


Flourishing in the Later Years: Exploring, Developing, Validating, and Reliability Testing of a Flourishing Scale for Filipino Older Adults

John Barry Ibañez , Tara Faith Galindo , Jecyl Mae Menor , and Daisy Palompon* 

College of Nursing, Cebu Normal University, Cebu City, Philippines

*Correspondence:
palompond@cnu.edu.ph

Abstract

This study developed, validated, and tested the reliability of the flourishing scale for Filipino older adults. The exploratory sequential mixed methods approach and the purposive snowball sampling technique were utilized. The study revealed nine themes: life triumphs, activities, attitude, relationships, emotions, resources, life purpose, life lessons, and spirituality. These served as bases for the nine items developed, constituting the flourishing scale. The scale evaluation revealed an I-CVI > 0.78 and S-CVI/Ave = 0.943, which indicated excellent content validity with all items maintained. For reliability testing, Cronbach's alpha analysis yielded $\alpha = .865$, indicating a reliable and acceptable scale. Recommendations to utilize the flourishing scale for Filipino older adults are provided in nursing practice and nursing education.

Keywords

flourishing, Filipino, older adults, scale, content validity, reliability

INTRODUCTION

We are living in an era where life expectancy is rapidly increasing. The increase in life expectancy is attributed to better living conditions and improved health care (Manton, 2007). In the year 2000, there are 4.57 million senior citizens in the Philippines. They are approximately 6% of the total population of the Philippines (Philippine Statistics Authority, 2021). After a decade, an increase of 8.5 percent of the household population higher than 7.5 percent in 2015. In the same year, there were more females (55.5%) than males (44.5%) among the senior citizens, in 2020 (Philippine Statistics Authority, 2022). The same trend was observed in 2015. After fifteen (15) years, the number of senior citizens increased by more than 50%, with the total number recorded as 7.55 million. This rapid increase in the number of older population can be perceived as a longer life expectancy, providing opportunities for these older Filipino individuals to use their years to continue contributing to their family and community or engaging further in personal development. However, aging comes with varying vulnerabilities — physical, emotional, psychological, mental, social, and spiritual — the flourishing of each older Filipino adult, or the lack of it, is essentially different from another.

Flourishing is a new concept for older adults that needs to be explored, particularly in gerontology (Seligman, 2011). As healthcare providers, nurses need to ensure that they have provided the best care opportunities for their patients to cope with the changes they experience as they grow older. Older

patients need to sustain personal growth independently for as long as possible. Thus, nurses and the healthcare team need to know how to assist older adults to flourish in later years.

Flourishing in older persons encompasses a holistic view of happiness and well-being (Seligman, 2011). This further shows how to live a good life that consists of five factors that enable flourishing through Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment or PERMA (Seligman, 2011). This study anchored itself on Seligman's (2011) PERMA Model. Seligman (2011) describes flourishing through a model enumerating the five factors. Nurturing one or more of the five elements can contribute more to the well-being of one individual and must be pursued according to their aligned values and interests as defined independently from the other elements.

Diener et al. (2010) developed an eight-item Flourishing scale that measures psychological well-being. However, this scale is based on young American and Singaporean culture (Diener et al., 2010), which might not explicitly measure the flourishing of older Filipino adults. No other scales measure the Filipino older persons' flourishing scale; hence, this study was conducted. The findings of this study would be significant in establishing a firm foundation for delivering quality care to the older population based on their need to flourish. Hence, this study intended to develop a tool that measures flourishing in older adults. The study further established the validity and reliability of the flourishing scale for Filipino older adults. This study can also be used as an impetus for developing more in-depth studies and theories analyzing the flourishing of older individuals.

METHODS

An exploratory sequential mixed methods approach was utilized in this study. This is a typology-based mixed methods approach formulated by Creswell and Clark (2018). The qualitative method was conducted to develop the scale. This was used to validate the scale. The mixed methods approach is further described with the notation "qual → QUAN = test validity and reliability of new scale" was used, as adapted from Morse (1991, 2003) and Morse & Niehaus (2009).

The study took place in the Province of Cebu, Philippines. Focus group discussions were held in the locales of the informants, fostering an environment conducive to rich and authentic insights. Additionally, interviews were conducted via online video calls, facilitating seamless communication despite geographical barriers. To ensure content validity and reliability, responses were collected using Google Forms. This study was conducted from 2021 to 2022.

A purposive sampling technique was utilized to conduct the entire mixed-method research. This technique involved identifying and selecting participants based on a determined criterion developed based on the researchers' judgment. In the entirety of the study, two groups of individuals were involved: Filipino older adults and experts in the field of gerontology.

The qualitative aspect of the study was focused on the development of the flourishing scale. Two groups were interviewed through Focus Group Discussion (FGD) and Key Informant Interview (KII). FGD involved the participation of six (6) Filipino older adults purposefully selected based on the following inclusion criteria: born a Filipino citizen; is 65 years old or above; a resident of any barangay within the province of Cebu for at least 5 years, literate, and no signs, symptoms or diagnosis of cognitive impairment (e.g. dementia, Alzheimer's disease) that can affect judgment based on the initial screening of the researchers. Key informant interview (KII) was conducted with three (3) experts in gerontology nursing. Experts were purposefully selected based on the following inclusion criteria: (a) have a Bachelor's Degree in psychology, social work, nursing, or gerontology from a college or university recognized by the Commission on Higher Education; (b) completed continuing education (Masters or Doctoral) in gerontology; and (c) have at least two (2) years of full-time clinical practice in the field of gerontology (education, care facility). FGD and KII utilized the interview schedule as the basis for data collection.

