructure that facilitates family participation and community engagement can help create supportive environments for healthy ageing. Additionally, awareness campaigns highlighting the importance of respecting and valuing older adults may help strengthen intergenerational solidarity within society.

Suggestions for Older Adults

Older adults should be encouraged to maintain active communication and meaningful relationships with their grandchildren. Regular interaction through personal visits, telephone calls, video calls, and social media platforms can help sustain emotional closeness despite geographical distance. Adapting to technological advancements and improving digital literacy can further facilitate communication and strengthen family connections.

Older adults should also actively participate in family functions, community activities, social groups, and recreational programmes that promote social engagement and interaction. Maintaining an active lifestyle, nurturing positive relationships, and remaining involved in meaningful activities can contribute significantly to emotional well-being, social connectedness, and healthy ageing. By embracing opportunities for engagement and lifelong learning, older adults can continue to lead fulfilling and productive lives while maintaining strong intergenerational bonds.

Overall, these suggestions aim to strengthen grandparent–grandchild relationships, promote intergenerational solidarity, and enhance the emotional, social, and psychological well-being of older adults. Implementing these recommendations can contribute to healthier ageing experiences and improved quality of life among older persons.

Suggestions for Future Research

The present study explored the influence of intergenerational bonding as a predictor of healthy ageing among older adults in Thiruvananthapuram District. While the findings provided valuable insights into the emotional, psychological, and social significance of

grandparent–grandchild relationships, the scope of the study was limited by factors such as sample size, geographical location, and the qualitative nature of the research design. Therefore, several opportunities exist for future researchers to expand and deepen understanding of this important area of study.

1. Studies with Larger Sample Sizes

The present study was conducted with a sample of eight older adults and was intended to provide an in-depth understanding of participants' experiences rather than statistical generalization. Future research may include larger sample sizes involving participants from different socio-economic, educational, cultural, and family backgrounds. A larger sample would provide broader insights into the diverse experiences of older adults and help identify variations in intergenerational relationships across different groups. Such studies could enhance the generalizability of findings and contribute to a more comprehensive understanding of the role of intergenerational bonding in healthy ageing.

2. Comparative Studies in Rural and Urban Settings

Family structures, social relationships, and patterns of interaction often differ between rural and urban communities. While the present study was conducted in Thiruvananthapuram District, future studies may compare the experiences of older adults living in rural and urban settings. Such comparative studies can explore how factors such as migration, modernization, occupational demands, access to technology, and changing family structures influence intergenerational relationships.

Rural families may maintain stronger traditional family systems and more frequent face-to-face interactions, whereas urban families may experience greater geographical separation and dependence on digital communication. Examining these differences can help researchers understand how contextual factors shape intergenerational bonding and healthy ageing. The findings may also assist policymakers and social workers in designing location-specific interventions that address the unique needs of older adults in different settings.

3. Exploring Grandchildren's Perspectives on Intergenerational Relationships

The present study focused exclusively on the perspectives of older adults. While this provided valuable insights into grandparents' experiences, intergenerational relationships are reciprocal in nature and involve both generations. Future research should therefore explore the perspectives of grandchildren regarding their relationships with grandparents.

Such studies can investigate how grandchildren perceive the role of grandparents in their lives, the meanings they attach to these relationships, and the benefits and challenges they experience. Understanding the viewpoints of younger generations would provide a more holistic picture of intergenerational bonding and help identify factors that strengthen or weaken these relationships. Comparative analysis of grandparents' and grandchildren's perspectives may reveal similarities and differences that can contribute to the development of more effective family-centred interventions and programmes.

4. Quantitative Studies on Intergenerational Bonding and Healthy Ageing

The present study adopted a qualitative approach to explore the lived experiences and subjective meanings associated with grandparent–grandchild relationships. Future researchers may employ quantitative methods to examine the relationship between intergenerational bonding and specific indicators of healthy ageing.

Variables such as life satisfaction, psychological well-being, depression, loneliness, self-esteem, social support, quality of life, physical health, and active ageing can be measured using standardized scales and statistical techniques. Quantitative studies can help establish the strength and nature of associations between intergenerational bonding and healthy ageing outcomes. Such evidence would complement qualitative findings and contribute to a stronger empirical foundation for understanding the role of family relationships in later life.

5. Longitudinal Studies on Changes in Intergenerational Relationships

Intergenerational relationships are dynamic and may evolve over time due to changes in age, family circumstances, health status, educational opportunities, migration, and life events. The present study captured participants' experiences at a single point in

time. Future research may adopt a longitudinal design to examine how grandparent–grandchild relationships develop and change across different stages of life.

Longitudinal studies would help researchers understand how intergenerational bonding is maintained over extended periods and how life transitions influence the quality of these relationships. Such research can also explore how changes in family structure, caregiving responsibilities, health conditions, and social circumstances affect both grandparents and grandchildren. Findings from longitudinal studies can provide deeper insights into the long-term influence of intergenerational relationships on healthy ageing.

