

Volume 2, Issue 2

Research Article

Date of Submission: 27 Feb, 2026

Date of Acceptance: 30 Mar, 2026

Date of Publication: 15 Apr, 2026

Systematic Review of the Cross-Cultural Perspective on Successful Aging

Kefialew Yenyet*

Injibara University College of Education and Behavioural Sciences Department of Psychology, Ethiopia

***Corresponding Author:** Kefialew Yenyet, Injibara University College of Education and Behavioural Sciences Department of Psychology, Ethiopia.

Citation: Yenyet, K. (2026). Systematic Review of the Cross-Cultural Perspective on Successful Aging. *J Rehabil Res Curr Updates*, 2(2), 01-05.

Background of The Review

Successful aging is a concept that encompasses personal resources, social engagement, and active engagement. Personal resources refer to individual characteristics such as physical health, cognitive abilities, and emotional well-being. Social engagement involves maintaining social connections and participating in social activities, while active engagement involves engaging in physical, mental, and social activities that promote well-being. Successful aging is the absence of physical disability, subjective health and psychological well-being, social functioning, and cognitive impairment in older adults. It is often contrast with "usual" or "normal" aging, which is characterize by declines in physical and cognitive function and increased risk of disease and disability [1-3].

Successful aging is a multidimensional concept that includes social, psychological, spiritual/transcendental, economic and environmental aspects. It is based on the past life conditions of the elderly and does not emerge spontaneously in the third stage of life [4]. Successful aging at work is the ability of individuals to develop and adapt to different work experiences, involving proactive and adaptive behaviours that contribute to maintaining work ability and well-being. It is view as within the framework of lifespan development [5].

Successful aging is the process of aging in a way that maintains good health, well-being, and quality of life. It includes physical and cognitive functioning, social engagement, and overall satisfaction with life. It is an important goal for individuals, as well as for health and economic policies. Successful aging is the process of aging in which individuals maintain physical, mental, and social well-being and engage in meaningful activities and relationships. It encompasses various factors such as health, social support, economic security, and personal fulfilment [6,7].

Successful aging refers to the ability of individuals to maintain physical and cognitive functioning, as well as social engagement and emotional well-being, as they age. It is a multidimensional concept that encompasses various aspects of aging, including health, social relationships, and personal fulfilment. To maintain successful aging interventions are needed by applying theories to gerontological practice, public policy, and mental health and aging [8].

The term successful ageing has different meanings depending on the context, objectives, and sample characteristics of a study. It is a multidimensional concept that reflects how well people age in various domains of health and well-being. Successful ageing includes not only the absence of disease and disability, but also the presence of high cognitive, mental and physical function, active engagement in life, and psychological adaptation to ageing challenges [9]. Moreover, successful ageing involves focusing on what is important to you, and being able to do what you want to do in old age Therefore, successful ageing requires a comprehensive and holistic approach that considers both objective and subjective indicators of quality of ageing. Some of the objective indicators are life expectancy, physical activity, health status, cognitive function, and financial status [10].

Successful aging refers to the process of aging in which individuals maintain their physical, cognitive, and social functioning and well-being. Successful aging is a term used to describe the process of aging in a positive way. However, there is no consensus on what it means exactly. Some researchers define it in terms of indicators such as life satisfaction or control beliefs, while others propose models or strategies for aging successfully [11]. The concept of successful aging emphasizes the interaction between intrinsic and extrinsic factors in aging. However, studies researched by authors did

not consider the role of age level development. Therefore, the purpose of this systematic review is to see the role of age level development for successful aging.

Statement of The Problem

Aging is a dynamic process that includes both decline and opportunity for continuous growth. People's perceptions about the aging process can have a significant impact on their subsequent health habits and utilization of health services. There is evidence that those who have more favourable self-perceptions of aging have greater functional health throughout time and are more likely to live longer lives than those who have less positive views. Attitudes toward aging have the ability to alter how we see and interact with older persons, as well as how older adults see themselves. The social component of aging extends well beyond the physical/biological world of successful, healthy aging. Understanding and coping with how much, how swiftly, and how quickly change occurs with age is thus likely to be a fundamental to good aging [12].

Physical and mental well-being, regular exercise, and nutritional status are essential determinants in effective aging among people aged 65 to 75 years old. According to healthcare programs should focus physical activity, food, and coping mechanisms to promote healthy aging [13].

