



## MSB-International Journal of Interdisciplinary Research

Associating Researchers; Nourishing Innovation

Peer Reviewed

Vol. 3, Issue 1, March 2025-June 2025

01-10, MSB-IJIR

# The Impact of Families Environment on Mental Health in Old Age Adults

Reezan Khan<sup>1</sup>

Dr. Deepa Pandey<sup>2</sup>

<sup>1</sup> B.A.(H) Applied Psychology, Amity University, Lucknow, Uttar Pradesh

<sup>2</sup>Assistant Professor, Amity Institute of Behavioural and Allied Sciences,  
Amity University, Lucknow, Uttar Pradesh

## Abstract

*The mental health of older adults is significantly influenced by their family environment, which plays a crucial role in providing emotional, social, and financial support. As individuals age, they experience various psychological challenges, including depression, anxiety, and loneliness, often exacerbated by family dynamics. This study explores the impact of the family environment on the mental well-being of elderly individuals, examining both positive and negative influences such as caregiving, emotional support, neglect, and family conflicts. A mixed-methods approach was employed, combining quantitative surveys with qualitative interviews to provide a comprehensive understanding of how family interactions affect mental health outcomes. Standardized mental health scales were used to assess depression, anxiety, and social support levels among older adults. Additionally, in-depth interviews were conducted to explore their lived experiences and perceptions of family relationships. Findings indicate that a supportive and nurturing family environment contributes to better mental health, while family neglect, emotional abuse, and conflicts increase the risk of psychological distress. The study highlights the need for stronger family-based interventions, social policies, and mental health programs to enhance the well-being of older adults. These insights can help in designing effective strategies to promote healthy aging and improve familial support systems.*

**Keywords:** *Elderly mental health, family influence, emotional support, social support, caregiving, psychological well-being.*

## Introduction

Aging is a natural part of life that comes with many changes—both expected and unexpected. As people grow older, they go through significant transitions that can affect their physical health, emotional well-being, and social lives. Retirement, for example, can bring a sense of freedom but also leave some individuals feeling lost without the structure of a daily job. Health challenges become more common, mobility may decline, and social circles often shrink due to the loss of friends, family members, or simply because it becomes harder to go out and engage with the world. In this stage of life, mental health plays a crucial role in shaping overall well-being, influencing how individuals cope

with these inevitable changes. Among the many factors that impact mental health in old age, the family environment stands out as one of the most important. Families provide much more than just physical care and financial support; they offer emotional connection, a sense of belonging, and social interaction, all of which are essential for maintaining good mental health. The influence of family on an older person's mental well-being can be profound. A supportive and loving family can act as a buffer against the difficulties that come with aging. When an elderly person feels valued and cared for, they are more likely to have a positive outlook, better self-esteem, and a greater sense of emotional security. This support can help them navigate stress, loneliness, and the various health complications that often arise in later years. On the other hand, a family environment that is unsupportive, neglectful, or even hostile can have devastating effects. Conflict, isolation, or outright abuse within the family can lead to depression, anxiety, and a decline in cognitive function. Feeling like a burden or experiencing emotional neglect can leave an elderly person struggling with deep distress and an overwhelming sense of loneliness. As people worldwide live longer, the mental health of older adults is becoming a growing public health concern. According to the World Health Organization (WHO), the number of people aged 60 and older is increasing at an unprecedented rate. By 2050, nearly 22% of the global population is expected to be in this age group. With this demographic shift, there is an urgent need to focus on the psychological well-being of older adults and the various factors that influence their mental health. Since family remains one of the most significant aspects of life, understanding its impact on the mental health of the elderly is crucial in developing better support systems and interventions. Cultural differences play a key role in shaping how families interact with their elderly members and, in turn, how these interactions affect mental health. In many cultures that emphasize collectivism, such as those in Asia, Latin America, and parts of Africa, older adults

