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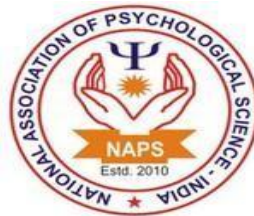
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## Voices of Ageing: Elderly Perspectives on Social Support through Qualitative Insights

*Priya Choudhary<sup>1</sup>, Richa Gupta<sup>2</sup>*

### ABSTRACT

This qualitative study explores the lived experiences of elderly people who lack adequate social support. Social support includes the emotional, instrumental, and informational resources provided by individuals, families and communities. In later life, diminishing social networks and increased dependency often lead to psychological distress and reduced quality of life. The study employs a qualitative methodology to analyse the information gathered from 32 elderly people. Participants were recruited from retirement communities, religious institutions and public parks in Jammu City, India. The average age of the participants was 70.05 years, with ages ranging from 60 to 90 years. Among them, 28.12% were female and 71.8% were male. This study identified key themes related to the negative consequences of lacking social support, as well as the potential benefits of social support through thematic analysis via NVivo software. Findings revealed emotional instability, loneliness, and decreased well-being among those with minimal support, while those with strong support systems reported enhanced resilience and life satisfaction. The findings emphasize the importance of developing focused interventions and policy measures aimed at reinforcing social connections and enhancing care systems for elderly individuals. This study offers the unique contribution of developing a qualitative analysis of social support-related characteristics.

**Keyword:** *Social Support, Elderly People, Interviews*

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### Introduction

Elderly people are the most valuable members of society. As the population of elderly people grows, particularly those aged 60 years and above, there is a growing concern about ensuring their independence and well-being. In recent years, social isolation and loneliness have been increasingly recognized as major health challenges for this age group. Family is considered to be the main support and security for elderly people. Around the world, there is growing concern about the ageing population. Neglecting the effects of ageing and the rise in the number of elderly people would negatively affect many countries, including India (Rezvani, 2013). India, after China, has the second-highest percentage of elderly people worldwide (Muhammad & Maurya, 2022). India had more than 91.6 million elderly people in 2010; between 2005 and 2010, 2.5 million more senior citizens were added annually. By 2025, India's elderly population is predicted to number at 158.7 million. (Fent, 2008; Dey, 2012). At present, older adults constitute nearly 9% of the total population, and this proportion is projected to increase to around 20% by 2050 (Jadhav et al., 2013).

The World Health Organization (WHO, 2011) defines "ageing as the gradual process of change that takes place in individuals' biological, psychological, and social domains" (Shaheen, 2017). Significant transformations have been observed in the living conditions of older adults. Elderly living arrangements have changed significantly as a result of factors including the breakdown of the joint family system, the fast urbanisation and industrialisation, and the movement of younger generations to other states or cities in search of better job possibilities. These lifestyle modifications may result in a number of psychological issues that eventually impact their social, mental, and physical health (Drageset, 2009; World Health Organization, 2011).

Social support is considered a key factor in maintaining the well-being of older adults. Recent consensus studies highlight growing concerns about the availability and adequacy of social support among the elderly. Social support encompasses the actual or perceived assistance individuals obtain from their personal resources, as well as from family members, friends, social networks, groups, and other connected systems. Limited social support is strongly linked to a higher risk of mental health issues, physical

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health issues, cognitive decline, functional limitations, and higher mortality rates, according to a large body of research (Czaja et al., 2021; Cacioppo et al., 2010; Read et al., 2020). Numerous studies have shown how social support affects older persons' self-perceived quality of life, highlighting how important it is for fostering general wellbeing (García, 2005; de Belvis, 2008; Drageset, 2009; Chang, 2010; Kasprzak, 2010; Street, 2014; Andrew, 2015; Çimen, 2016; Wang, 2018; Wu, 2018). One significant social risk factor in later life is the shrinking of social networks, often resulting from reduced social interactions, the loss of a spouse, or children moving away. This contraction of social ties can heighten feelings of emotional insecurity and vulnerability. Existing literature strongly emphasizes the crucial role of social relationships in sustaining cognitive and emotional functioning in older adulthood (Cacioppo et al., 2010; Czaja et al., 2021).