The concept of successful aging encompasses various dimensions, including physical, psychological, and social well-being. It proposes that successful aging is affected by the level of development attained at different life stages, and that individuals who have achieved higher levels of development earlier in life are more likely to age successfully. The significance of adopting a life course perspective in comprehending successful aging. Overall, the necessity of implementing interventions aimed at promoting development at different life stages to facilitate successful aging [14].

The role of age level development for successful aging is crucial. Successful aging is defined as the ability to maintain physical and cognitive function, social engagement, and overall wellbeing in later life. Age level development refers to the changes that occur in individuals as they age, including physical, cognitive, and social changes. Developmental psychologist suggests that successful aging is associated with positive age level development, including the maintenance of physical health, cognitive function, and social engagement. Additionally, individuals who experience positive age level development are more likely to engage in healthy behaviours and have a positive outlook on aging. Therefore, promoting positive age level development is important for successful aging [10].

Promoting positive age level development is important for successful aging as it is associated with physical health, cognitive function, and social engagement. It includes the ability to adapt to changes in physical and cognitive function, maintain social relationships, and engage in meaningful activities. Interventions aimed at promoting healthy behaviours, such as exercise and healthy eating, as well as social engagement and cognitive stimulation, can help individuals maintain independence and autonomy [15].

Age-related development in analyzing intellectual abilities should be taken into account, taking into account the age group, type of ability, and how it is operationalized. Theoretical frameworks such as speed-based models, fluid and crystallized intelligence, stage theories, and Sternberg's triarchic theory provide insight into the complexity of intellectual functioning in older adults [16].

Age level development plays a significant role in determining the trajectory of successful aging. The development of cognitive and physical abilities in early life can have a lasting impact on the ability to maintain these abilities in later life. Additionally, social engagement and emotional regulation skills developed in early life can contribute to successful aging [17].

Two major classes of factors determine the role of age level development for successful aging: biological and societal. Universal biological changes as well as social systems and normative conceptions provide basic constraints that determine what the organism can do and when. Stability of primary control striving throughout adulthood is also an important factor. Direct evidence for this prediction is reported by Peng and Lachman . That primary control remains constant while secondary control increases as a function of age suggests that individuals increasingly use secondary control strategies to maintain primary control throughout the adult life course [18].

Age level development is a crucial factor in determining the success of aging. As we grow older, our physical, cognitive, and emotional abilities undergo significant changes. It is essential to understand and adapt to these changes to maintain a high quality of life in our later years. Physical development is a vital component of successful aging as regular exercise and a healthy diet can help prevent chronic diseases and maintain mobility. Cognitive development is equally important as it enables us to continue learning and adapting to new challenges. Emotional development involves maintaining positive relationships and coping with the challenges of aging.

It is important to understand that successful aging differs from person to person. While some may experience physical limitations, they may have strong cognitive abilities, while others may struggle with memory but have a strong support system. Recognizing and embracing these differences is crucial for promoting successful aging. Generally, age level

development plays a critical role in successful aging, and understanding and adapting to changes in physical, cognitive, and emotional abilities is key to maintaining a high quality of life as we age. The psychosocial stage model of ego development formulated by Erikson can be useful in understanding the developmental tasks of different stages of adulthood, including old age. The primary crisis for the expanding ego in old age is the task of integrity, which involves reflecting on one's life and coming to terms with the successes and failures. A developmental approach to successful aging emphasizes the importance of continuing to learn, grow, and develop throughout the aging process.

Erikson's theory of psychosocial development describes how people grow and change throughout their lifespan. According to Erikson, each stage of life involves a specific conflict that must be resolved. The final stage, which occurs from age 65 until death, is known as integrity versus despair. In this stage, people reflect on their past and evaluate whether they have lived a meaningful and satisfying life. Those who achieve a sense of integrity feel proud of their accomplishments and have a sense of wisdom. Those who experience despair feel regretful, bitter, and hopeless about their wasted opportunities. Erikson believed that successful aging depends on reaching a state of integrity and avoiding despair.

From a theoretical perspective, successful aging can be viewed through several lenses. One such lens is the life-span perspective, which recognizes that development occurs throughout the lifespan and is influenced by both nature and nurture. This perspective emphasizes the importance of adaptation and resilience in the face of developmental challenges.

Another theoretical perspective is the socioemotional selectivity theory, which suggests that as individuals' age, they become more selective in their social relationships and prioritize relationships that are emotionally meaningful. This theory emphasizes the importance of social engagement and emotional well-being for successful aging.