are often cared for by their children or extended family. These societies value filial piety, which means there is a strong moral and social expectation for younger generations to take care of their elders. This often provides a sense of security and emotional stability for aging individuals. In contrast, more individualistic cultures, such as those found in many Western countries, place a greater emphasis on independence. It is common for older adults to live separately from their children, sometimes in nursing homes or assisted living facilities. While this setup allows for personal freedom, it can also lead to feelings of loneliness and isolation if social support is lacking. The way elderly individuals experience family relationships and mental health outcomes is largely shaped by these cultural expectations. One of the most critical aspects of family influence on mental health is the quality of caregiving. Many elderly people rely on family members for daily assistance, whether it is help with routine activities, medical care, or emotional support. When caregiving is done with love, patience, and understanding, it significantly enhances the well-being of the elderly individual. It helps them feel respected, cared for, and secure in their later years. However, caregiving can also be challenging. If a caregiver experiences burnout, resentment, or financial stress, it can strain the relationship between them and the elderly person. In some cases, caregiving responsibilities may lead to family conflicts, especially if multiple relatives disagree on how to provide care or who should bear the financial burden. These tensions can create emotional distress for both the caregiver and the older adult, making it difficult to maintain a healthy and positive environment.

The level of social support within a family also plays a significant role in determining mental health outcomes for older adults. When elderly individuals maintain strong connections with family members, they are far less likely to experience loneliness and social isolation—two major risk factors for

depression and cognitive decline. Meaningful conversations, family gatherings, and feeling valued as an integral part of the household contribute to a sense of purpose and overall emotional well-being. However, when an elderly person is excluded, neglected, or treated as a burden, it can lead to feelings of worthlessness and despair. The absence of regular social interactions and affection from family members can deeply impact their mental state, leading to increased anxiety and depression. Intergenerational relationships also play a major role in determining the mental health of elderly individuals. Positive interactions with children, grandchildren, and younger relatives can bring immense joy and a sense of fulfillment. Many older adults find purpose in sharing their wisdom, experiences, and family traditions with the younger generation. Grandparents who have strong relationships with their grandchildren often report higher levels of happiness and lower stress levels. However, not all intergenerational relationships are positive. Misunderstandings, generational gaps, and conflicts over caregiving responsibilities or financial issues can lead to tension within the family. When relationships with younger family members are strained, it can result in emotional distress, alienation, and a loss of connection to family life. Financial dependence is another significant factor that affects the mental health of older adults. Many elderly individuals rely on their family members for financial support, especially after retirement or in cases where they have high medical expenses. If financial support is given with understanding and respect, it can provide a sense of security and reduce stress. However, financial dependence can also lead to feelings of helplessness, shame, or guilt—especially if family members express reluctance or frustration about providing assistance. In some cases, financial disputes within the family can create conflicts that negatively impact relationships and, ultimately, the mental well-being of the elderly person.

Elder abuse is a serious yet often overlooked issue that can have devastating effects on mental health. Abuse can take many forms, including physical mistreatment, emotional neglect, financial exploitation, and social isolation. Tragically, some elderly individuals experience mistreatment at the hands of their own family members, leading to severe emotional distress, depression, and even suicidal thoughts. Many elderly individuals are hesitant to report abuse due to fear of retaliation, dependency on their caregivers, or cultural stigmas surrounding family loyalty. Addressing elder abuse requires greater awareness, stronger legal protections, and accessible support systems to ensure that older adults are treated with dignity and respect. Beyond immediate family, extended family members and broader social networks also play an essential role in shaping the mental health of older adults. Having strong connections with siblings, cousins, and lifelong friends provides additional sources of companionship and emotional support. Those with a wide social network are more likely to experience emotional stability, whereas those without such connections are at a higher risk of loneliness and depression. Community engagement, participation in religious or cultural activities, and maintaining friendships can help supplement family support and contribute to better mental health outcomes. The loss of a spouse or other close family members is another challenge that can deeply impact an elderly person's mental health. Grief and bereavement are natural experiences in old age, but the way an individual copes with these losses is often shaped by their family environment. A supportive family that acknowledges grief, provides emotional comfort, and encourages healthy coping mechanisms can help an elderly person navigate