Theoretical frameworks such as Carstensen's Socioemotional Selectivity Theory (2006) and Baltes' Selective Optimization with Compensation Model (1990) help explain how Elderly People prioritize emotionally meaningful interactions and adapt to age-related losses. Moreover, Erikson's stage of integrity versus despair underscores the importance of meaningful engagement and reflection in late adulthood, where unresolved social disconnection may lead to despair. Social support is a vital determinant of psychological well-being among elderly people in both Western and Asian societies (Levasseur, 2015; Lambert et al., 2016). Relationships with family members and friends make a substantial contribution to their overall well-being. Strong social networks help cultivate a sense of belongingness (Hyun, 2018), serve as a protective buffer against anxiety and depression (McCulloch, 1995), and enhance overall quality of life (Antonucci, 1997; Seeman, 2001). These issues highlight the importance of prioritizing the well-being of elderly people, ensuring the availability of appropriate services, and undertaking research that addresses their needs across multiple areas of life. Although many quantitative studies have investigated the effects of social support, there remains a need for a more in-depth and comprehensive understanding of its role in the everyday lives of older adults. Prior

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research has predominantly emphasized its beneficial outcomes (Lee et al., 2019), but there is still limited insight into the mechanisms through which social support functions and how it relates to both mental and physical health. Therefore, the present study seeks to qualitatively examine the impact of social support on elderly people. Accordingly, the following research questions are explored in this study:

RQ1. What are the negative impacts of lacking social support on elderly people?

RQ2. How does social support create positive elderly experiences?

RQ3. What changes elderly feel when social support lacks?

### Research methodology

The research design used in this study was qualitative. A purposively selected sample of 32 senior citizens from public parks, retirement complexes, and places of worship in Jammu City, India, participated in in-depth individual interviews. Of the total participants, 9 were female (28.12%) and 23 were male (71.8%). Before the interviews, participants were informed that the discussion would focus on their perceptions of social support and its importance in their lives. The participants were between the ages of 60 and 90, with a mean age of 70.05 years (SD = 9.1). Each interview was conducted at a place chosen according to the participant's preference. The interviewer initiated the conversation with broad, open-ended questions, including those outlined earlier and used follow-up probes whenever required to obtain more detailed and meaningful responses.

### Profile of the Respondent

**Table 1**

*Demographic Characteristics of the Participants*

Variables	N	% age
Male	23	71.8%
Female	09	28.12%
Illiterate male	19	82.6 %
Illiterate female	06	66.6 %
Literate male	4	17.3%
Literate female	3	33.3%
Widow	20	62.5%
Single	3	9.37 %
Married	9	28.12%