Qualitative data were analyzed manually using constant comparison analysis. Themes were generated from the data analyzed. The statements for the flourishing scale were developed from each theme. The statements became the items that comprise the flourishing scale for Filipino older adults. The flourishing scale consists of declarative statements positively stated. It provides five (5) response options per item for the respondent to answer: Strongly Disagree, Disagree, Neutral, Agree, and Strongly Agree. The scale was translated from English to Sinugbuanong Bisaya.

After the development of the scale, this was subjected to content validation. Validators were six (6) gerontology nursing research experts selected with the same criteria from the selection process for the key informant interviews. They were independent from those who were part of the KII and contributed towards the generation of the items of the scale. After generating the items for the flourishing scale, reliability testing was conducted. Samuels (2015) and Yurdugül (2008) recommended at least ten (10) participants per item for the reliability testing of a scale. The developed flourishing scale consists of nine (9) items. The minimum number of respondents for reliability testing was at least ninety (90). The total respondents for reliability testing were one hundred twenty-three (123) Filipino older adults.

The flourishing scale underwent content validity and reliability testing. The content validity testing determined the Items-Level Content Validity Index (I-CVI) and the Scale-Level Content Validity Index based on the Average Method (S-CVI/Ave). Cronbach alpha was computed to determine the reliability of the scale. The CNU-ERC (Cebu Normal University - Ethics Review Committee) issued the Ethics Clearance, allowing the researchers to gather data.

RESULTS AND DISCUSSION

The exploratory qualitative phase of the study presents the following findings. The themes were generated from the FGD and KII conducted.

Theme 1: Life Triumphs

This theme sums up the sense of fulfillment derived from life accomplishments. It aligns with the notion that achievement is central to fostering well-being, allowing individuals to reflect on their lives with a sense of dignity (Seligman, 2011). For individuals, aged 65 and above, maintaining ego integrity is of utmost importance, encompassing the preservation of a holistic sense of self associated with life satisfaction while averting feelings of despair stemming from perceived failures. The best way to understand older adults' current psychological and emotional state is by analyzing their sense of fulfillment in their performance throughout their lives (Tariga & Cutamura, 2015). Erik Erikson's theory on stages of development in Integrity vs. Despair states that one of the strengths of older adults is their ability to reflect on life experiences and accomplishments with a sense of acceptance and wisdom, which promotes feelings of integrity and fulfillment (Gilleard, 2020).

..and the feeling of accomplishment, naa na nimo permi. Bisag dili pa nimo siya ma-accomplish ang imong gi think pero you tried your best to do it, naa gihapon kay sense of accomplishment ana and you will try to do something else. So other than that, mag himo pa ka og improvement para makuha gyud to nimo." [With this, the feeling of accomplishment will be with you always. Even though you don't succeed but you know you did your best, you will still have that sense of accomplishment in you and you won't give up trying. Other than that, you will also strive to improve yourself to achieve what you want in life] - FGD Participant 3 (Codes: accomplishment, strive)

"You want to make sure that you have your legacy with you, you have accomplished generativity, and not stagnated to a certain point in your life wherein you just have regrets and could not go back." - Expert 2 (Code: legacy, regrets in the past)

Theme 2: Activities

This theme comes from two subthemes, namely physical skills and cognitive engagement. These emerged as two important aspects that influence the overall involvement of an older adult in their own personal routine and leisure activities. The actual physical ability of a person to complete daily tasks or hobbies is to be considered greatly together with one's focus, concentration, and interest. Seligman (2011) described in his model that engagement is not performing a task but being personally invested in it and perceiving the activity to be its reward. Moreover, the Activity Theory developed by Robert Havighurst in 1961 is a psychosocial aging theory that assumes a significant relationship between continued engagement in life activities and maximum life satisfaction, all while adapting to the multiple challenges of aging (Teles & Ribeiro, 2019). This supports the notion that being active and immersed in one's daily activities contributes to the flourishing of an older adult. This implies that older persons need to be engaged in activities that encourage socialization to sustain one's feelings of belongingness and a sense of value.