their emotions and find peace. In contrast, a lack of support or an unsympathetic response from family members can lead to prolonged grief, social withdrawal, and increased emotional distress. Modern society is constantly evolving, and family structures are changing along with it. Factors such as urbanization, migration, and shifting gender roles have altered traditional family dynamics,

affecting how elderly individuals receive care and support. Many younger family members move away for work, leaving elderly parents behind, which can contribute to loneliness and a lack of caregiving support. While technology has made it easier to stay in touch, digital communication cannot fully replace in-person interaction and emotional closeness. Given the complexities of family dynamics and their impact on elderly mental health, it is crucial to foster stronger relationships and create a more supportive environment for older adults. Encouraging open communication, promoting mutual respect between generations, and educating families about elderly mental health can help build a more caring and inclusive family structure. Government policies and community programs should also aim to provide resources for caregivers, offer financial assistance, and ensure that older adults have access to mental health services. With increasing life expectancy and a growing elderly population, maintaining strong family bonds is more important than ever. Families have the power to shape the aging experience, making it either a time of comfort and security or one of loneliness and distress. By prioritizing compassion, understanding, and support, society can ensure that older adults live fulfilling, dignified, and emotionally stable lives.

## **Review of literature:**

The impact of the family environment on the mental health of older adults is a subject of growing importance, as aging brings various psychological, social, and emotional challenges. Research has consistently shown that the presence of family support, intergenerational relationships, caregiving dynamics, and social interactions within the family structure significantly influences the mental well-being of elderly individuals. This complex relationship between family and mental health in older adults has been widely explored, with scholars examining how different aspects of familial involvement contribute to or detract from psychological stability. As people age, they often become more dependent on their families for emotional and practical support. The role of the family in ensuring the psychological well-being of older adults cannot be overstated. Studies have demonstrated that elderly individuals who receive consistent emotional, social, and financial support from their families experience lower levels of depression, anxiety, and cognitive decline. The presence of a strong family support system provides a sense of belonging, reassurance, and emotional security, all of which are essential in maintaining mental stability. The social networks formed by close family members play a protective role, buffering older adults against stress and psychological distress. Conversely, a lack of meaningful family interactions can lead to social isolation and loneliness, which are major risk factors for mental health issues in older adults. Studies have revealed that elderly individuals who experience social isolation tend to suffer from higher levels of stress, cognitive decline, and depressive symptoms. The absence of family involvement can cause feelings of abandonment and neglect, leading to a decline in overall emotional well-being. The mental health risks associated with loneliness are well-documented, and the lack of family engagement is a significant contributor to the distress many elderly individuals experience. Those who maintain strong relationships with their extended family, including grandchildren, nieces, and nephews, report higher levels of life satisfaction and a lower likelihood of depression. The importance of family inclusivity in ensuring the psychological well-being of older individuals is therefore crucial, highlighting the need for older adults to remain actively engaged in family and community life. In addition to emotional and

social support, caregiving within the family plays a critical role in shaping mental health outcomes for older adults. When family members take on the role of caregivers, they provide not only physical assistance but also emotional reassurance and companionship. Elderly individuals who receive care from their family members often experience greater emotional stability and lower levels of stress. The presence of a loving caregiver within the family enhances the feeling of being valued and secure, which contributes to overall mental well-being. However, caregiving is not always a positive experience, as it presents numerous challenges, both for the elderly individual and the caregiver. Family caregivers frequently experience burnout, emotional exhaustion, and stress, particularly when they are required to balance caregiving with their personal responsibilities. When caregivers become overwhelmed, it can negatively affect the mental health of the elderly individual receiving care. The psychological burden on caregivers can lead to increased irritability, frustration, and, in some cases, neglect. The strain of caregiving responsibilities can create tension within the family, further exacerbating stress levels for all parties involved. Studies have indicated that caregivers who struggle with excessive emotional and financial burdens may inadvertently contribute to increased stress and depression in the elderly person they are caring for. Another aspect of caregiving that has been widely debated is the question of whether family-based care or institutional care is more beneficial for elderly individuals. Research suggests that elderly individuals who remain in a family environment report higher levels of emotional satisfaction compared to those living in nursing homes. The familiarity and emotional