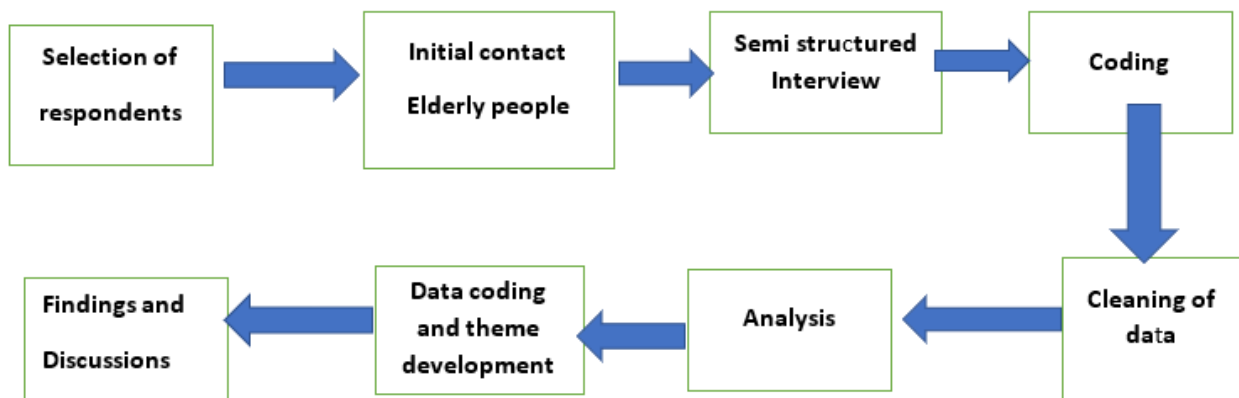
### Data analysis

The qualitative data from 32 interviews was analysed using NVivo to explore the impact of social support on elderly People. The analysis followed a structured approach, including data cleaning, coding, thematic analysis, sentiment analysis, and visualization through word clouds. The size of words in the word cloud represented the frequency of their occurrence in responses. A

sentiment analysis was performed to classify the emotional tone of responses. The respondents' responses, after examination, fall into three broad groups that represent negative effects of social support, positive impacts of social support on elderly people and feeling of lack of social support among elderly people. The various steps used in the analysis of role of social support are discussed below in the table 2.

**Table 2**

*Steps in the qualitative analysis of elderly people*



### RESULTS

The analysis of the interview transcripts highlighted that participants primarily emphasized themes such as the importance of social support, the negative consequences arising from inadequate social support, positive experiences of older adults, and the emotional responses associated with the absence of social support. These themes are elaborated in detail in the following sections, including a discussion on the role of social support in promoting successful ageing. Illustrative quotations from participants, presented in italics, are included to substantiate and exemplify the findings.

**RQ1: “What are the negative impacts of lacking social support on elderly people”?**

Overall, participants largely emphasized the negative impact of lack of social support.

*"When my children moved to another city for work, I started feeling very lonely. Conflict happen between me and my children. There was no one to talk to, and I felt like I had lost my purpose. My health started declining because I*

*had no motivation to take care of myself, and quality of my life get deteriorated."*

*"I lost my husband five years ago, and since then, my relatives and friends have become distant. I lost interest in life, feeling detached and found instability in my emotions. I feel isolated, which makes me anxious and sometimes even depressed."*

Nearly two-thirds of all respondents (64%) specifically mentioned a discomfort with lack of social support.

*"Without social support, simple tasks like going to the hospital or buying groceries become difficult. I often feel helpless and insecure, which lowers my confidence and make me overloaded for routine task. I feel depressed and face mental illness at the same time. The loneliness is unbearable at times."*

Following sub-themes emerged under this main theme: “Social support Spiritual, insecurity, loneliness, Overloaded, worry, Mental illness, depression, isolation, Detachment, Emotional

instability, Tension, Conflicts, Lack of interest, Subjective Well-being, Quality of Life”.

**Fig 1.**

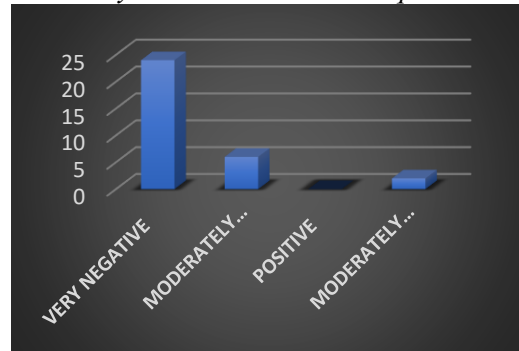
*Word cloud based on research question 1*



The lack of social support has severe adverse impacts on elderly people, affecting their emotional, psychological well-being. Elderly persons who lack social support frequently experience a decrease in their spiritual well-being as they search for meaning and purpose in life. A deep sense of insecurity arises, making them feel unsafe and uncertain about their future. Loneliness becomes a persistent challenge, leading to emotional distress and withdrawal from social interactions. They often feel overloaded with responsibilities and unshared burdens, which increases their stress levels. Constant worry about health, finances and relationships further deteriorates their mental peace. Prolonged stress and emotional neglect can contribute to mental illness and significantly increase the risk of depression, leaving them in a state of despair. Feelings of isolation grow as they disengage from society, lacking meaningful connections and interactions. Over time, they experience detachment from family, friends, and community, deepening their emotional struggles. Emotional instability becomes evident through mood swings, irritability, and difficulty in regulating emotions. The continuous presence of tension in their lives makes them prone to anxiety and distress. Unresolved conflicts within families and social circles further worsen their psychological state. As a result, they develop a lack of interest in daily activities, losing motivation and enthusiasm for life. The decline in

**Fig 2.**

*Sentiment analysis based on research question 1*



subjective well-being affects their overall happiness, making them feel dissatisfied and unfulfilled. Ultimately, their quality of life deteriorates, leading to both physical and psychological decline, making them more vulnerable to various health risks and social withdrawal.