6. Impact of Digital Communication Technologies on Grandparent–Grandchild Relationships

Technological advancements have transformed the ways in which families communicate and maintain relationships. Several participants in the present study highlighted the role of telephone calls, video calls, and digital communication in sustaining relationships despite geographical distance. Future studies may specifically investigate the impact of digital communication technologies on grandparent–grandchild relationships.

Researchers can examine how older adults adapt to digital platforms, the challenges they face in using technology, and the extent to which digital communication enhances emotional closeness and social connectedness. Such studies are particularly relevant in the context of increasing migration, globalization, and changing family arrangements. Understanding the role of technology can help identify innovative strategies for maintaining meaningful intergenerational relationships in contemporary society.

7. Cross-Cultural and Regional Studies

Future research may also explore intergenerational bonding across different cultural, regional, and religious contexts. Family values, traditions, caregiving practices, and expectations regarding older adults vary across communities and cultures. Comparative studies conducted in different states of India or across countries may provide valuable insights into how socio-cultural factors influence grandparent–grandchild relationships

and perceptions of healthy ageing. Such studies can contribute to the development of culturally sensitive interventions and broaden the understanding of intergenerational relationships in diverse social settings.

8. Research on Intergenerational Programmes and Interventions

Future researchers may evaluate the effectiveness of organized intergenerational programmes designed to strengthen relationships between older adults and younger generations. Studies can assess the impact of community-based activities, mentorship programmes, educational initiatives, and volunteer projects on emotional well-being, social participation, and quality of life among older adults. Evidence from such intervention-based research can guide social workers, community organizations, and policymakers in developing programmes that promote healthy ageing through enhanced intergenerational interaction.

6.5 Conclusion

The present study, entitled “The Influence of Intergenerational Bonding as a Predictor of Healthy Ageing in Later Life,” was undertaken to explore the experiences and perceptions of older adults regarding their relationships with grandchildren and to understand how these relationships contribute to healthy ageing. Through a qualitative research approach, the study examined the lived experiences of eight older adults residing in Thiruvananthapuram District. The findings generated through Braun and Clarke’s six-phase thematic analysis provided valuable insights into the emotional, psychological, social, and functional significance of intergenerational bonding in later life.

The study clearly demonstrates that the relationship between grandparents and grandchildren is far more than a biological or familial connection. It represents a meaningful and emotionally significant bond that contributes substantially to the well-being and quality of life of older adults. Participants consistently described their grandchildren as important sources of happiness, affection, companionship, and emotional fulfilment. The narratives revealed that interactions with grandchildren brought joy and excitement into their lives and created opportunities for meaningful

engagement and emotional connection. These findings highlight the important role of intergenerational relationships in promoting positive emotional experiences during old age.

A major contribution of the study is its emphasis on the emotional and psychological benefits associated with grandparent–grandchild relationships. The findings indicate that intergenerational bonding helps reduce feelings of loneliness, isolation, and emotional distress, which are common challenges experienced by many older adults. Grandchildren provide companionship, emotional support, and a sense of connectedness that contribute to emotional stability and psychological well-being. Participants also reported feeling valued, respected, and appreciated when grandchildren sought their guidance, listened to their experiences, and maintained close communication with them. Such experiences reinforced their self-esteem and enhanced their sense of personal worth and dignity within the family system.

The study further revealed that grandchildren contribute significantly to older adults' sense of purpose and responsibility. Many participants described their involvement in the lives of their grandchildren as a meaningful role that provided motivation and direction in everyday life. Whether through caregiving, guidance, emotional support, or participation in family activities, grandparents experienced a sense of usefulness and fulfilment that enriched their ageing experience. The findings suggest that maintaining meaningful roles within the family contributes positively to life satisfaction and promotes a sense of purpose that is essential for healthy ageing.

Another important conclusion emerging from the study is that intergenerational relationships encourage active ageing. Participants reported that spending time with grandchildren motivated them to remain physically active, mentally engaged, and socially involved. Activities such as playing, travelling, attending family functions, assisting with studies, and engaging in conversations created opportunities for continuous participation and engagement. These experiences supported not only physical activity but also cognitive stimulation and social interaction, which are important dimensions of healthy ageing. The findings therefore suggest that grandchildren play a significant role in promoting active and productive ageing among older adults.

The study also identified several challenges that influence intergenerational relationships in contemporary society. Factors such as geographical distance, migration, limited opportunities for face-to-face interaction, generational differences, technological barriers, and health-related limitations occasionally affected the quality and frequency of interaction between grandparents and grandchildren. However, despite these challenges, participants demonstrated remarkable adaptability and resilience. They employed strategies such as maintaining regular communication, respecting the autonomy of younger generations, practising patience, and adapting to changing family dynamics. These adaptive responses helped sustain meaningful relationships and preserve emotional closeness despite external barriers.