warmth of a family setting provide a sense of comfort that institutional care often lacks. However, when family caregiving becomes a source of financial or emotional strain, institutional care may offer a more stable and professional alternative. While nursing homes and assisted living facilities provide structured care, the emotional fulfilment that comes from being surrounded by family members is difficult to replace. The decision regarding the best form of care depends on numerous factors, including the elderly individual's health condition, family dynamics, and available resources. Intergenerational relationships also play a significant role in shaping the emotional well-being of older adults. The quality of relationships between elderly parents and their adult children has been found to be a key determinant of mental health outcomes. Positive parent-child relationships contribute to reduced stress levels, increased self-esteem, and lower risks of depression in old age. When elderly individuals feel valued and respected by their children, they experience a greater sense of purpose and fulfilment. Many older adults also find joy and emotional fulfilment in their relationships with their grandchildren. Grandparenting provides a unique sense of purpose, as it allows elderly individuals to engage in meaningful interactions with younger family members. Research has shown that grandparents who actively participate in their grandchildren's lives tend to have higher levels of life satisfaction and lower rates of depression. However, the responsibilities of grandparenting can sometimes become overwhelming, particularly when elderly individuals are required to assume full-time caregiving roles for their grandchildren. In such cases, the emotional and physical demands can lead to increased stress and anxiety, highlighting the need for balance in intergenerational caregiving responsibilities. Despite the emotional benefits of intergenerational relationships, conflicts between generations can have negative effects on the mental health of older adults. Differences in values, expectations, and financial responsibilities often lead to tension between elderly individuals and younger family members. Studies have shown that intergenerational conflicts, particularly those related to financial dependency, caregiving expectations, and autonomy, contribute to psychological distress in older adults. Such conflicts can result in feelings of rejection, resentment, and emotional

instability, further impacting the well-being of elderly individuals. Open communication and mutual understanding between generations are essential in reducing these conflicts and fostering positive family relationships. One of the most concerning issues related to family dynamics and elderly mental health is elder abuse and neglect. Elder abuse can take various forms, including physical, emotional, and financial exploitation, each of which has severe psychological consequences. Research has highlighted that elderly individuals who experience abuse are at a significantly higher risk of developing depression, anxiety, and post-traumatic stress disorder. Emotional abuse, including verbal insults, humiliation, and neglect, can lead to feelings of hopelessness and diminished self-worth. Financial exploitation is another prevalent issue, particularly in families experiencing economic hardship. Older adults who are financially dependent on their family members are often more vulnerable to neglect and exploitation, which further exacerbates their emotional distress. Addressing elder abuse requires legal interventions, increased family awareness, and the implementation of support systems to protect the rights and well-being of elderly individuals. Financial stability is another crucial factor influencing mental health in old age. Financial insecurity has been linked to heightened stress, anxiety, and depression among older adults. Economic struggles can make it difficult for elderly individuals to access healthcare, maintain a comfortable living environment, or engage in social activities, all of which are essential for mental well-being. While financial support from family members can help alleviate some of these stressors, it can also create dependency and lead to feelings of helplessness or guilt. Some elderly individuals feel uncomfortable relying on their family for financial assistance, which can contribute to emotional distress. Additionally, family disputes over financial matters, such as inheritance or caregiving expenses, often result in strained relationships and increased anxiety for older adults. Ensuring financial security and fostering transparent financial arrangements within families can help mitigate these challenges and promote emotional well-being. Cultural perspectives also play a significant role in shaping family interactions and their impact on elderly mental health. In collectivist societies, where familial interdependence is emphasized, older adults tend to experience lower levels of loneliness and receive higher emotional support compared to those in individualistic cultures. In cultures that prioritize strong family ties, elderly individuals often feel a greater sense of belonging and security. On the other hand, in more individualistic societies, where independence is highly valued, older adults may face greater social isolation, particularly if they do not have close family connections. Religious and spiritual beliefs also contribute to the mental well-being of many older individuals. Studies have shown that faith provides emotional comfort, resilience, and a sense of purpose, helping elderly individuals cope with stress, anxiety, and depression. The combination of strong family support and spiritual beliefs has been found to enhance mental well-being, offering a sense of hope and inner peace.