*62% of responses expressed negative sentiment, highlighting emotional distress, loneliness, and mental health concerns.*

*28% of responses showed neutral sentiment, indicating general observations without strong emotional inclination.*

*10% of responses reflected positive sentiment, mainly from those who had existing support networks.*

**RQ2: How does social support create positive elderly experiences?**

*"When my grandchildren visit me, I feel alive. Their presence makes me forget all my worries, and I feel valued and loved and it also leads to better quality of life"*

*"My friends and neighbours check on me regularly. Knowing that someone cares for me brings me peace and comfort, which helps me feel mentally healthy."*

*"Having a strong support system around me has improved my health. I eat better, sleep better, and feel emotionally strong."*

**The following sub-themes emerged under this main theme:**

*“Eat better, sleep better, feel emotionally strong, peace and comfort, valued, loved, self -worth,*

*boost self-esteem, quality of life, fewer psychological issues, psychological resilience”*

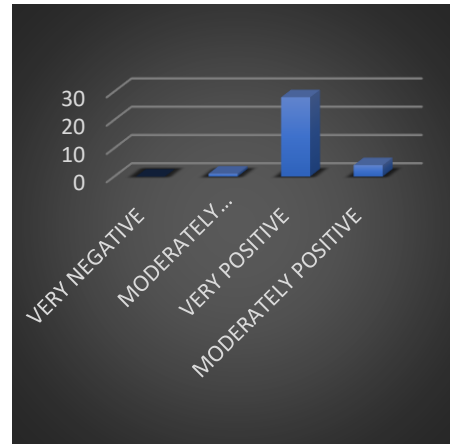
**Fig 2.**

*Word cloud based on research question 2*



**Fig 2.**

*Sentiment analysis based on research question 2*



*82% of responses expressed positive sentiment, highlighting good quality of life when social support present.*

*10% of responses showed neutral sentiment, indicating general observations without strong emotional inclination.*

*8% of responses reflected positive sentiment, mainly from those who had existing support networks.*

Social support serves as a vital factor in promoting positive experiences among elderly individuals and substantially contributes to their overall well-being. When surrounded by a strong support system, Elderly People tend to eat better, as they receive encouragement and assistance in maintaining a nutritious diet, which directly contributes to their physical health. They also sleep better, experiencing fewer disturbances and a greater sense of security, which helps in maintaining their cognitive and emotional stability. With consistent emotional support, they feel emotionally strong, allowing them to navigate life's challenges with greater ease. A supportive environment brings peace and comfort, reducing stress and anxiety, while fostering a sense of inner calm. Feeling valued and loved strengthens their emotional bonds with family and community, reinforcing their self-worth and boosting self-esteem. As a result, they experience a better quality of life, marked by increased social engagement, happiness, and

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fulfilment. The presence of strong social ties also leads to fewer psychological issues, as they are less likely to suffer from depression, anxiety, or loneliness (Holt-Lunstad,2024). Additionally, they develop psychological resilience, enabling them to cope effectively with life transitions, health challenges, and emotional setbacks (Yuan,2025). Ultimately, social support creates a nurturing environment that allows elderly people to lead healthier, more meaningful and fulfilling lives.