"...positive lang gihapon nga with our bodies, healthy bodies by God's grace, we can still produce through our--let's say for example, gardening, flower tending, agriculture, interacting with neighbors." [...we are still positive that with our bodies, healthy bodies, by God's grace, can still, say for example, perform gardening, flower tending, agriculture, and interacting with neighbors.] - FGD Participant 2 (Codes: remain positive, good health, active and functional)

Although they have the intention, ana sila "Di naman ko makabuhay ana, Doc"...Kailangan imo man jud nang buhaton. So mamenos jud siya, iyang activities of daily living." [Although the older adults may have the intention, they say they cannot do it anymore...So there really is something lacking in them, with regards to their ability to perform their activities of daily living] - Expert 3 (Codes: active and functional)

"Para nako ang flourishing, at the age of 65 and over, is productive gihapon ta, our health is still -- although there are mga aching joints na pero at least active pa imong body ug mind, healthy, and still can communicate to others and mingle with others." [For me, flourishing, at the age of 65 and over, is being productive, and having good health. Although there are aching joints already, at least our body and mind are still active, healthy, and we still can communicate and mingle with others.] - FGD Participant 2 (Codes: productive, good health)

Theme 3: Attitude

This theme explores how one views and feels about various areas of one's life despite the limits imposed by aging and the prospect of approaching death. There are three subthemes under this: attitude towards life, attitude towards health, and attitude towards the idea of death. Attitude towards life encompasses one's perspective, beliefs, and emotional disposition towards existence. Attitude towards health reflects an individual's beliefs, behaviors, and perceptions regarding their well-being and healthcare-seeking behaviors. Attitude towards the idea of death encompasses one's beliefs, emotions, and acceptance regarding mortality, impacting how individuals cope with the inevitability of death and find meaning in life's transient nature. According to the respondents interviewed for this study, this aspect is an important determinant of a flourishing older adult. Moreover, according to Newman and Newman (2012), the stage of later adulthood is associated with tasks such as "accepting one's life, redirecting energy toward new roles and activities, promoting intellectual vigor, and developing a point of view about death."

"Basta ang ako lang approach sa tanan, og unsa man gani...Di lang gyud ko. Mag positive lang gyud ko. Di ko magpa stress". Mao lang na ako, di lang ko mag pa stress." [For me, I should just continue

approaching everything and everyone with positivity, no matter what. I just don't stress anymore.] - FGD Participant 6 (Codes: positivity, stress-free)

"Akong kuan sa Ginoo nga hatagan mi kanunay ug maayong panglawas, ang health gyud ang maoy number 1 nako nga concern gyud, ang health...Mu lihok gyud ko para as a sort of exercise sad sa akong lawas kay panington man ta ug maayo." [My number one and only wish is for the Lord to continue giving us good health...I engage myself also to have some sort of exercise since this activity makes me sweat.] - FGD Participant 4 (Codes: praying, good health, active and functional)

"Pero kanang gikahadlkan nga death is coming up on you, dili nako mahadlok ana. Because I've enjoyed already all the blessings that I don't expect from our Maker nga nadawat na nako." [But being afraid of the idea of death, that doesn't live in me anymore because I've already received and enjoyed so many blessings that I didn't expect from our Maker]. - Participant 3 (Codes: trusting the Lord, enjoying God's blessings, fearless)

Theme 4: Relationships

This theme has focused on relationships with family and extended family, emphasizing communicating and relating. Relationships as a building block that promotes the flourishing of an individual are further supported by [Seligman \(2011\)](#). The connections one has with the people around bring about a sense of belongingness, purpose, and adaptation to life fundamental to one's well-being. An older person's subjective well-being, mental health, and physical health are affected by available support from people they trust and talk to, especially on personal matters ([Merz & Huxhold, 2010](#)). The absence of such relationships would increase an older person's susceptibility to psychological distress, while active participation in positive social relations improves their outlook on themselves and their world ([Nguyen et al., 2015](#)). This implies the significant effect of social support on the flourishing of older persons.

"The love that you bestowed to your children or your loved ones, yung na establish mong relationship with them, it will grow eventually. And you will be remembered. Yun naman yung importante doon. Kasi ano yan eh, the family as the support group will really--it helps a lot." [The love that you have bestowed to your children or to your loved ones, and the relationship you have established with them, will eventually grow and you will be remembered. That is what's important there, because the family as the support group will really help a lot.] - Expert 1 (Codes: fostering familial love, support group, relationships)

"Paglambo sa tao, pinalangga siya's mga ibang-outside the family nga mga tao, love gihapon siyas mga ibang tao..." [Outside the family] kanang neighbors and friends." [Flourishing of a person, they're loved and cared for by people outside the family, they're still loved by other people... "Outside the family" includes the neighbors and friends.] - FGD Participant 5 (Code: Loved and cared for)

Theme 5: Emotions

This theme explains how older adults feel the various emotions that comprise the emotional spectrum, from sadness to gladness and gloom to happiness. In contrast to [Martin Seligman's \(2011\)](#) concept of positive emotions in his PERMA model, which emphasizes the importance of cultivating positivity in one's life. Insights from interviews with older adults and gerontology experts highlight the importance of accurately interpreting emotional cues and expressing feelings appropriately. These abilities are crucial for maintaining psychological well-being and fostering healthy social relationships. Moreover, the acknowledgment of age-related changes in emotional skills, whether subtle or profound, further emphasizes the significance of this complex understanding. In the human processes, emotion is a

powerful strength that can affect the overall disposition of older persons. At this stage, older adults tend to be sensitive to their feelings.