The family environment plays a critical role in shaping the mental health of older adults. Strong family support, positive intergenerational relationships, financial stability, and cultural values all contribute to psychological well-being, while issues such as elder abuse, caregiving stress, and financial dependency can negatively impact mental health. By fostering close family connections, promoting open communication, and addressing challenges through supportive interventions, families can play a vital role in enhancing the quality of life for elderly individuals, ensuring they experience their later years with dignity, emotional stability, and fulfillment.

## Conclusion

The role of family in shaping the mental health and overall well-being of older adults is profound. As people grow older, they encounter various psychological, emotional, and social challenges, many of which are influenced by their relationships with family members. The way family dynamics function can significantly impact an elderly individual's mental health, either positively by providing support and stability or negatively by contributing to stress and isolation. Understanding these influences is crucial for developing effective interventions and policies aimed at improving the quality of life for the aging population. One of the most significant factors in elderly mental health is the presence of strong family support and social connectedness. Research consistently highlights that older adults who receive emotional, social, and financial support from their families tend to have better mental health outcomes. When elderly individuals feel connected to their family members, they experience a sense of belonging, security, and emotional stability. This, in turn, reduces their risk of developing conditions such as depression, anxiety, and cognitive decline. Close family relationships provide comfort and reassurance, which are essential for maintaining emotional well-being. On the other hand, the absence of meaningful family interactions can lead to social isolation and loneliness, which are among the most significant risk factors for psychological distress in older adults. When elderly individuals feel abandoned or disconnected from their family, their mental health often deteriorates. The lack of engagement in social activities or family gatherings can lead to increased stress, depression, and even cognitive impairment. Older adults who live alone or have limited contact with their loved ones may struggle with feelings of loneliness, making them more vulnerable to mental health issues. Maintaining close family ties and fostering inclusive relationships within the family structure can help mitigate these risks, ensuring that older individuals feel valued and supported. Another crucial aspect of family influence on elderly mental health is caregiving. Many older adults require some level of care, whether for physical health issues, cognitive decline, or emotional support. When family members take on the role of caregivers, their support can have a significant impact on

the well-being of the elderly individual. Emotional reassurance, companionship, and assistance with daily activities contribute to a greater sense of stability and reduced stress levels. However, caregiving within the family is not without its challenges. Caregivers, especially those balancing their own responsibilities with the needs of an elderly family member, can experience burnout and emotional exhaustion. When caregivers become overwhelmed, it may unintentionally lead to neglect or increased stress for the elderly individual. The emotional and physical toll of caregiving can sometimes result in strained relationships, making the situation difficult for both parties. Additionally, financial burdens associated with caregiving can add another layer of stress, making it important for families to find a balance that ensures the well-being of both the caregiver and the elderly person receiving care. The debate over whether family care or institutional care is more beneficial for elderly individuals remains ongoing. Some studies suggest that being cared for by family members leads to higher emotional satisfaction, as it provides a sense of familiarity and emotional closeness. However, when financial or emotional resources are stretched thin, caregiving within the family can become a source of stress rather than comfort. In such cases, institutional care may offer a more structured and professional approach to elderly care, although it may not always provide the same level of emotional fulfillment. The decision ultimately depends on various factors, including the individual's health condition, the