**RQ3: “What changes elderly feel when social support lacks”?**

*“Without emotional support, I feel anxious all the time. It affects my daily routine like prayers and whole day activities.”*

*“Earlier, I was socially active, but now I feel withdrawn. I no longer feel like talking to anyone because I think nobody cares. I do not have a good relationship with my family, and this thought makes me more worried and adds to my sense of distrust. I find it hard to trust people easily.”*

*“Lack of social support has made me more dependent. I struggle with daily tasks and often feel like a burden on others.”*

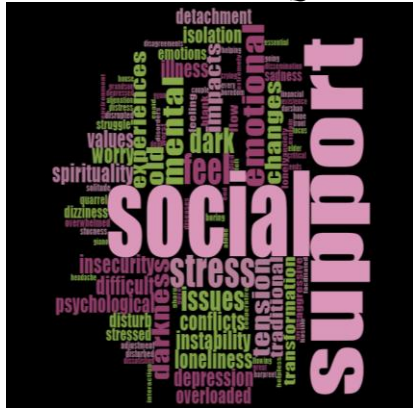
**Themes identified for research question (RQ3)**  
**Social support**

“Stress, Darkness, Lack of trust, Dizziness, Conflicts, Emotional instabilities, Lack of Spirituality, loneliness, Emotional changes,

Detachment, Illness, Insecurity, Worry, Depression, overloaded.”

**Figure 3.**

*Word cloud based on RQ3*

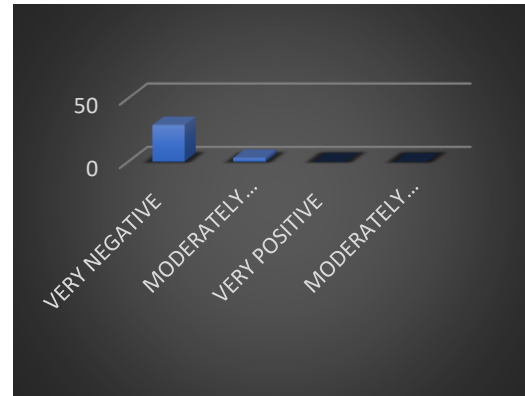


90% of responses expressed negative sentiment, highlighting emotional distress, loneliness, and mental health concerns.

10% of responses showed moderately negative sentiment, indicating general observations without strong emotional inclination.

The absence of social support in the elderly leads to significant emotional, psychological and physical challenges. They often experience stress due to a lack of reassurance and encouragement, making it difficult to cope with daily struggles. A sense of darkness prevails, symbolizing feelings of hopelessness and despair. Lack of trust in others emerges as they feel abandoned or betrayed, leading to social withdrawal. Physical symptoms like dizziness may arise due to prolonged anxiety, neglect, or poor self-care. Conflicts become common as frustration and miscommunication increase, often straining relationships with family and caregivers. Emotional instabilities manifest through mood swings, sadness, and irritability, making it hard for them to maintain a sense of balance. The absence of spirituality or a guiding belief system further intensifies feelings of emptiness, as they struggle to find meaning in life (Saleem & Khan, 2015). Loneliness becomes overwhelming, leading to deep emotional pain and a sense of isolation (Mushtaq et al., 2014). Rapid emotional changes occur, making them more vulnerable to depression and anxiety. Traditional

*Sentiment analysis based on RQ3*



transformation a shift away from familiar customs and values often leaves them feeling disconnected from their roots and struggling to adapt. This sense of detachment extends to their social lives, causing detachment from loved ones and society. Over time, physical illness may develop due to neglect, lack of motivation for self-care and chronic stress. A pervasive sense of insecurity emerges as they worry about their future, financial stability, and physical well-being. Constant worry leads to overthinking and a state of mental exhaustion. The risk of depression increases significantly as they lose interest in daily activities, feeling unimportant and neglected. Lastly, they feel overloaded with responsibilities and emotional burdens that they struggle to handle alone, making everyday life increasingly difficult.

Inadequate social support has been repeatedly associated with higher mortality rates, cognitive decline, physical health issues, mental health disorders, and functional limitations (Cacioppo et al., 2010; Perissinotto et al., 2012; Valtorta et al., 2016; Aylaz et al., 2017). According to a recent Indian study, older people who were bereaved and living alone had a higher risk of developing depression (Srivastava, 2021). Similarly, a number of psychological and physical health issues as well as increased depressive symptoms have been linked to waning social bonds. (Mushtaq, 2014).