“Mao nay akong picture sa--one of the characteristic nga part of a flourishing elderly. The emotions, they are well-adjusted to their emotions. They cry when they are hurt. Operahan sila, maguol sila. ... That’s part of a--flourished older adults and they react to what is a normal reaction.” [That is one of the characteristics that is part of a flourishing elderly. They are well-adjusted to their emotions. They cry when they are hurt. When they are going to be operated on, they get worried...These older adults are flourished and they react to what is a normal reaction.] - Expert 3 (Code: able to express emotions appropriately)

Theme 6: Resources

This theme considers older adults' access to and utilization of government-provided financial and healthcare services or beneficiaries they find useful. This theme was developed from three subthemes: the financial aspect on a personal level, government-provided benefits, and healthcare accessibility. The government's social welfare initiatives in the past have been considered insufficient primarily due to a lack of sincere concern for the issues at hand (De Leon, 2014). According to a study, unfulfilled rehabilitation needs are linked to increased psychological distress and decreased health-related quality of life (Hansen et al., 2012). Another study also found a significant social and material inequality concerning home care access, which could worsen further due to the public health system's inadequate response coverage (Otero et al., 2003). The lack of access to the public health system demonstrates inefficiency in public policy initiatives, leading to increased unmet needs and subsequent health problems. For older adults who are known to have more complex needs in physical and mental capacity, it is essential to determine access to the available resources and their contribution to improving their quality of life (Herr et al., 2013). To better support older adults, their unmet needs must be identified and anticipated (Carandang et al., 2019). Government support is provided in public hospitals and privileges for senior citizens.

“... pag naay mga maintenance, by God’s grace maayo nalang kay makapalit pa ta. Wala naman gyuy ingong income kay negosyo man gyud na akoang gisaligan nya karon...” [And if ever in need of maintenance medications, by God’s grace, fortunately we are also able to buy. There isn’t really an income expected anymore because I was just relying on my business...]- Participant 1 (Code: Adequate financial resources)

“There kasi you can find na maraming privileges yung mga matatanda. Ngayon, ano yun, blessing yun sa kanila. Why? Because in our hospital, there are medicines that are free, laboratories and diagnostics, as well. So may mga senior citizens na, siyempre libre,diba? So pupunta talaga sila lahat doon.” (In that law, you can find many privileges of the older individuals. Those are blessings for them. Why? Because in our hospital, there are certain medicines that are all free, laboratories and diagnostics, as well. We also have senior citizens who, of course, get these for free. So all of them would really go and avail themselves of these free things or services.) - Expert 1 (Code: Privileges)

Theme 7: Life Purpose

Life purpose concerns meaning and a goal that is now being worked for and pursued. Based on the shared thoughts of older adults and experts, it can be described as experiencing a sense of direction after determining the essence of one's present life. This specific direction holds significance over how they perceive and live life. Ryff's and Singer's (1998) definition of purpose in life is “a sense of one's life having a purpose or investing time and energy into the attainment of a cherished goal.” According to a study by Musich et al. (2018), life purpose is significantly linked with good physical and mental health

outcomes among older adults. On the other hand, feelings of meaninglessness can arise when a person's search for and identification of one's life purpose is limited or hindered. This implies that older persons must appreciate their purpose of being alive by engaging in social organizations like the senior citizen's group. Thus, measures to strengthen and preserve existing life purposes may be recommended as a vital component of successful aging.

"Kung pananglitan, you feel negative, dili ka positive sa imohang purpose sa life, ma feel nimo nga meaningless ka--ay kanang wala kay meaning." (If, for example, you feel negative about your purpose in life, you will end up feeling meaningless, you then may be actually meaningless.) - FGD Participant 1 (Code: meaningless)

Theme 8: Life Lessons

The eighth central theme, Life Lessons, recognizes the continuous positive influence of older adults' past experiences on their lives today. According to the data, it has been emphasized that many distinct and significant past life events, either from one's family, significant others, or oneself, most certainly affect one's current life experiences, including how a person thinks and acts. This is supported by [Albarracín and Wyer \(2000\)](#) on the effect of past behavior on the present, particularly on decision-making. Thus, it is essential to evaluate older adults' perceptions or feelings about their past experiences to determine how these still influence them as they age.

"Although, medyo, dako-dakong sakripisyo pero dako kaayo ko og pasalamat nga murag lesson to nako nga natudluan mis akong parents sa kinabuhi nga ingon ana. Although, medyo lisod pero at least, mao na'y mahimong giya nimo para sa future sa imong kinabuhi." [Although it has been quite a huge sacrifice for me, I still am very grateful that I have gone through such an experience which served as a lesson in life that my parents taught me. It was hard but at least, it can guide you as you live your life towards the future.] - FGD Participant 4 (Code: grateful for the experiences)

Theme 9: Spirituality

Spirituality covers the positive influence of spiritual beliefs on the coping abilities of older adults and their overall way of life. Although most Filipinos identify as religious, it is crucial to note the difference between spirituality and religiosity so that individuals who choose to be "spiritual but not religious" are not overlooked. Spirituality is a broad term encompassing a wide range of emotions, thoughts, experiences, and behaviors that are all linked to one's inner self or search for something divine. Spirituality comes from one's appreciation of having a greater person whom they look up to and depend on. In older age, there is always a feeling of nearing the end of one's life and recognizing that this is not within their control but a greater God they believe in.