In addition to these theoretical perspectives, research has identified several factors that contribute to successful aging. These include maintaining physical health through regular exercise and a healthy diet, engaging in cognitively.

The concept of successful aging has been redefined in recent times to encompass more than just the biological aspects of gerontology. The Spectrum Model of Aging emphasizes the interdependency of various disciplines in promoting successful aging at the individual level. The model provides a continuum that enables individuals to achieve their maximum potential despite any functional limitations. The physiological aging processes, the psychological manifestations of individual adaptation, and the importance of social and spiritual relationships are all crucial components that must be taken into account. Therefore, to age successfully, it is essential to understand the complex interactions that constitute physiological aging processes, the psychological manifestations of age level developmental relationships [19].

Piaget's suggests that cognitive development continues throughout the lifespan, and adults can learn new things and improve their reasoning skills by engaging in activities that challenge their existing schemas and promote cognitive conflict. Social interaction and collaboration are also important for fostering cognitive growth and development, and staying socially connected and involved in meaningful activities can help enhance successful ageing [20]. The researcher's failure to consider the role of age level development in successful aging is a significant oversight in their work. Age level development refers to the natural changes that occur in individuals as they progress through different stages of life. These changes can have a profound impact on an individual's ability to age successfully.

For instance, as individuals age, they may experience declines in physical and cognitive abilities. However, these declines are not uniform across all age groups. Instead, they tend to follow a pattern that is related to an individual's age level development. By understanding these patterns, researchers can develop interventions that are tailored to the specific needs of different age groups.

Moreover, age level development can also influence an individual's social and emotional wellbeing. As individuals progress through different stages of life, they may experience changes in their relationships, priorities, and goals. These changes can have a significant impact on their overall quality of life.

Therefore, it is essential for researchers to consider age level development when studying successful aging. By doing so, they can develop interventions that are more effective and tailored to the specific needs of different age groups. Furthermore, by understanding the impact of age level development on an individual's social and emotional well-being, researchers can help individuals age successfully by addressing their unique needs and challenges.

Therefore, the failure to consider age level development in studies of successful aging is a significant oversight. Age level development plays a crucial role in an individual's ability to age successfully, and researchers must take this into account when developing interventions and studying aging processes.

Significance of the Review

The significance of a systematic review on the cross-cultural perspective of successful aging cannot be overstated. Aging is a universal phenomenon, and as such, it affects people from all cultures and backgrounds. However, the way in which aging is perceived and experienced can vary greatly across different authors. By conducting a systematic review of the

available literature on successful aging from a cross-cultural perspective, researchers can gain a deeper understanding of the factors that contribute to successful aging in different cultures and contexts.

Such a review can help identify commonalities and differences in the way that successful aging is defined and achieved across different cultures. It can also shed light on the cultural factors that influence successful aging, such as social support, access to healthcare, attitudes and age level development towards aging. This information can be used to develop interventions and policies that are better suited to the needs of diverse populations.

Moreover, this review can help identify gaps in the existing literature and highlight areas where further research is needed. For example, there may be a lack of research on successful aging in certain cultural contexts or on specific aspects of successful aging, such as age level development. By identifying these gaps, researchers can prioritize future research efforts and ensure that they address the most pressing questions.

Overall, this systematic review on the cross-cultural perspective of successful aging has the potential to provide valuable insights into the factors like age level development that contribute to successful aging across different cultures. This information can be used to develop interventions and policies that are more effective in promoting successful aging in diverse populations.

Conclusion

Successful aging is the process of aging in which individuals maintain their physical, mental, and social functioning and well-being, engaging in meaningful activities and relationships. The definition of successful aging can vary depending on the context, objectives, and sample characteristics of a study. Age level development is essential for successful aging, as physical, cognitive, and emotional abilities change. Physical development is essential to prevent chronic diseases and maintain mobility, while cognitive development helps individuals learn and adapt to new challenges. Emotional development involves maintaining positive relationships and coping with the challenges of aging.

The failure to consider age level development in studies of successful aging is a significant oversight. Age level development refers to the natural changes that occur in individuals as they progress through different stages of life. These changes can have a profound impact on an individual's ability to age successfully. By understanding these patterns, researchers can develop interventions that are tailored to the specific needs of different age groups. Moreover, age level development can also influence an individual's social and emotional well-being. As individuals progress through different stages of life, they may experience changes in their relationships, priorities, and goals. These changes can have a significant impact on their overall quality of life.