Importantly, conflicts or disruptions within family relationships tend to exert a stronger negative influence on well-being compared to difficulties in other social relationships, as they undermine enduring commitments (Huxhold, 2014). The death of a spouse, in particular, is regarded as one of the most traumatic life events, with both cross-sectional and longitudinal research documenting its detrimental impact on mental health (Stroebe, 2007; Muhammad & Maurya, 2022). Thus, social support is fundamental to the well-being of elderly individuals, as it helps buffer the harmful effects of stress, loneliness, and psychological distress.

The cultural norms and structures of social support for elderly people differ across Asian societies, although they share some collectivist values. In India, the traditional joint family system has long provided the primary source of emotional and instrumental support for elderly People. However, with increasing urbanization, migration and economic transitions, this system is rapidly disintegrating, leaving many elderly People vulnerable to social isolation and neglect (Jadhav et al., 2013; Rezvani et al., 2013). In contrast, Japan, despite facing one of the most rapidly ageing populations globally, has a more institutionalized approach to elder care. Although Confucian filial piety traditionally emphasized family responsibility, the country has implemented extensive governmental and community-based support systems, such as *Kaigo Hoken* (long-term care insurance), to address the needs of elderly citizens (Tamiya et al., 2011). Social support in Japan is thus supplemented by formal caregiving systems, which reduce the exclusive burden on families and promote healthy ageing. China shares similar Confucian values that emphasize respect for elders (*xiao*), and intergenerational co-residence remains common in many regions. While China has introduced various social pension schemes and senior care initiatives, these often remain unevenly implemented, particularly in rural areas (Song, et al., 2023). South Korea represents a hybrid model. Historically influenced by Confucian ideals, the family has been central to elder support. However, rapid industrialization, reduced fertility rates and shifts toward nuclear families have weakened familial support (Priya Choudhary, Richa Gupta

structures. The Korean government has responded by implementing public elder care services such as the Long-Term Care Insurance for the Elderly (Kang et al., 2012). Nevertheless, many elderly people in Korea still report high levels of psychological distress due to perceived family abandonment and the stigma around institutional care (Park et al., 2015).

## DISCUSSION

The present qualitative study, grounded in in-depth personal interviews, sought to examine elderly individuals' perceptions of the negative consequences associated with insufficient social support and its effects on their overall well-being. Several key themes emerged, highlighting the profound psychological, emotional and social consequences experienced by elderly people in the absence of adequate social connections. The overarching themes of social support and spirituality were particularly significant. While social support is viewed as a crucial factor for maintaining psychological stability, its absence leads to insecurity, loneliness and a heightened sense of isolation, reinforcing feelings of emotional detachment from society (Sloss, 2024). Participants frequently reported being overloaded with responsibilities they could not share, which contributed to worry and persistent stress, further exacerbating their psychological distress, as emotional neglect often gives rise to feelings of hopelessness and diminished self-worth (Garcia et al., 2020). A lack of interpersonal engagement contributed to emotional instability, where mood fluctuations and difficulties in self-regulation were frequently observed. The presence of tension and unresolved conflicts within family and social circles further worsened their emotional well-being, making it difficult to maintain positive relationships (Lee, 2019). Many participants described a lack of interest in daily activities, finding little motivation to engage in social, physical or leisure activities that could otherwise improve their mental state. These factors significantly impacted their subjective well-being, leading to dissatisfaction and a decline in their quality of life (Emmelkamp, 2023).