"...if God will tell me, "Tomorrow you will die", I will die tomorrow. If, "Tomorrow you will be healthy", I will be healthy tomorrow. Tungod sa anang assurance nga gihatag sa atoa, so, dili nata mag worry. Kung pananglit nga kwaon ko ugma, well good." (...if He [God] tells me, "Tomorrow you will die", I will die tomorrow. If He tells me, "Tomorrow you will be healthy", I will be healthy tomorrow. Because of the assurance that He gives us, we don't need to worry anymore. If He takes my life tomorrow, well, good.) - FGD Participant 3 (trusting the Lord, fearless)

Flourishing Scale Development

The researcher-developed Flourishing Scale is a nine-item scale questionnaire that is designed to measure the flourishing of Filipino older adults during their later years and focuses on nine essential domains: life triumphs, which refers to what was accomplished in life, activities which refer to being

actively involved in daily activities, an attitude which pertains to having a positive perspective in life, relationships which refer to having a supportive and fulfilling relationship with others, emotions which refer to the ability to express emotions positively or negatively, resources which pertain to financial and healthcare services, life purpose which refer to recognizing one's purpose, life lessons which refer to learning from past experiences, and spirituality which refer to ones belief in coping. All nine items are expressed positively and responses are scored based on a 5-point Likert scale, ranging from "Strongly Disagree/Hugot nga Dili muuyon" to "Strongly Agree/Uyon kaayo".

Table 1. *Researcher-developed statements derived from codes and themes*

Themes	Statements
Theme 1. Life Triumphs	I am pleased with everything that I have accomplished in my life.
Theme 2. Activities	I am both actively involved and interested in my day-to-day activities and hobbies.
Theme 3. Attitude	My thoughts and actions continue to reflect a positive attitude toward life despite the changes brought about by aging and the notion of death.
Theme 4. Relationships	I am maintaining supportive and fulfilling relationships with the people around me.
Theme 5. Emotions	I am satisfied with my ability to recognize and express negative and positive emotions suitable to a specific situation.
Theme 6. Resources	I have good access to financial resources and healthcare services for older adults that are useful to me.
Theme 7. Life Purpose	I have a purpose in life that I am constantly striving to pursue.
Theme 8. Life Lessons	The learnings I have from my past experiences continue to influence me positively.
Theme 9. Spirituality	My spiritual beliefs help me cope and positively influence how I live.

In scoring and interpretation, the respondents' responses were added for all nine items, with the scores of the responses varying from 1 to 5. The possible range of scores is from 9 (lowest level of flourishing) to 45 (highest level of flourishing), and a higher score denotes the older adult having better outcomes with flourishing in the later years.

Content Validity

The validity is quantitatively evaluated through the Items-Level Content Validity Index (I-CVI) and the Scale-Level Content Validity Index based on the Average Method (S-CVI/Ave). A scoring of 1 and 0 was used to compute for the I-CVI and S-CVI/Ave, wherein a value of 1 represents the score given by the expert is either 3 or 4, and a value of 0 means the score given by the expert is below 3, with a total of six experts evaluating the statements. The I-CVI scores show all items as relevant and acceptable as they are scored above 0.78, with the detailed scores presented in Table 2. Furthermore, the S-CVI/Ave is 0.943, above the recommended average score of 0.8, indicating the tool has excellent content validity.

Descriptive Analysis & Reliability

According to expert evaluation, minimal revisions were made to the statements, and the final nine-item flourishing scale was administered to 123 respondents. Among these respondents, the majority are

females, “young old” or those between 65 to 74 years old, married, ambulatory or fully independent, with three to five children, college graduates, still have work and/or have a business, with a monthly income of less than ₱5,000, and have lived for more than 65 years in Cebu (see Table 3).

Table 2. I-CVI and S-CVI/Ave Values based on ratings by six experts

Item No.	Expert 1	Expert 2	Expert 3	Expert 4	Expert 5	Expert 6	Experts in Agreement	I-CVI
1	1	1	1	1	1	1	6	1.0
2	1	1	1	1	1	1	6	1.0
3	1	1	1	1	1	1	6	1.0
4	1	1	1	1	0	1	5	0.83
5	1	1	1	1	1	0	5	0.83
6	1	1	1	1	1	0	5	0.83
7	1	1	1	1	1	1	6	1.0
8	1	1	1	1	1	1	6	1.0
9	1	1	1	1	1	1	6	1.0
							S-CVI/Ave	0.943

Table 3. Profile of the respondents

Profile	Older Adults (n = 123)	
	F	%
Sex		
Male	39	31.7
Female	84	68.3
Age		
65-74 years old (“young old”)	93	75.6
75-84 years old (“middle old”)	24	19.5
>85 years old (“old old”)	6	4.9
Marital Status		
Single	9	7.3
Married	59	48
Live-in	1	0.8
Widowed/Widower	50	40.7
Separated/Divorced	4	3.3
Functional Ability		
Ambulatory/Independent	116	93.5
Wheelchair-bound/Partially independent	8	6.5
Bedridden/Fully dependent	0	0
Number of Children		
0-2	53	43.1
3-5	55	44.7
6-8	14	11.4
9 and above	1	0.8