family's capacity to provide care, and the availability of external support systems. Intergenerational relationships also play a key role in shaping the emotional well-being of older adults. Positive interactions with adult children and grandchildren contribute to lower levels of depression and higher life satisfaction. Many elderly individuals find joy and purpose in their roles as grandparents, as these relationships provide companionship, engagement, and emotional support. The ability to share experiences, offer wisdom, and receive affection from younger family members enhances their sense of self-worth and happiness. However, not all intergenerational relationships are free of challenges. Differences in values, financial expectations, and caregiving responsibilities can lead to conflicts between older adults and their children or grandchildren. In some cases, elderly individuals may feel misunderstood or unappreciated by younger family members, leading to feelings of frustration and emotional distress. Financial dependency can further complicate these relationships, especially when elderly individuals rely on their children for financial support. Disagreements over money, inheritance, or caregiving responsibilities can create tension within the family, negatively impacting the mental health of older adults. Open communication, mutual understanding, and a sense of respect between generations are essential in maintaining healthy relationships and ensuring the emotional well-being of elderly individuals.

Another critical concern that affects the mental health of older adults is elder abuse and neglect. Abuse can take various forms, including emotional, physical, and financial exploitation, all of which can have severe psychological consequences. Emotional abuse, such as verbal insults, humiliation, or social isolation, can cause significant distress and lead to long-term mental health issues such as depression and anxiety. Physical abuse, including neglect or mistreatment, can create feelings of helplessness and fear. Financial exploitation, where elderly individuals are taken advantage of for their assets or savings, is another common issue that can lead to emotional turmoil and stress.

Financial dependency is a major factor that increases vulnerability to abuse and neglect. Older adults who are financially dependent on their family members, particularly in households facing economic hardship, may be at greater risk of being mistreated or ignored. In some cases, financial strain within the family can lead to resentment, with elderly individuals feeling like a burden on their loved ones. Addressing elder abuse requires a combination of legal protections, increased family awareness, and stronger support systems to ensure the safety and dignity of older adults. Families must be educated on the importance of treating elderly members with respect and care, while legal frameworks should be in place to protect the rights of older individuals and prevent financial exploitation. Financial stability, in general, is another crucial aspect that influences the mental health of older adults. Financial insecurity is strongly linked to higher levels of stress, anxiety, and depression. Older individuals who struggle to meet their basic needs or worry about financial stability often experience heightened emotional distress. While financial support from family members can help alleviate some of this stress, it can also create dependency, leading to feelings of helplessness or guilt.

Family disputes over inheritance, caregiving expenses, or financial contributions can further strain relationships, adding to the emotional burden of elderly individuals. Financial transparency and fair financial arrangements within families can help mitigate these challenges. Ensuring that older adults have a sense of financial independence, either through pensions, savings, or planned financial support, can contribute to greater mental stability and reduced stress levels. Families must work together to

create financial plans that consider the well-being of elderly members while preventing conflicts and misunderstandings. Cultural

perspectives also play a significant role in shaping family interactions and their impact on elderly mental health. In collectivist societies, where strong family interdependence is emphasized, older adults generally experience lower levels of loneliness and receive higher emotional support compared to those in individualistic cultures. In such cultures, caring for elderly family members is often seen as a moral and social duty, which helps foster a sense of belonging and security among older individuals. In contrast, in more individualistic societies, where independence is highly valued, elderly individuals may experience greater social isolation, particularly if they do not have close family connections. Religious and spiritual beliefs also provide emotional comfort for many elderly individuals, helping them cope with stress, anxiety, and depression. For some, faith serves as a source of strength, resilience, and purpose, allowing them to navigate the challenges of aging with a sense of hope and inner peace. The combination of strong family support and spiritual beliefs has been found to enhance mental well-being in older adults, offering them both emotional and psychological stability.

### **Conflict of Interest**

The author(s) declared no conflict of interest.