In conclusion, successful aging is a multidimensional concept that encompasses various aspects of physical, cognitive, and social well-being. Age level development plays a crucial role in determining the success of aging. Researchers must take this into account when developing interventions and studying aging processes. A systematic review on the cross-cultural perspective of successful aging has the potential to provide valuable insights into the factors that contribute to successful aging across different cultures. This information can be used to develop interventions and policies that are more effective in promoting successful aging in diverse populations.

Reference

1. Cosco, T. D., Brehme, D., Grigoruta, N., Kaufmann, L. K., Lemsalu, L., Meex, R., ... & Brayne, C. (2015). Cross-cultural perspectives of successful aging: young Turks and Europeans. *Educational Gerontology*, 41(11), 800-813.
2. Hartley, A., Angel, L., Castel, A., Didierjean, A., Geraci, L., Hartley, J., ... & Touron, D. (2018). Successful aging: The role of cognitive gerontology. *Experimental aging research*, 44(1), 82-93.
3. Firat Kılıç, H., Arifoğlu, B., & Kızılkaya, N. (2023). The Relationship between Successful Aging and Health Literacy in Older Adults. *Perspectives in Psychiatric Care*, 2023, 1-7.
4. Zanjari, N., SHARIFIAN, S. M., Hosseini, C. M., Rafiey, H., & MOHAMMADI, S. F. (2017). Successful aging as a multidimensional concept: An integrative review.
5. Olson, D. A., & Shultz, K. S. (2019). Lifespan perspectives on successful aging at work. In *Work across the Lifespan* (pp. 215-234). Academic Press.
6. Torregrosa-Ruiz, M., Gutiérrez, M., Alberola, S., & Tomás, J. M. (2021). A successful aging model based on personal resources, self-care, and life satisfaction. *The Journal of Psychology*, 155(7), 606-623.
7. Cheng, S. T., Chi, I., Fung, H. H., Li, L. W., & Woo, J. (Eds.). (2015). *Successful aging: Asian perspectives*. Springer.
8. Bengtson, V. L., & Settersten, R. (Eds.). (2016). *Handbook of theories of aging*. Springer Publishing Company.
9. Kim, S. H., & Park, S. (2017). A meta-analysis of the correlates of successful aging in older adults. *Research on aging*, 39(5), 657-677.
10. Annele, U., Satu, K. J., & Timo, E. S. (2019). Definitions of successful ageing: A brief review of a multidimensional concept. *Acta Bio Medica: Atenei Parmensis*, 90(2), 359.
11. Stephenson, J. (1993). Successful Aging: Perspectives from the Behavioural Sciences. In *Physiotherapy* (Vol. 79, Issue 12).
12. Davis, M. M., Bond, L. A., Howard, A., & Sarkisian, C. A. (2011). Primary care clinician expectations regarding aging. *The Gerontologist*, 51(6), 856-866.

13. Dahany, M. M., Dramé, M., Mahmoudi, R., Novella, J. L., Ciocan, D., Kanagaratnam, L., ... & Jolly, D. (2014). Factors associated with successful aging in persons aged 65 to 75 years. *European Geriatric Medicine*, 5(6), 365-370.
14. Hong, K.-H., & Ha, J.-Y. (2015). Aging Anxiety, Factors of Successful Aging and Preparation for Aging in Early and Late Middle Age. *Journal of Korean Public Health Nursing*, 29(1), 29–39.
15. Pengpid, S., & Peltzer, K. (2021). Successful ageing among a national community-dwelling sample of older adults in India in 2017–2018. *Scientific Reports*, 11(1), 22186.
16. Birren, J. E., & Fisher, L. M. (1995). Aging and speed of behavior: Possible consequences for psychological functioning. *Annual review of psychology*, 46, 329.
17. Loevinger, J. (1997). Stages of personality development. In *Handbook of personality psychology* (pp. 199-208). Academic Press.
18. Heckhausen, J., & Schulz, R. (1995). A life-span theory of control. *Psychological review*, 102(2), 284.
19. Martin, D. J., & Gillen, L. L. (2014). Revisiting gerontology's scrapbook: From Metchnikoff to the spectrum model of aging. *The gerontologist*, 54(1), 51-58.
20. Hertzog, C., Kramer, A. F., Wilson, R. S., & Lindenberger, U. (2008). Enrichment effects on adult cognitive development: can the functional capacity of older adults be preserved and enhanced?. *Psychological science in the public interest*, 9(1), 1-65.