

The importance of social participation and networking among elderly people: short review

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Abstract

Social participation with reference to older persons refers to their integration into the social network of their family and friends, as well as their integration into the communities they live in and into the society as a whole, in as much as their socialization and engagement in recreational, cultural, educational, and spiritual activities are concerned. A social network is a network of social interactions and personal relationships, which are very essential for an individual's well-being. People are linked together with family and friends, and also with wider communities on account of shared interests, sympathies or living circumstances. Individuals may also form less cordial networks with people whom they encounter through various activities and life situations. Developing and maintaining social relations and social communications are essential and necessary among elderly. However, due to illness and health problems among elderly, they tend to be alone and lost contact with their peers. In addition, getting older reduces the number of friends, and if we add the loss of the own partner, may lead to their social isolation. Such situations are likely to grow increasingly, given the global demographic changes.

Keywords: Social participation, Social networking, Elderly