

**A PHENOMENOLOGICAL STUDY OF AGEING AMONGST THE
OLDER PERSONS IN ZAMBIA**

BY

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LIST OF ABBREVIATIONS

| | |
|--------|--|
| AIDS | - Acquired Immuno-Deficiency Syndrome |
| AODLs | - Activities of Daily Living |
| CSO | - Central Statistics Office |
| DFMS | - Defence Force Medical Services |
| DNA | - Deoxyribonucleic acid |
| EFS | - Extended Family System |
| GDP | - Gross Domestic Product |
| GNP | - Gross National Product |
| GRZ | - Government of the Republic of Zambia |
| HAI | - Help Age International |
| HIV | - Human Immuno-Deficiency Virus |
| IADLs | - Instrumental Activities of Daily Living |
| IMF | - International Monetary Fund |
| PWAS | - Public Welfare Assistance Scheme |
| SADC | - Southern African Development community |
| SAPs | - Structural Adjustment Programmes |
| UK | - United Kingdom |
| UNFPA | - United Nations Population Fund |
| UNICEF | - United Nations Children's Fund |
| WHO | - World Health Organisation |
| ZDHS | - Zambia Demographic and Health Survey |
| ZK | - Zambian kwacha |
| ZLMCS | - Zambia Living and Monitoring Conditions Survey |
| ZPRSP | - Zambian Poverty Reduction Strategy Paper |

DECLARATION

I declare that **A PHENOMENOLOGICAL STUDY OF AGEING AMONGST OLDER PERSONS IN ZAMBIA** is my work and that all the sources that I have used or quoted have been indicated and acknowledged by means of complete references and that this work has not been submitted before for any other degree at any institution.

Anne Namakando Phiri

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ABSTRACT

A study entitled 'Phenomenological study of ageing amongst the older persons in Zambia' was undertaken with the purpose of gaining an understanding of the ageing phenomenon within the Zambian context and provide frameworks that could be used by policy-makers and health professionals to formulate guidelines or interventions relevant to the lived experiences of older persons and the meaning attached to ageing or being old, and consequently maintain or improve the quality of life of older persons of Zambia. The objectives of the study were to describe (1) the lived experiences of the older persons of Zambia, and (2) the meaning they attached to ageing or being old within the Zambian context.

A transcendental phenomenological design within the qualitative naturalistic approach was used to guide the research process and to assist the researcher to reach the purpose and objectives of the study. Focus group and in-depth individual interviews were conducted to generate data from twenty-seven (27) informants. Fifteen (15) informants participated in the focus group interviews and twelve (12) in in-depth individual interviews. In total, 24 in-depth individual interviews were conducted in term of two interviews per informants, and two focus group interviews. Data collection covered a period of three months. Colaizzi (1978) and Giorgi (1985) techniques for qualitative data analysis were used and verbatim excerpts from the transcribed interviews were used to support the themes that emerged from data and to provide a richer picture of the situation.

Three frameworks derived from the findings of this study: (1) framework of the lived experiences of older persons of Zambia, (2) framework of the meaning of ageing or being old and (3) framework for understanding ageing within the Zambian context. The researcher believed that these frameworks would make a meaningful contribution toward the understanding and the development of policies and

interventions that would assist in enhancing or maintaining the quality of life of older people of Zambia.

The main findings of the results of this study indicated three most significant dimensions of the lived experiences of the older persons (health, socio-economic and psychosocial) that need to be taken into account when planning for any programs or interventions aimed at maintaining or improving the quality of life of older persons of Zambia. These interventions and programs should also address the negative feelings or meanings attached to the above experiences. The main findings of the results of this study also showed that the meaning of being old or ageing in Zambia does not depend on the health, socio-economic and psychosocial living experiences of the older person but it depends largely on the inner values of the older persons, such as spiritual, emotional and cultural beliefs. This means that maintaining or improving the quality of life of older persons in Zambia would require comprehensive programs or interventions that should take into account the health, socio-economic, psychosocial, spiritual, emotional and cultural needs of the older people.

Key words: Ageing, phenomenology, transcendental philosophy, Zambia