An important conclusion of the study is that healthy ageing is a multidimensional concept that extends beyond physical health. Participants perceived healthy ageing as a combination of emotional well-being, social connectedness, meaningful relationships, active engagement, psychological resilience, and a positive outlook on life. The findings suggest that intergenerational bonding contributes significantly to each of these dimensions. Grandchildren provide emotional security, social participation, motivation, companionship, and opportunities for meaningful engagement, thereby enhancing the overall ageing experience. Consequently, intergenerational bonding emerged as an important predictor and facilitator of healthy ageing among older adults.

The study also contributes to the existing body of knowledge by providing a qualitative understanding of intergenerational relationships from the perspectives of older adults themselves. While many previous studies have focused on measurable outcomes such as life satisfaction, depression, or quality of life, the present study highlights the subjective meanings, emotions, and lived experiences associated with grandparent–grandchild relationships. The findings underscore the importance of examining ageing within the context of family relationships and social connections rather than viewing it solely as a biological process.

This chapter presented the major findings, conclusion, implications for social work practice, suggestions, and recommendations for future research derived from the study entitled “The Influence of Intergenerational Bonding as a Predictor of Healthy Ageing in Later Life.” The findings revealed that grandparent–grandchild relationships

constitute an important source of emotional, psychological, and social support for older adults. Strong intergenerational bonds were found to enhance happiness, emotional fulfilment, self-worth, social connectedness, and a sense of purpose while simultaneously reducing loneliness and emotional distress. The study further demonstrated that interactions with grandchildren encourage active engagement in family and social life and contribute positively to the overall experience of ageing. Although participants reported challenges such as geographical distance, technological barriers, generational differences, and health-related limitations, they actively adopted various strategies to maintain meaningful relationships with their grandchildren. The findings highlighted the resilience of older adults and the enduring significance of family relationships in later life. The chapter also emphasized the implications of the findings for gerontological social work, family-centred practice, community-based interventions, mental health promotion, and healthy ageing initiatives. Suggestions were proposed for families, community organizations, policymakers, and older adults to strengthen intergenerational relationships and enhance the well-being of ageing populations.

The study affirms that strong and meaningful intergenerational bonds play a vital role in enhancing the quality of life of older adults. Grandparent–grandchild relationships foster emotional well-being, reduce loneliness, strengthen family connectedness, encourage active participation, and provide a sense of purpose and belonging. These benefits collectively contribute to healthy ageing and support the overall well-being of older adults. Therefore, strengthening intergenerational relationships should be considered an important strategy for promoting healthy ageing, enhancing family cohesion, and improving the lives of older persons in contemporary society.

Finally, recommendations for future research were presented, including studies involving larger samples, comparative and longitudinal designs, quantitative investigations, and explorations of grandchildren’s perspectives and digital communication technologies. Overall, the study concludes that intergenerational bonding plays a vital role in promoting healthy ageing by fostering emotional well-being, social participation, psychological resilience, and meaningful engagement in later life. Strengthening these relationships can contribute significantly to improving the quality of life and well-being of older adults in contemporary society

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ANNEXURE

Semi-Structured Interview Guide

Title: The Influence of Intergenerational Bonding on Healthy Ageing among Later Life

SECTION A: Background Information

1. Age
2. Gender
3. Living arrangement
4. Number of grandchildren
5. How often do you interact with your grandchildren?

SECTION B: Nature of the Relationship

RQ 1: How do older adults describe their relationship with their grandchildren?

1. Can you describe your relationship with your grandchildren?
2. How would you explain the closeness between you and them?
3. What kind of interactions do you usually have?
4. Can you share a recent experience that reflects your relationship?

SECTION C: Emotional and Psychological Meaning

RQ 2: What emotional and psychological meanings do they attach to this relationship?

5. How do you feel when you spend time with your grandchildren?

6. What does being a grandparent mean to you emotionally?
7. In what ways does this relationship affect your mood or feelings?
8. Do you feel valued or important in their lives? Can you explain?

SECTION D: Influence on Sense of Purpose and Daily Life

RQ 3: How does this relationship influence their sense of purpose and daily life?

9. Does being a grandparent give you a sense of purpose? How?
10. Has your daily routine changed because of your grandchildren?
11. Do they motivate you to stay active or engaged in any way?
12. How do they influence your participation in family or social activities?

SECTION E: Challenges in Maintaining the Bond

RQ 4: What challenges do they face in maintaining this bond?

13. Have you experienced any difficulties in maintaining closeness with your grandchildren?
14. Are there any generational differences that create misunderstandings?
15. How do you manage or overcome such challenges?

SECTION F: Perception of Healthy Ageing

RQ 5: How do they define healthy ageing in the context of family relationships?

16. What does “healthy ageing” mean to you?
17. What factors help you feel that you are ageing well?
18. How, if at all, does your relationship with your grandchildren influence your ageing?

19. Do you think this relationship contributes to your emotional or overall well-being?

In what way?