



**International Journal of Biology, Pharmacy  
and Allied Sciences (IJBPAS)**

*'A Bridge Between Laboratory and Reader'*

[www.ijbpas.com](http://www.ijbpas.com)

---

---

## WHAT ARE THE DETERMINANTS OF SOCIAL PARTICIPATION IN COMMUNITY DWELLING ELDERERS: BARRIERS OR FACILITATORS? - A SCOPING REVIEW PROTOCOL

**RATHOD V<sup>\*1,2</sup> AND DAVE D<sup>3</sup>**

- 1: Ph.D Scholar, Ashok & Rita Patel Institute of Physiotherapy, Charotar University of Science and Technology, CHARUSAT Campus, Anand, Gujarat, India
- 2: Associate Professor, SPB Physiotherapy College, Ugat bhesan road, Surat, Gujarat. India – 395005
- 3: Associate Professor, Department of community Physiotherapy, Ashok & Rita Patel Institute of Physiotherapy, Charotar University of Science and Technology, CHARUSAT Campus, Anand, Gujarat, India

**\*Corresponding Author: Dr. Vandana J. Rathod: E Mail: [yannu6686@gmail.com](mailto:yannu6686@gmail.com)**

Received 24<sup>th</sup> Oct. 2024; Revised 19<sup>th</sup> Dec. 2024; Accepted 18<sup>th</sup> Feb. 2025; Available online 1<sup>st</sup> March 2026

<https://doi.org/10.31032/IJBPAS/2026/15.3.9806>

### ABSTRACT

**Introduction:** Around the world, health promotion of elderly necessitates a multifaceted approach incorporating active collaboration of health, social welfare, rural/urban development and legal sectors. It places emphasis on the importance of social participation in the community they live for elderly. Though social participation is important for active aging, very little is known about the social participation and determinants for this population. Therefore, the aim of this scoping review is to explore the literature related to the social participation and its determinants for adults and understand any existing gaps in the literature where further research may be required in order to maximize quality support and social participation.

**Methods:** This scoping review will be conducted based on the methodological framework for scoping review recommended by Arksey & O'Malley's and Levac. Three electronic databases will be searched: MEDLINE, and SPORTDiscus. A search of grey literature will also be performed. The search will cover studies published in English from the inception of each database to the present date. The reference lists of all included reports and articles will be hand-searched for additional results. Two independent reviewers

will screen titles and abstracts for assessment against the eligibility criteria. Data will be extracted and presented in tabular form and a narrative summary that aligns with the review's aim.

Ethics and dissemination: It is anticipated that the findings of this scoping review will be made available in peer-reviewed publications and also in plain language formats to ensure accessibility to a wide range of audiences. Ethics will not be required for this scoping review.

**Keywords: Social participation, community-dwelling older adults, factors affecting social participation**

## INTRODUCTION:

Later life roles, social participation, life satisfaction, and relationship with significant others are undoubted important factors in elder people in their own way [1]. Social participation contributes better health status during aging. To promote engagement in social activities, it is necessary to identify factors that influence initiation of participation and develop interventions targeted at these factors. In current scenario, aging is rapidly increasing worldwide. In general, aging is defined in terms of chronological age with a cut-off age of 60 or 65 years. Universally, the population above 60 years constitutes about 11.5 percent of the total population. This proportion is predicted to increase to about 22 percent by the year 2050 [2]. At this time elderly will be more than the number of children below 15 years. Developing countries are aging faster than developed countries. So, in some developing countries, the old-age dependency rate could more than double in 50 years. In Asia as a whole, the proportion of the elderly is

expected to increase from 10.5 percent to 22.4 percent during 2012–2050. The proportion of the elderly is expected to be 34.5 percent by 2050 in East Asia including Japan, South Korea, and China expected to report the highest proportions of the elderly population. The South Asian countries are likely to have about 21 percent population above 60 years by 2050. The percentage of the elderly in India has been increasing at an increasing rate in recent years and by the end of the century, the elderly will constitute nearly 34 percent of the total population in the country [3]. With the increasing older adults' population, their healthy aging will impose a big question to the different countries along with their participation in the community as well as social/civic life.

Social participation is an important factor for healthy aging [4]. The ICF had given a concept of participation in health care which defines participation as involvement in a life situation, [5] however, a definition for social participation doesn't explain in ICF nor

there description in ICF in and/or social participation. Social participation has a benefit for elder adults in well-being. It is associated with a lower level of death risk for older citizens. It has positive effects on all the aspect of health and participation [6]. Participation in some productive activities in elder life might give personal positive self-image and increase confidence. Moreover level of functioning or ability to perform necessary and desired activities of daily living is also a key to life satisfaction and healthy aging among older adults.

