# Omega Graduate School

# Dissertation Research Prospectus Template (Pre-Proposal)

# Effectiveness of Older Adult Lifestyle Transition Planning

Jerry Martin Kronk

[Participant Obser (via 40 years in Real Estate): Personal draw to this research subject.}

# Problem Statement

The problem is lifestyle transitions have a propound effect on senior adults’ quality of life. Bhattacharyya, *Rethinking the Aging Transition*.

# Purpose Statement

The purpose of this study is to explore the perceived quality of life for Senior Adults who have planned for a senior lifestyle transition to those who have inadequately planned for a senior lifestyle transition.

# Background of the Problem

Life transitions is the beginning of something new in a person’s life. Transition is the change from an existing way of life to a different existence that can change life activities such as residence, social environment, emotions, and health care incidents requiring a change in residence. Lifestyle change can be either by an event forcing the change or by a planned change due to the person's desires and goals. Lifestyle changes continue throughout the course of a person’s life. “What Are Life Transitions?” Senior adults entering the final stages of life must go through a final lifestyle transition for a desired happy lifestyle for those remaining years. The final years of persons’ life is a special time and is the final Lifestyle. The purpose of this qualitative study is to explore the impact lifestyle transition planning has on a senior adults’ desire for quality of life. The problem is that lifestyle transition for senior adults profoundly affects the quality of life, and lifestyle planning to achieve quality of life is unknown.

Lifestyle Transition Planning (see definitions) can be considered written plan to change life. Lifestyle planning for older adults can be critical by involving an overall planning approach leading to a satisfying/happy and eventful life during transitions through the end of life. The lifestyle characteristic depends on the individual person and age group. Some standard components for the older adult age group characteristics include health and wellness, staying socially active, emotional, and mental stability, hobbies, personal interests, etc. Many component characteristics can change with life transitions and may require deviation from original planning. This qualitative research studies the effect of Lifestyle Transaction Planning by senior adults for satisfactory/happy lifestyle during the later years of life.

Much of the historical data in this document is from online internet data, periodic publications, books, and reports from surveys and scientific studies. The research online includes the following "resources:" real estate journals, government databases, local libraries, OGS library, planning manuals, articles, magazines, and publications from professional organizations. The references to dissertations and texts are from publishing dates ranging from 1946 to 2022. The selection of publications focuses on orientation for senior adults, particularly adults in their late seventies and older. Manuals and sales material references include publications about "adults fifty-five and over" throughout the Southeastern U.S. In addition, the literature from Senior rehabilitation facilities and Elderly and Nursing homes provides details for health planning research. The research data includes multiple resources for each generalized "category." In addition, the publications include the full range of references for each of the data planning items. The basis for the final selection of research data is the applicability to senior adults and current cultural norms. The impact of 2020 and 2021 dated magazines provides sources incorporating the pandemic's effects on potential planning for elderly adults. However, some 2022 publications lack sufficient details to support the need for elderly cultural information. Two resources that provide much of the resource material are the "American Association of Retired People," AARP, and "The World Health Organization."

Several dissertations contain helpful information regarding historical references for potential lifestyles for elderly adults. The data affecting planning and lifestyle desires for senior adults require understanding the evolving cultural differences from the 19th and 20th centuries.

The life span in 2022 is approximately 79 years. People lived between twenty-five and thirty-five years of age for thousands of years until eighty years in the 20th century. The doubling of the average lifespan may enable older adults to consider planning during end-of-life years. For the past 200 years, the approximate average age has risen by about 2.5 years per decade. With the increase in age, the opportunity for a high standard of living is possible, suggesting the need for more detailed planning for end-of-life. Retiring near the mid-fifties can result in many years of desired living standards, good health, and proper planning. Planning for retirees can become critical for the expected standard of living.

During the twentieth century, the focus on dealing with older adults (beyond fifty-five) needing care included poorhouse incarceration and living with relatives, usually children. Therefore, the lack of detailed planning can be due to Ageism and the generally accepted treatment of the elderly. Post-WWII brought increased prosperity in the United States with the corresponding increase in adults over fifty-five. Therefore, the resulting increase in elderly adults increased the planning need to live a happy/healthy retirement. From 1946 to 1964, after WWII, seventy-eight million children were born and subsequently called the baby boomer generation. As the older baby boomers reach their late seventies, seniors must live a desired quality of life. The increased number of older adults can result in critical cultural issues without proper end-of-life planning.

# Significance

This study will contribute to the gap in research of Senior Adults by identifying lifestyle transition planning and its impact on improving the quality of life.

# Research Questions

RQ1: Does lifestyle transition planning impact the Senior Adult's Quality of Life?

# Research Methodology

This study will utilize a qualitative methodology because research questions will be answered through inductive coding and exploratory thematic analysis.

# Theoretical/Conceptual Framework

The Theoretical Framework for Older Adult Planning includes services, policies, and unique programs addressing older adults' unique challenges, desires, and needs. Historical data concerning life expectancy and cultural expectations with older adults as a framework for current older adult happiness. The framework identifies and documents whether planning contributes to older adults' happiness or satisfaction.

# Instrumentation

# This study will utilize a field-tested researcher-developed questionnaire validated by feedback from 5-7 subject matter experts.

# Research Design

Fundamental Qualitative: explore emergent themes from open-ended participant responses (qualitative, inductive). This qualitative study will utilize a basic qualitative design to explore perceptions of quality of life among Senior Adults.

# Population and Sampling

The target population for this study will be Arizona, USA, from multiple Adult Senior Communities. The prospects will include Mexican, White, African, and Indian Americans.

Purposive sampling will ensure eligible participants meet the inclusion/exclusion criteria until a sample size of 12 to 15 is attained. Permission to recruit participants will be secured from individual community leaders.

# Data Analysis Plan

Qualitative:

This study will utilize Creswell and Poth's Data Analysis Spiral for qualitative data analysis: Step One: Managing and organizing the data (data preparation), Step Two: Reading and interpreting emergent ideas, Step Three: Describing and classifying codes into themes, Step Four: Developing and accessing interpretations, Step Five: Representing and visualizing the data.

References

Bhattacharyya, Kallol Kumar. *Rethinking the Aging Transition: Psychological, Health, and Social Principles to Guide Aging Well*. Springer Nature, 2021.

National Institutes of Health (NIH). "Age," August 11, 2022. <https://www.nih.gov/nih-style-guide/age>. "Age."

Definitions

Older Adults: Adults around sixty-five, depending on the individual adult.

Lifestyle Transition Planning: The planning necessary to transition into a standard of living desired usually by retiring persons or anyone wanting different living conditions/way of life.