

From Survival to Vitality: A Psycho-Educational Framework for Longevity Readiness and Community Development in Argao, Cebu

Guinivere L. Lucero, RGC, EnP, REB, RMT

Cebu Technological University Main Campus

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ABSTRACT

This study examined the relationship between basic needs fulfillment and longevity readiness among adult saged 45 years and above in Argao, Cebu, Philippines. Guided by Maslow's Hierarchy of Needs Theory, Bronfenbrenner's Ecological Systems Theory, and healthy ageing frameworks, the study utilized a descriptive-comparative and correlational research design. A total of 298 respondents from urban, coastal, and upland ecological zones participated through a researcher-developed instrument, the Argao Survival and Vitality Assessment Scale (ASVAS). Data were analyzed using frequency counts, percentages, weighted means, standard deviations, One-Way Analysis of Variance (ANOVA), and Pearson Product-Moment Correlation. Findings revealed that respondents demonstrated a satisfactory level of Basic Needs Fulfillment ($M=2.94, SD=0.57$) and a high level of Longevity Readiness ($M=3.39, SD=0.78$). No significant differences were found across ecological zones in terms of either basic needs fulfillment or longevity readiness. A statistically significant positive relationship was identified between basic needs fulfillment and longevity readiness ($r=0.224, p<0.05$), although the correlation was negligible in strength. Psychosocial integrity emerged as the strongest dimension of longevity readiness. The findings suggest that while survival conditions contribute to healthy ageing, psychosocial resources such as purpose, family support, spirituality, and social connectedness play equally important roles in promoting longevity readiness. The study proposes the Argao Longevity Program as a community-based counseling and psychoeducational intervention to strengthen healthy ageing and community well-being.

Keywords: longevity readiness, healthy ageing, community counseling, basic needs fulfillment, psychosocial integrity, Argao

INTRODUCTION

Population ageing has emerged as a significant global concern as life expectancy continues to increase worldwide. The World Health Organization emphasizes that healthy ageing involves more than the absence of disease; it requires the development and maintenance of functional ability, psychosocial well-being, and meaningful participation in society. While increased longevity is a positive development, many communities continue to face challenges related to poverty, health inequities, environmental vulnerability, and limited access to healthcare services.

In the Philippine context, healthy ageing remains influenced by socioeconomic conditions, family support systems, community relationships, and healthcare accessibility. Existing literature suggests that the fulfillment of basic needs serves as a foundation for health and well-being, while psychosocial and social resources contribute to resilience and quality of life during later adulthood. Despite these observations, limited local studies have examined the relationship between survival-related conditions and readiness for healthy ageing.

This study investigated the relationship between Basic Needs Fulfillment and Longevity Readiness among adults aged 45 years and above residing in Argao, Cebu. Specifically, it assessed physiological fulfillment, environmental safety and security, and health service accessibility as dimensions of survival, and physical vitality, psychosocial integrity, and social connectivity as dimensions of longevity readiness. The findings served as the basis for developing a community-based counseling and psychoeducational longevity program.

METHODOLOGY

Research Design

The study employed a quantitative descriptive-comparative and correlational research design. The descriptive approach determined the levels of basic needs fulfillment and longevity readiness. The comparative component examined differences across ecological zones, while the correlational component assessed the relationship between the study variables.

Research Locale and Respondents

The study was conducted in the Municipality of Argao, Cebu. Respondents consisted of 298 adults aged 45 years and above residing in fifteen barangays distributed across Urban, Coastal, and Upland ecological zones. A multi-stage purposive quota sampling procedure was utilized to ensure ecological representation.

Research Instrument

Data were gathered using the Argao Survival and Vitality Assessment Scale (ASVAS), a researcher-developed instrument consisting of 42 items. The instrument measured Basic Needs Fulfillment and Longevity Readiness. Reliability testing yielded Cronbach's Alpha coefficients of 0.843 for Basic Needs Fulfillment, 0.806 for Longevity Readiness, and 0.840 for the overall instrument, indicating high reliability.

Statistical Treatment

Descriptive statistics including frequency, percentage, weighted mean, and standard deviation were used to describe respondent characteristics and variable levels. One-Way ANOVA was employed to determine differences across ecological zones. Pearson Product-Moment Correlation was used to determine the relationship between Basic Needs Fulfillment and Longevity Readiness.

RESULTS

Respondent Profile

Most respondents were aged 45-59 years (51.01%), equally represented by males and females (50% each), had elementary or high school education, had resided in Argao for more than 51 years (77.52%), and belonged to households earning below ₱10,000 monthly (62.75%).

Level of Basic Needs Fulfillment

Respondents demonstrated a satisfactory level of Basic Needs Fulfillment ($M=2.94$, $SD=0.57$). Physiological Fulfillment, Environmental Safety and Security, and Health Service Accessibility each contained a mean score of 2.94.

Level of Longevity Readiness

Respondents demonstrated a high level of Longevity Readiness ($M=3.39$, $SD=0.78$). Among the dimensions, Psychosocial Integrity obtained the highest rating ($M=3.64$), followed by Social Connectivity ($M=3.33$) and Physical Vitality ($M=3.21$).

Differences According to Ecological Zones

No significant differences were found in Basic Needs Fulfillment ($F=0.955$, $p=0.386$) and Longevity Readiness ($F=1.667$, $p=0.190$) across Urban, Coastal, and Upland ecological zones.

Relationship Between Basic Needs Fulfillment and Longevity Readiness

A statistically significant positive relationship was found between Basic Needs Fulfillment and Longevity Readiness ($r=0.224$, $p<0.05$). Although significant, the relationship was negligible in strength.

DISCUSSION

The findings indicate that Argaoanons generally possess a stable survival foundation and a relatively high level of readiness for healthy ageing. The satisfactory ratings in physiological fulfillment, environmental safety, and healthcare accessibility suggest that basic needs are generally met. However, concerns related to food affordability, sleep quality, healthcare staffing, and service accessibility remain areas requiring intervention.

The high ratings obtained for psychosocial integrity and social connectivity reveal the importance of family relationships, spirituality, community support, and sense of purpose among Argaoanons. These findings support theories suggesting that healthy ageing extends beyond material resources and is significantly influenced by psychosocial and cultural factors.

The absence of significant differences across ecological zones suggests that shared cultural values, family-oriented lifestyles, and municipal support systems may contribute to comparable levels of survival and vitality regardless of geographical location.

The statistically significant relationship between survival and vitality supports Maslow's assertion that basic needs provide the foundation for higher levels of functioning. However, the weak correlation indicates that longevity readiness is also shaped by other factors such as resilience, spirituality, social support, and meaning-making.

CONCLUSION

Adults in Argao generally experience satisfactory survival conditions and high longevity readiness. Basic needs fulfillment contributes significantly to longevity readiness, but psychosocial integrity and social connectedness appear to play equally important roles in supporting healthy ageing. The findings underscore the need for community-based interventions that integrate health promotion, counseling, psychosocial support, and community participation. The proposed Argao Longevity Program offers a practical framework for advancing healthy ageing and community well-being.

RECOMMENDATIONS

Local government units, healthcare providers, guidance counselors, and community organizations may adopt the Argao Longevity Program to strengthen healthy ageing initiatives. Future studies may examine additional predictors of longevity readiness using longitudinal and mixed-method approaches to further understand the pathways linking survival conditions and vitality among older adults.

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