### **Participation and aging:**

Successful aging depends on social interaction within communities for both rural and urban living elders. One specific component of aging is how older adults managed themselves and their environment for being involved in social participation. Aging itself has different types of challenges. Aging includes various changes in different systems of the body with age, which in turn leads to health issues. It is affecting the role of the elderly in society. Moreover, the type of participation also differs among communities and facilities available surrounding them. However, participation depends upon the interest and personal choice also.

To explain social participation in terms of older adults, it is important to

understand their lived experiences, their choices, and actions within the community itself. By exploring this, appropriate supports to help the community-dwelling older adults to age in place can be identified. The literature that exists about social participation in the elderly reveals that social participation is subjective in terms of personal and family health, culture, and ethnicity, socio-demographic factors, facilities available within the community/environmental factors, and interpersonal relationship with family, friends, and relatives. Also available literature emphasized on above factors in terms of their culture and geographic as well as lived experiences of the elderly within the community itself. This scoping review protocol will extend current knowledge to correlates actual determinants on social participation in older adults, to better understand a recurring concern about the potential vulnerability of older people to constraints on their choices in healthful aging. Therefore with giving importance of social participation for healthy aging in an older population, this scoping review protocol will be done to examine the extent of available evidence in given field and will help to identify the gaps in existing literature.

### **Aim of the study**

Theoretically, aging process is associated with

dynamic biological, physiological, psychological, environmental and social process. Social participation may relay on various factors such as socio demographic factors and personal physical and mental health. Knowledge about these factors can play a major role to remove barriers for elderly in healthy aging in later life. Currently, it is unclear what is known and unknown about these. Scoping reviews are useful for examining emerging evidence when it is still unclear what other, more specific questions can be posed [7]. The aim of this scoping review is to establish the body of evidence regarding factors that affects the social participation in elderly.

#### **METHOD:**

The methods of this scoping review were developed based on the methodological framework for scoping review recommended by Arksey & O'Malley (2005) [8]

According to Arksey and O'Malley's framework, there are five methodological stages to follow:

Stage 1: Identifying the research question.

Stage 2: Identifying relevant studies.

Stage 3: Selecting studies.

Stage 4: Charting the data.

Stage 5: Collating, summarizing and reporting the results.

#### **Stage 1: Identifying the research question**

Our aim was to establish evidence regarding factors that affects social participation and successful aging in community dwelling older adults. To meet these objectives this review asks the following questions:

What evidence exists about factors that affect social participation and successful aging in older adults?

What are the barriers or facilitators of social participation in community?

Our ultimate goal is to understand the determinants of social participation in elderly so with this we can add additional questions based on our findings along with review process.

#### **Stage 2: Identifying relevant studies**

A preliminary scoping search was conducted in MEDLINE. The text words in the titles and abstracts of relevant articles, and the index terms used to describe the articles were used to develop a full search strategy for MEDLINE and SPORTDiscus. MEDLINE database is one of the largest databases with broader coverage of various open access journals. The components that were used to guide the search were elderly population and social participation. An initial search strategy was developed in MEDLINE (**Table 1**). Second search strategy was developed in SPORTDiscus with using same key words (**Table 2**). Key terms determined were “social

participation” OR “social engagement” in combination with the following terminologies: determinants of social participation in elderly OR older people OR aged, factors affecting social participation in old age. Additionally, reference lists of the most pertinent articles will be hand searched to increase the search accuracy, as much as possible. Participants will be older adults and social participation/ social engagement will be the main concept of the studies included. A second search using all keywords and index terms will be undertaken across all included databases. A search of the unpublished studies and grey literature will also be conducted through general search (e.g., Google Scholar). The systematic search will be conducted afterwards. The searches will be done again to final analysis for more recent studies.

### **Stage 3: Selecting studies**

Studies will be considered for inclusion if they include social participation in elderly population. Articles published in last ten years will be included in the study. The inclusion criteria will be developed. The search will be limited to English language articles available online. This review will not include case reports, reviews, personal opinions, protocols, letters, posters and conference abstracts. Free full text and full text articles with age group 65 and more than 65 years will be included for

the study. Duplicates will not be considered for the study. Study selection will be undertaken in two stages. Two independent reviewers will screen the titles and abstracts on basis of inclusion criteria. Then, all potentially relevant full-text articles will be retrieved. Final selection of articles will be done. Any disagreements will be resolved through discussion between two reviewers during screening process. Exclusion of full-text papers that do not meet the inclusion criteria will be recorded and reported in the scoping review. The results of the search will be reported in full in the final scoping review and presented in a Preferred Reporting Items for Systematic Reviews and Meta-analyses for Scoping Reviews flow diagram [9, 10].