Table 3. (continued)

Profile	Older Adults (n = 123)	
	F	%
Highest Educational Attainment		
No formal education	1	0.8
Elementary Level	9	7.3
Elementary Graduate	9	7.3
High School Level	11	8.9
High School Graduate	7	5.7
Vocational Training	2	1.6
College Level	17	13.8
College Graduate	56	45.5
Postgraduate Studies	11	8.9
Occupation		
Still have work/business	67	54.5
Retired/No work	56	45.5
Estimated Monthly Income		
Less than ₱5,000	40	32.5
₱5,000 - ₱10,000	21	17.1
₱10,001 - ₱15,000	15	12.2
₱15,001- ₱20,000	16	13
₱20,001 - ₱25,000	6	4.9
More than ₱25,000	25	20.3
Number of Years Living in Cebu		
5-20 years	15	12.2
21-35 years	29	23.6
36-50 years	24	19.5
51-65 years	23	18.7
More than 65 years	32	26

The mean total score for the scale was 38.38 (SD = 3.93), with mean values for each item ranging from 4.09 to 4.61, indicating that most of the respondents have positive views on their flourishing in the later years. Moreover, the reliability is measured using Cronbach's alpha, wherein the coefficient for all nine items in the total sample (n = 123) was $\alpha = .865$, indicating a reliable and acceptable scale (see Table 4).

Table 4. Response frequency, score averages per item, and Cronbach's alpha

Item No.	Frequency of Scores (n = 123)					Score Average	Cronbach's Alpha	
	5	4	3	2	1		Cronbach's Alpha if an item is deleted	Cronbach's Alpha
Item 1	50	60	11	2	0	4.284	.845	
Item 2	48	61	13	1	0	4.268	.861	
Item 3	38	72	13	0	0	4.203	.840	
Item 4	45	73	4	1	0	4.317	.850	
Item 5	29	83	9	2	0	4.130	.840	.865
Item 6	26	84	11	2	0	4.089	.865	
Item 7	39	67	14	3	0	4.154	.854	
Item 8	51	61	11	0	0	4.325	.847	
Item 9	78	41	3	0	0	4.610	.851	

Discussion

The current paper demonstrated the development, validation, and reliability testing of a researcher-made flourishing tool to assess the flourishing of Filipino older adults. Using constant comparison analysis, the statements of the participants in focus group discussions and key informant interviews were coded and themed, resulting in nine emerging themes: life triumphs, activities, attitude, relationships, emotions, resources, life purpose, life lessons, and spirituality, which are all contextualized in the Philippine setting. The themes such as life triumphs refer to what was accomplished in life, activities which refer to being actively involved in daily activities, attitude pertains to having a positive perspective in life, relationships refer to having a supportive and fulfilling relationship with others, emotions refer to the ability to express emotions positively or negatively, resources pertain to financial and healthcare services, life purpose refers to recognizing one's purpose, life lessons refer to learning from past experiences, and spirituality refers to one's belief in coping.

Five major themes other than the ones similar to [Seligman's \(2011\)](#) PERMA model include attitudes, emotions, resources, life lessons, and spirituality as part of the flourishing of Filipino older adults. These are linked to Filipinos, including feelings, emotions, and the senses in how one lives, incorporating the social, cultural, and political features that become the building blocks of life of Filipinos ([Manalansan, 2016](#)), thus increasing the scope of how flourishing is affected — with sufficient financial resources, discovered personal attitudes and emotions, more life lessons gathered, and met spirituality needs that increase positive outcomes ([VanderWeele, 2017](#)).

The scale adapted nine items related to flourishing instead of developing multiple items as a common prerequisite of psychometric scales for assessing validity and reliability. This is because shorter versions of scales are recommended. After all, researchers argue that participants perceive multi-item scales as inconvenient and repetitive, decreasing response rates; thus, single-item measures may solve this problem ([Wanous et al., 1997](#)). Single-item measures also demonstrate better validity than equivalent full-scale versions ([Nagy, 2002](#)) and are preferable to multi-item scales ([Postmes et al., 2013](#); [Scarpello & Campbell, 1983](#)).

The quantity indices for content validity and reliability for the newly formulated Filipino older adult flourishing scale showed excellent content validity and reliability, which are preferred for the standard psychometric quality scales and tools ([Nunnally & Bernstein, 1994](#)). Its main strength is the context-bound statements that relate to Filipino older adults compared to the initial alignment with [Seligman's \(2011\)](#) PERMA Model in determining flourishing. Another is its similarity with the Flourishing Scale (FS) of [Diener et al. \(2010\)](#) in terms of reliability that presents a Cronbach alpha of .87, with studies using the same scale in various settings and cultures that also show good reliability scores ([Hone et al., 2013](#)); [Pozo-Muñoz et al., 2016](#); [Schotanus-Dijkstra et al., 2016](#); [Silva & Caetano, 2013](#); [Weziak-Bialowowska et al., 2017](#)), except for the older adult population as the focus group which is not yet explored by the FS tool. Although the various studies that employed the tool revealed promising validity and reliability results, the issue with the tool is that it does not align with the PERMA Model as the basis of the current definition of flourishing. The initial psychometric data gathered are promising and will need more psychometric testing across cultures and groups, more substantiation of themes developed, and further evaluation of the statements presented using other validity and reliability methods.