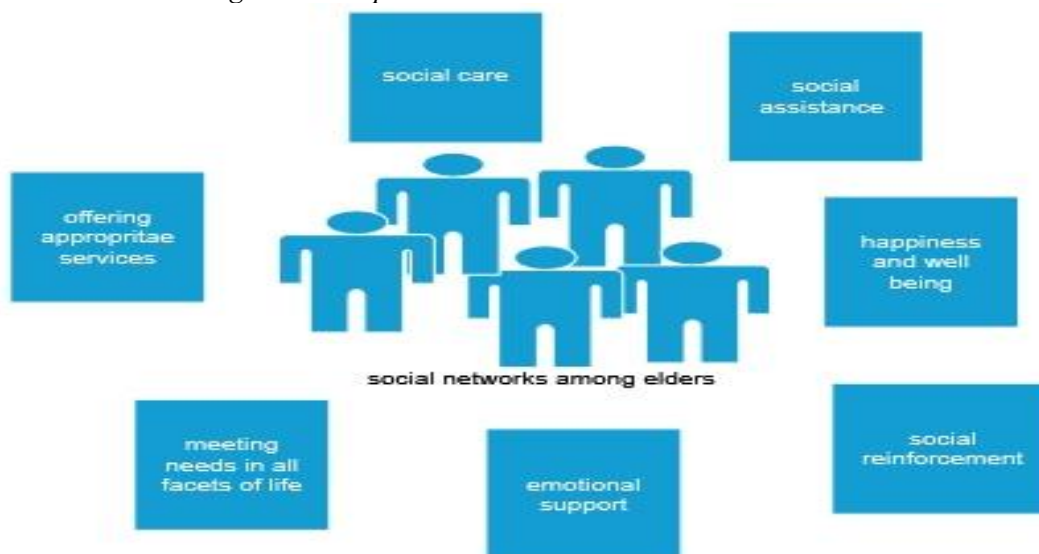
According to existing literature on ageing and psychological well-being, our findings align with lifespan developmental theories, particularly

Carstensen's socioemotional selectivity theory (2006), which highlights the importance of emotionally meaningful social interactions in later life. The absence of such interactions may accelerate emotional distress and reduce the capacity for resilience. Furthermore, Baltes' selection, optimization and compensation model (1990) underscores the need for individuals to adapt to age-related challenges by engaging in meaningful activities that compensate for losses. However, our study indicates that many elderly people lack the necessary social support to implement such strategies, which further exacerbates feelings of loss and detachment. From a clinical standpoint, these findings underscore the importance of implementing interventions that strengthen social support systems, create meaningful opportunities for social participation and provide customized mental health services to reduce the adverse consequences of social isolation. Initiatives that promote intergenerational interaction, encourage active community involvement, and improve access to psychological care may substantially enhance the emotional and psychological well-being of elderly individuals, thereby improving their overall quality of life.

Future research should prioritize the development of well-structured intervention programs that address these central themes, while placing particular emphasis on the significance of social

#### Fig 4

*Social networks among elders People*



support in promoting well-being among elderly people. Given that the population is ageing, it is vital to develop measures to make sure that present and future generations of elderly people can live as independently and with a high quality of life as feasible. Current statistics indicate that a considerable proportion of the older population experiences social isolation. The findings of the present study demonstrated that social interaction is a fundamental element of successful ageing.

Overall, the results are consistent with earlier studies (Cacioppo et al., 2010; Aylaz et al., 2017; Valtorta et al., 2018), which reported that inadequate social support significantly affects emotional well-being and physical health. Older adults who experienced loneliness were more likely to report symptoms of depression and to rate their health more negatively compared to those who did not feel lonely. This has significant ramifications for senior citizens and society at large. Social support is a multifaceted idea, and for the aged, it entails placing more of an emphasis on social policy and altering social objectives to give them a useful life (Rimaz et al., 2015). Thus, the role of social support among elderly people helps in providing social assistance, helps in social care, offering appropriate services, happiness and wellbeing, emotional support, social reinforcement and meeting needs in all facets of life as shown in fig 4.

**Research implications**

To begin with, the significance of social support has been widely examined in existing literature. Earlier studies have identified numerous outcomes associated with inadequate social support, many of which carry adverse consequences such as loneliness (Shin, 2008). Social isolation and experiences of discrimination are increasingly recognized as major public health concerns, as they are strongly linked to poor physical and mental health outcomes (Brandt et al., 2022).