### **Stage 4: Charting the data**

Data will be extracted from papers included in the scoping review by two independent reviewers using a data extraction tool developed by the reviewers. The tool we developed similar to that recommended by the Joanna Briggs Institute. It includes logical descriptive summary of the results that aligns with objectives and questions of scoping review. The initial data extraction form will be used to extract details study design, methods, participants and findings (**Table 3**).

Two reviewers will independently extract data from each included study using a

standardized data extraction form. The formal draft of data extraction tool is provided based on Joanna big institute template source of evidence details, characteristics and results extraction tool in **Table 4**. It will be modified and revised if required during data extraction for included papers. If there will be any missing data or if we require additional data during extraction procedure, authors will be contacted for same. Pilot testing of data extraction will be done.

**Stage 5: Collating, summarizing and reporting the results.**

Extracted data will be synthesized and collated in a descriptive table summary or graphically in a manner that aligns with the aim of this scoping review. Narrative description will focus on types of qualitative studies and also to describe how the results answer the objectives and questions of this review.

**Table 1: Initial search (MEDLINE database)**

Search	Key terms used	Record retrieved
#1	("social participation"[MeSH Terms] OR ("social"[All Fields] AND "participation"[All Fields]) OR "social participation"[All Fields]) OR ("social participation"[MeSH Terms] OR ("social"[All Fields] AND "participation"[All Fields]) OR "social participation"[All Fields] OR ("social"[All Fields] AND "engagement"[All Fields]) OR "social engagement"[All Fields])	3259
#2	("aged"[MeSH Terms] OR "aged"[All Fields] OR "elderly"[All Fields]) OR ("aged"[MeSH Terms] OR "aged"[All Fields]) OR ("aged"[MeSH Terms] OR "aged"[All Fields] OR "older"[All Fields] AND "adults"[All Fields]) OR "older adults"[All Fields])	493215
#3	(social[All Fields] AND determinants[All Fields]) OR determinants[All Fields]	284501
#4	#1 AND (#2 AND #3)	1894

Note: MEDLINE via Pubmed. Search conducted on 6th July, 2021 MeSH- Medical subject headings

**Table 2: Initial search (SPORTDiscus database)**

Search	Key terms used	Record retrieved
#1	all_fields:(social participation or social engagement)	909633
#2	all_fields:(elderly or aged or older adults)	312315
#3	all_fields:(social determinants or determinants)	1004628
#4	#1 AND (#2 AND #3)	1544

Note: SPORTDiscus database via library search. Search conducted on 6th July, 2021

**Table 3: Initial data extraction form**

<b>Bibliographic information</b>
Authors.
Year of publication.
Country where the study was published/conducted.
<b>Methodology</b>
Aims/purpose.
Study population and sample size within source of evidence (elderly +65 years)
Method(Quantitative/qualitative/mix method)
Geographic location(rural/urban/both)
Outcome details, if applicable/ theme described
Key findings related to the research question
<b>Conclusion</b>

**Table 4: Data extraction tool:**

Scoping review details:	
Review objective/s Review question/s	
Population: Concept: Context:	<b>Inclusion &amp; exclusion criteria:</b> Elderly population Social participation of elderly population Determinants of social participation Quantitative and qualitative studies
Types of evidence source:	<b>Evidence source details:</b> Author/s, date, title, journal, volume, issue and pages
Citation details: Country: Study objectives:	
Participants:	Older adults with age 65 or 65+ years including both genders, from rural/urban/both geographical area, any religion
Sample size: Participants' characteristics: Exposure variables	<b>Details extracted from the evidences:</b>  Socio demographics factors(age, gender, marital status, education, employment, and socioeconomic status), physical and mental health, relationship with friends, neighbors or relatives, ethnicity, culture, and religious activities
Outcomes: Theme used: Study findings: Comments:	Determinants of social participation in terms of barriers or facilitators/ both

**DISCUSSION:**

Our review aims to describe emerging evidences on factors affecting social participation in elderly population. Several previous studies that investigated factors influencing social participation. This scoping review will be conducted to find the currently available evidences that have been done to find the determinants in social participation and how the future research should be carried out to find the factors affecting social participation to the specific population of specific culture and ethnicity. Arksey and O'Malley's six-stage methodological framework provides an excellent methodological foundation for scoping review which provides a systematic and transparent

method for mapping emerging areas of research and identify the gaps in the evidence base, as well as summarizing and disseminating research findings.