CONCLUSION

A flourishing scale for Filipino older adults was successfully developed, validated, and tested for reliability. Furthermore, critical determinants for Filipino older adults to flourish were determined. Thus,

they flourish when they can identify and reflect on their accomplishments, stay engaged, maintain positivity, nurture relationships, manage emotions, access resources, find purpose, value past lessons, and enrich their spiritual lives.

Recommendations

It is recommended that the Flourishing scale for older adults be used among Filipino older persons. Future researchers interested in the concept of flourishing in general, particularly among Filipino older adults, are encouraged to use the information gathered from this study to develop more in-depth studies and theories. Philippine healthcare professionals, especially registered nurses, student nurses, and clinical instructors, are also motivated to use the findings of this study to help them better assess the degree of flourishing or lack thereof among Filipino older adults. The study's findings are primarily to improve the overall quality of holistic care for older adults. This study will allow those younger persons to prepare themselves once they become older adults.

REFERENCES

- Albarracín, D., & Wyer, R. S., Jr. (2000). The cognitive impact of past behavior: Influences on beliefs, attitudes, and future behavioral decisions. *Journal of Personality and Social Psychology*, 79(1), 5–22. <https://doi.org/10.1037//0022-3514.79.1.5>
- Carandang, R. R., Asis, E., Shibamura, A., Kiriya, J., Murayama, H., & Jimba, M. (2019). Unmet needs and coping mechanisms among community-dwelling senior citizens in the Philippines: A qualitative study. *International Journal of Environmental Research and Public Health*, 16(19), 3745. <https://doi.org/10.3390/ijerph16193745>
- Creswell, J. W., & Clark, V. L. P. (2018). *Designing and conducting mixed methods research* (3rd ed.). Sage.
- De Leon, A. (2014). The quality of life of the Filipino elderly in selected cities and provinces. In *Presentation for First Multipartite Regional Meeting on the Financial Security of Older Women in East & Southeast Asia*. Tsao Foundation.
- Diener, E., Wirtz, D., Tov, W., Kim-Prieto, C., Choi, D., Oishi, S., & Biswas-Diener, R. (2010). New well-being measures: Short scales to assess flourishing and positive and negative feelings. *Social Indicators Research*, 97(2), 143–156. <https://doi.org/10.1007/s11205-009-9493-y>
- Gilleard, C. (2020). The final stage of human development? Erikson's view of integrity and old age. *International Journal of Ageing and Later Life*, 14(2), 139–162. <https://doi.org/10.3384/ijal.1652-8670.1471>
- Hansen, D. G., Larsen, P. V., Holm, L. V., Rottmann, N., Bergholdt, S. H., & Søndergaard, J. (2012). Association between unmet needs and quality of life of cancer patients: A population-based study. *Acta Oncologica*, 52(2), 391–399. <https://doi.org/10.3109/0284186x.2012.742204>
- Herr, M., Arvieu, J.-J., Aegerter, P., Robine, J.-M., & Ankri, J. (2013). Unmet health care needs of older people: Prevalence and predictors in a French cross-sectional survey. *The European Journal of Public Health*, 24(5), 808–813. <https://doi.org/10.1093/eurpub/ckt179>
- Hone, L., Jarden, A., & Schofield, G. (2013). Psychometric properties of the flourishing scale in a New Zealand sample. *Social Indicators Research*, 119(2), 1031–1045. <https://doi.org/10.1007/s11205-013-0501-x>
- Manalansan, M. F. (2016). Feeling Filipinos: Unraveling thoughts about the emotional and the (trans)national an introduction to the special issue. *Journal of Asian American Studies*, 19(1), 1–4. <https://doi.org/10.1353/jaas.2016.0004>
- Manton, K. G. (2007). Life expectancy. In J. E. Birren (Ed.), *Encyclopedia of Gerontology* (2nd ed., pp. 61–67). <https://doi.org/10.1016/b0-12-370870-2/00110-4>
- Merz, E.-M., & Huxhold, O. (2010). Wellbeing depends on social relationship characteristics: Comparing different types and providers of support to older adults. *Ageing and Society*, 30(5), 843–857. <https://doi.org/10.1017/s0144686x10000061>
- Morse, J. M. (1991). Approaches to qualitative-quantitative methodological triangulation. *Nursing Research*, 40(2), 120–123. <https://doi.org/10.1097/00006199-199103000-00014>
- Morse, J. M. (2003). Principles of mixed methods and multimethod research design. In A. Tashakkori & C. Teddlie (Eds.), *Handbook of Mixed Methods in Social & Behavioral Research* (pp. 189–208). Sage Publications.
- Morse, J. M., & Niehaus, L. (2009). *Mixed method design: principles and procedures*. Routledge.