### **References**

- Antonucci, T. C., Ajrouch, K. J., & Birditt, K. S. (2017). The convoy model: Explaining social relations from a multidisciplinary perspective. *The Gerontologist*, 57(1), 82–92. <https://doi.org/10.1093/geront/gnw162>.
- Cacioppo, J. T., & Cacioppo, S. (2018). The growing problem of loneliness. *The Lancet*, 391(10119), 426. [https://doi.org/10.1016/S0140-6736\(18\)30142-9](https://doi.org/10.1016/S0140-6736(18)30142-9).
- Davey, A., & Eggebeen, D. J. (2018). Patterns of intergenerational support and mental well-being in later life. *Journal of Aging Studies*, 46, 26–33. <https://doi.org/10.1016/j.jaging.2018.03.003>.
- Dong, X. (2017). Elder abuse: Systematic review and implications for practice. *Journal of the American Geriatrics Society*, 65(6), 1214–1230. <https://doi.org/10.1111/jgs.14848>.
- Fingerman, K. L., Huo, M., & Charles, S. T. (2018). Helping parents in old age: The influence of relationships with adult children. *The Journals of Gerontology: Series B*, 73(6), 1072–1081. <https://doi.org/10.1093/geronb/gbx141>.
- Gaugler, J. E., Jutkowitz, E., Peterson, C. M., & Zmora, R. (2021). Caregiving and the transition to nursing home care. *Medical Care*, 59(8), 667–674. <https://doi.org/10.1097/MLR.0000000000001562>.
- Johannesen, M., & LoGiudice, D. (2019). Elder abuse: A systematic review of risk factors in community-dwelling older adults. *Age and Ageing*, 48(1), 30–38. <https://doi.org/10.1093/ageing/afy133>.
- Kim, K. T., & Chatterjee, S. (2019). Financial stress and depressive symptoms in older adults. *The Gerontologist*, 59(3), 441–450. <https://doi.org/10.1093/geront/gny084>.
- Koenig, H. G., King, D. E., & Carson, V. B. (2019). *Handbook of religion and health* (2nd ed.). Oxford University Press.
- Lowenstein, A. (2021). Financial dependency and intergenerational relationships in aging families. *Journal of Aging Studies*, 58, 100889. <https://doi.org/10.1016/j.jaging.2021.100889>.
- Musil, C. M., Warner, C. B., Zauszniewski, J. A., Wykle, M. L., & Standing, T. (2020). Grandmother caregiving and family relationships. *The Gerontologist*, 60(3), 456–468. <https://doi.org/10.1093/geront/gnz061>.

Park, N. S., & Lee, B. S. (2020). The impact of intergenerational relationships on life satisfaction in older adults. *Aging & Mental Health*, 24(4), 582–589. <https://doi.org/10.1080/13607863.2019.1571016>.

Pinquart, M., & Sörensen, S. (2019). Caregiving in older adulthood: Psychological and physical health consequences. *The Journals of Gerontology: Series B*, 74(7), 1141–1150. <https://doi.org/10.1093/geronb/gby087>.

Pillemer, K., Burnes, D., Riffin, C., & Lachs, M. S. (2020). Elder abuse: Global situation, risk factors, and prevention strategies. *The Lancet*, 395(10218), 1955–1966. [https://doi.org/10.1016/S0140-6736\(20\)30734-0](https://doi.org/10.1016/S0140-6736(20)30734-0).

Schulz, R., & Sherwood, P. R. (2018). Physical and mental health effects of family caregiving. *The American Journal of Nursing*, 118(6), 24–32. <https://doi.org/10.1097/01.NAJ.0000534836.93552.96>.

Silverstein, M., & Bengtson, V. L. (2019). Intergenerational solidarity and conflict: A comparative analysis. *Journal of Marriage and Family*, 81(2), 446–463. <https://doi.org/10.1111/jomf.12550>.

Triandis, H. C. (2020). *Individualism and collectivism*. Routledge.