The scoping review represents an appropriate methodology to examine extent, range and nature of research activity in the existing quantitative literature on factors influencing social participation in elderly population. A quality assessment of the articles included in this scoping review will not be performed as it would be beyond the aim of our scoping review. For qualitative studies, narrative description will be preferred so methodology will not give a clear picture of all included papers retrieved during the search.

This review will constitute the first step in a research project aimed to find the determinants of social participation in elderly population. We predict that the findings from the scoping review will provide an important insight into what is known and what is unknown about various factors associated social participation. The results from this scoping review will guide future researchers to investigate key determinants in terms of barriers and facilitators of social participation in rehabilitation of elderly for community integration during later life.

#### **Ethics and dissemination:**

No ethical clearance will be required for this study as it will be literature based survey. Results will summarize existing research related to the determinants of social participation in elderly population. Our plan for the review will include publishing results in a scientific journal and presenting at relevant conferences targeting clinicians, academicians and researcher.

#### **Conflicts of interest:**

The authors declare no conflict of interest.

#### **Author contributions:**

First author conceptualized the study and prepared the draft protocol under the supervision of second author. Both authors contributed to the development of the background, design of the study and planned

overall review. Manuscript has been prepared by first author and second author approved the final manuscript.

#### **REFERENCES:**

- [1] Kelly, J.R., Steinkamp, M.W., & Kelly, J.R. (1986). Later life leisure: How they play in Peoria. *The Gerontologist*, 26, 53 1-537.
- [2] Population Ageing 2006. New York, United Nations Department of Economic and Social Affairs, Population Division, 2006 ([https://www.un.org/en/development/desa/population/publications/pdf/ageing/WPA2015\\_Report.pdf](https://www.un.org/en/development/desa/population/publications/pdf/ageing/WPA2015_Report.pdf)), last accessed on June 22, 2021
- [3] United Nations (2015), World Population Prospects, 2015 Revision, Department of Economic and Social Affairs, United Nations.
- [4] Levasseur M, Richard L, Gauvin L and Raymond E. Inventory and analysis of definitions of social participation found in the aging literature: proposed taxonomy of social activities. *Social Sci Med* 2010; 71(12): 2141–2149.
- [5] World Health Organization. International Classification of Functioning, Disability and Health.

- Geneva: World Health Organization, 2001.
- [6] Adams KB, Leibbrandt S, Moon H. A critical review of the literature on social and leisure activity and wellbeing in later life. *Ageing & Society*. 2011; 31(4): 683-712.
- [7] Munn, Z., Micah, D. J., Stern, C., Tufanaru, C., McArthur, A., & Aromataris, E. (2018). Systematic review or scoping review? Guidance for authors when choosing between a systematic or scoping review approach. *BMC Medical Research Methodology*, 18, 1–7. <https://doi.org/10.1186/s12874-018-0611-x>
- [8] Hilary Arksey & Lisa O'Malley (2005) Scoping studies: towards a methodological framework, *International Journal of Social Research Methodology*, 8:1, 19-32, DOI: [10.1080/1364557032000119616](https://doi.org/10.1080/1364557032000119616)
- [9] Tricco, A. C., Lillie, E., Zarin, W., O'Brien, K., Colquhoun, H., Kastner, M., Levac, D., Ng, C., Sharpe, J. P., Wilson, K., Kenny, M., Warren, R., Wilson, C., Stelfox, H. T., & Straus, S. E. (2016). A scoping review on the conduct and reporting of scoping reviews. *BMC Medical Research Methodology*, 16, 1–10. <https://doi.org/10.1186/s12874-016-0116-4>
- [10] Tricco, A. C., Lillie, E., Zarin, W., O'Brien, K. K., Colquhoun, H., Levac, D., Moher, D., Peters, M. D. J., Horsley, T., Weeks, L., Hempel, S., Akl, E. A., Chang, C., McGowan, J., Stewart, L., Hartling, L., Aldcroft, A., Wilson, M. G., Garritty, C. Straus, S. E. (2018). PRISMA extension for scoping reviews (PRISMA-ScR): Checklist and explanation. *Annals of Internal Medicine*, 169(7), 467–473. <https://doi.org/10.7326/M18-0850>