- Musich, S., Wang, S. S., Kraemer, S., Hawkins, K., & Wicker, E. (2018). Purpose in life and positive health outcomes among older adults. *Population Health Management, 21*(2), 139–147. <https://doi.org/10.1089/pop.2017.0063>
- Nagy, M. S. (2002). Using a single-item approach to measure facet job satisfaction. *Journal of Occupational and Organizational Psychology, 75*(1), 77–86. <https://doi.org/10.1348/096317902167658>
- Newman, B. M., & Newman, P. R. (2012). *Development through life: A psychosocial approach* (11th ed.). Cengage Learning.
- Nguyen, A. W., Chatters, L. M., Taylor, R. J., & Mouzon, D. M. (2015). Social support from family and friends and subjective well-being of older African Americans. *Journal of Happiness Studies, 17*, 959–979. <https://doi.org/10.1007/s10902-015-9626-8>
- Nunnally, J. C., & Bernstein, I. H. (1994). The assessment of reliability. *Psychometric Theory, 3*, 248–292.
- Otero, A., de Yébenes, M. J. G., Rodríguez-Laso, A., & Zunzunegui, M. V. (2003). Unmet home care needs among community-dwelling elderly people in Spain. *Aging Clinical and Experimental Research, 15*(3), 234–242. <https://doi.org/10.1007/BF03324504>
- Postmes, T., Haslam, S. A., & Jans, L. (2012). A single-item measure of social identification: Reliability, validity, and utility. *British Journal of Social Psychology, 52*(4), 597–617. <https://doi.org/10.1111/bjso.12006>
- Pozo-Muñoz, C., Garzón-Umerenkova, A., Bretones-Nieto, B., & Ligia-Charry, C. (2016). Psychometric properties and dimensionality of the “flourishing scale” in Spanish-speaking population. *Electronic Journal of Research in Educational Psychology, 14*(1), 175–192. <https://psycnet.apa.org/doi/10.14204/ejrep.38.15044>
- Philippine Statistics Authority. (2021). *Population projection statistics*. <https://psa.gov.ph/statistics/census/projected-population>
- Philippine Statistics Authority. (2022). *Age and sex distribution in the Philippine population (2020 census of population and housing)*. <https://www.psa.gov.ph/content/age-and-sex-distribution-philippine-population-2020-census-population-and-housing>
- Ryff, C. D., & Singer, B. (1998). The contours of positive human health. *Psychological Inquiry, 9*(1), 1–28. https://doi.org/10.1207/s15327965pli0901_1
- Samuels, P. (2015). *Advice on reliability analysis with small samples*. Birmingham City University.
- Scarpello, V., & Campbell, J. P. (1983). Job satisfaction: Are all the parts there? *Personnel Psychology, 36*(3), 577–600. <https://doi.org/10.1111/j.1744-6570.1983.tb02236.x>
- Schotanus-Dijkstra, M., Ten Klooster, P. M., Drossaert, C. H. C., Pieterse, M. E., Bolier, L., Walburg, J. A., & Bohlmeijer, E. T. (2016). Validation of the flourishing scale in a sample of people with suboptimal levels of mental well-being. *BMC Psychology, 4*(1). <https://doi.org/10.1186/s40359-016-0116-5>
- Seligman, M. E. P. (2011). *Flourish: A visionary new understanding of happiness and well-being*. Free Press.
- Silva, A. J., & Caetano, A. (2011). Validation of the flourishing scale and scale of positive and negative experience in Portugal. *Social Indicators Research, 110*(2), 469–478. <https://doi.org/10.1007/s11205-011-9938-y>
- Tariga, J. A., & Cutamora, J. (2015). Predictors of subjective well-being among elderly. *Recoletos Multidisciplinary Research Journal, 3*(2), 141–171. <https://doi.org/10.32871/rmrj1503.02.12>
- Teles, S., & Ribeiro, O. (2019). Activity theory. In D. Gu & M. Dupre (Eds.), *Encyclopedia of Gerontology and Population Aging*. Springer. https://doi.org/10.1007/978-3-319-69892-2_748-1
- VanderWeele, T. J. (2017). On the promotion of human flourishing. *Proceedings of the National Academy of Sciences, 114*(31), 8148–8156. <https://doi.org/10.1073/pnas.1702996114>
- Wanous, J. P., Reichers, A. E., & Hudy, M. J. (1997). Overall job satisfaction: How good are single-item measures? *The Journal of Applied Psychology, 82*(2), 247–252. <https://doi.org/10.1037/0021-9010.82.2.247>
- Węziak-Białowolska, D., McNeely, E., & VanderWeele, T. (2017). Flourish index and secure flourish index—Development and validation. *SSRN Electronic Journal*. <https://doi.org/10.2139/ssrn.3145336>
- Yurdugül, H. (2008). Minimum sample size for Cronbach’s coefficient alpha: A Monte Carlo-Study. *Hacettepe University Journal of Education, 35*(35), 1–9.

How to cite this article:

Ibañez, J. B., Galindo, T. F., Menor, J. M., & Palompon, D. (2024). Flourishing in the Later Years: Exploring, Developing, Validating, and Reliability Testing of a Flourishing Scale for Filipino Older Adults. *Recoletos Multidisciplinary Research Journal* 12(1), 85-97. <https://doi.org/10.32871/rmrj2412.01.07>