The present study provides an in-depth qualitative exploration of the unintended consequences and adverse effects related to insufficient social support among elderly people. A distinctive contribution of this research lies in the development of a qualitative hierarchy of key factors associated with both the negative consequences and the significance of social support during ageing. The findings identified several detrimental factors, including stress, mental illness, depression, emotional instability, reduced interest in activities, interpersonal conflicts, low subjective well-being, poor quality of life and lack of family support. These results indicate that inadequate social support in later life can negatively affect overall health and may contribute to various psychological disorders (Mushtaq et al., 2014).

The second objective of the study was to gain a comprehensive understanding of the benefits of social support. The findings propose a hierarchy of variables reflecting its positive effects, including assistance and care, improved mental health, fewer psychological difficulties, happiness, cooperation, strengthened willpower, transformation of traditional values, enhanced well-being, better emotional regulation, and spirituality. Consistent with previous research, social support is regarded as a highly valuable and protective resource (Cohen, 2004).

**Limitations of the test**

This study was based on an interview analysis of elderly people residing in home setting. Additionally, our sample comprised a purposive selection of participants who voluntarily consented to take part in the study. As a result, the findings may not be generalizable to other older adult populations. Despite these limitations, the present study contributes to the growing body of

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research highlighting the detrimental effects of lacking social support on the health and well-being of elderly people. It provides a comprehensive examination of the challenges faced by elderly people with inadequate social connections. However, these findings offer valuable insights for developing targeted interventions aimed at preventing and addressing social isolation and loneliness among at-risk elderly populations.

**Conclusion**

The relationship between social support and its functions is both dynamic and reciprocal, and in-depth qualitative investigations help clarify these connections. This exploratory study examines the impact of lacking social support on elderly people. The findings highlight the profound negative consequences of social isolation, with a significant portion of elderly people experiencing heightened emotional distress, insecurity, and mental health issues. The study suggests that reduced social engagement among elderly people may contribute to severe depressive symptoms, further emphasizing the importance of fostering meaningful social connections (Holt-Lunstad, 2024). These findings provide valuable insights for designing public health interventions aimed at mitigating social isolation and promoting social interaction as a crucial component of elderly well-being. The findings of this study offer important insights into how socioemotional processes unfold in later life, particularly in a rapidly changing sociocultural landscape like India. Socioemotional Selectivity Theory states that as individuals grow older and recognize that their remaining time is limited, they increasingly give preference to emotionally meaningful goals and relationships rather than seeking new information or novel social interactions (Carstensen, 2006). As a result, elderly people tend to focus more on maintaining emotionally satisfying and stable relationships, particularly with close family members and long-standing friends.

In the Indian context, where traditionally strong familial ties are central to identity and support, the findings validate Social support therapy highlighting that the emotional well-being of elderly people significantly depends on the perceived quality and availability of intimate

social connections. Participants consistently emphasized that emotional neglect and loss of close social ties, such as the death of a spouse or estrangement from children, resulted in profound psychological distress, instability, and a loss of life meaning core outcomes predicted by SST in the absence of emotionally meaningful support. Moreover, the study extends SST by illustrating how these prioritizations are disrupted by sociocultural transformations unique to India. For example, the erosion of the joint family system, increasing urban migration of adult children, and rising prevalence of widowhood have fragmented the social networks the elderly people traditionally relied upon. As a result, even when elderly people attempt to emotionally invest in relationship, they often face a mismatch between their socioemotional goals and the realities of contemporary family structures. This dissonance leads to increased vulnerability to loneliness, emotional detachment, and depression.

Additionally, the findings suggest that in India, the role of *spirituality* as an emotional coping mechanism becomes increasingly important when interpersonal support is lacking. This may reflect a culturally embedded strategy of redirecting socioemotional goals toward internal sources of meaning (e.g., prayer, faith, or spiritual communities), which is a culturally specific extension of social support therapy not as deeply emphasized in Western models. Thus, the study affirms the relevance of SST while adapting it to the Indian socio-demographic context, showing how cultural, structural, and spiritual dimensions intersect with socioemotional regulation in late life. These findings underscore the need for culturally nuanced theoretical frameworks that incorporate collectivist values, changing intergenerational dynamics, and spirituality as critical components of aging and well-being in non-Western societies.

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