

Original Article

The Relationship between Body Image, Self-concept, Resilience and Successful Aging predictors among Academic Emeritus.

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Abstract:

Background: All individuals without exception will go through the aging process. Invariably, this process comes with a variety of losses, starting from physical to functional, psychological, and social losses. These losses can stimulate dissatisfaction with one's body image, lowering self-esteem and disturb self-concept as a whole. So, it is important for older people to promote resilience to facilitate successful aging. Aim: to identify the relationship between body image, self-concept and resilience of academic emeritus and successful aging. Research design: a descriptive correlational research design was used. Settings: This study was conducted in 10 faculties in Damanhour University, El-Beheira governorate, Egypt. Subjects: all academic emeritus in the previous setting in Damanhour University included in the study. Tools: Tool I: Socio-demographic data Structured Interview Schedule. Tool II: The Body Appreciation Scale. Tool III: Robson Self Concept Questionnaire. Tool IV: Connor-Davidson Resilience Scale. Tool V: A structured successful aging predictor's questionnaire. Results: More than half of the studied academic emeritus had moderate level of body appreciation, moderate level of self-concept, and high level of resilience. Conclusion: Based on the study findings, it can be concluded that there was a statistically significant relationship between body image, self-concept, resilience and successful aging predictor's among the studied academic emeritus. Recommendations: Conducting psycho-educational program for the academic staff in Damanhour University about successful aging and mental health promotion from early adulthood to prepare for retirement age.

■ **Keywords:** Academic emeritus, body image, resilience, self-concept and successful aging.

Introduction:

Older people constitute a highly diverse group.⁽¹⁾ In some countries like Egypt, turning sixty is often associated with aging, retirement, and reduced productivity. However, academic staff over sixty may still demonstrate strong energy and commitment in roles such as academic emeritus, and universities might prefer them to continue their work longer.⁽²⁾

Globally, the number of individuals aged sixty and above is projected to rise from 1 billion in (2020)⁽⁴⁾ to 1.4 billion by 2030. Egypt is the most populous nation in Africa, has seen its elderly population reach approximately 6.9 million, accounting for 6.6% of the total population, according to the Central Agency for Public Mobilization and Statistics (2022).⁽⁵⁾

With increasing life expectancy, the focus has shifted from merely the lifespan of older people to the quality of aging. ⁽⁶⁾ Aging symptoms such as wrinkles, change in hair color and distribution, weight changes, and alterations in physical appearance are of concern to the elders. Aging affects not only the mind but also the body. ⁽⁷⁾

The term "Gerophobia" describes a negative self-view of one's aging body, leading to fears about aging and loss of youth which can diminish self-esteem and impact self-concept negatively. ⁽⁸⁾ Self-concept has been a key psychological focus in recent decades offering insight into how individuals perceive themselves. ⁽⁹⁾

Resilience enables older people to positively adapt to adversity and effectively adjust to challenges. ⁽¹⁰⁾ Research indicates that higher resilience correlates with greater happiness, positive outcomes, extended longevity, and successful aging. ⁽¹¹⁾ Academic emeritus, despite their diverse ages, attributes, and academic strengths, undergo physiological changes with aging that can affect teaching processes both directly and indirectly. ⁽¹²⁾ Therefore, to achieve effective aging, gerontological nurses play a vital role in enhancing positive body image, self-concept, and resilience. They apply research-based methods to promote self-reliance and a healthy self-concept, including positive body image and high self-esteem. ⁽¹³⁾ Additionally, they work to reduce aging-related issues and improve health by fostering resilience, thus promoting successful aging in an ethically responsible manner. ⁽¹⁴⁾ Academic emeritus vary in age, personal attributes, and academic qualities, they experience physiological changes related to aging that can impact the teaching process directly or indirectly. ⁽¹²⁾ Thus, in order to accomplish effective aging, the gerontological nurse plays a critical role in fostering positive body image, self-concept, and resilience. She uses research-proven techniques to support self-reliance and the restoration of a healthy self-concept, which includes a positive body image and high self-esteem. ⁽¹³⁾ Additionally, she aims to minimize problems brought on by aging and enhance health by using techniques that foster high resilience which in turn promotes successful aging in a morally responsible manner. ⁽¹⁴⁾

Significance of the study:

Academic emeritus bring a wealth of experience and knowledge gained from their extensive years in academia. Their role as mentors is highly beneficial, significantly impacting individual well-being and contributing to successful aging in this influential age group. ⁽¹⁵⁾ The debate about successful aging focuses on identifying the elements and conditions that help understand the potential of older individuals, exploring methods to adapt with the aging process, and recognizing the physical, psychological, mental, and social factors that support successful aging. ⁽¹⁶⁾

Objective of the study:

This study is aimed to explore the relationship between body image, self-concept, resilience and successful aging predictors among academic emeritus.

Research questions

What is the relationship between body image, self-concept, resilience and successful aging predictors among academic emeritus?

II. Materials and Methods

Research Design:

A descriptive correlational design was followed in the present study.

Setting:

This study was conducted in 10 faculties in Damanhur University namely ; faculty of Education for Early Childhood, faculty of Nursing, faculty of Science, faculty of Education, faculty of Agriculture, faculty of Pharmacy, faculty of Art and Social Sciences, faculty of Veterinary Medicine, faculty of Commerce, and Institute of Graduate Studies and Research, at El-Beheira governorate, Egypt.

Sampling:

All academic emeritus of the previous mentioned facilities in Damanhour University were included in the study using a convenience sampling technique.

Table (1): Distribution of the studied academic emeritus according to the affiliating faculties:

Faculty name	Number
• Faculty of Education for Early Childhood	1
• Faculty of Nursing	4
• Faculty of Science	13
• Faculty of Education	23
• Faculty of Agriculture	22
• Faculty of Pharmacy	1
• Faculty of Art and Social Science	18
• Faculty of Veterinary Medicine	3
• Faculty of Commerce	4
• Institution of Graduate Studies and Research	1
Total	90

Study Tools:

Tools for data collection: Five tools were used for data collection:

Tool I: Socio-demographic data Structured Interview Schedule for academic emeritus.

This tool was developed by the researcher based on relevant literatures to collect the required data from the study subjects. It consisted of: a Personal characteristic of academic emeritus.

Tool II: The Body Appreciation Scale (BAS):

The Body Appreciation Scale was developed by (Avalos, Tylka, & Wood-Barcalow, 2005)⁽¹⁷⁾, this tool is especially valuable for evaluating body image in older adults. The scale comprises 13 items, with responses rated on a five-point Likert scale. The extremes of this scale are "never" (score 1) and "always" (score 5), reflecting the range of body appreciation. The total score, which ranges from 0 to 65, is converted to a percentage scale from 0 to 100%. Scores are categorized as follows: low body appreciation (0.0% to 50%), moderate body appreciation (51% to 75%), and high body appreciation (76% to 100%).

Tool III: Robson Self Concept Questionnaire:

The Robson Self Concept Questionnaire was developed by Robson (1989).⁽¹⁸⁾ It was adapted by the researcher and rated on a five-point Likert scale (Where 0= Completely Disagree and 4 = Completely Agree). It was contained 30 question. The total score equal 120. It adjusted from (0-100%) and classified into low self-concept from (0-40), scores ranging from (41-81) indicates moderate self-concept, scores from (82-120) denote high self-concept.

- Low self -concept ≤ 50%
- Moderate self-concept 51≤75
- High self -concept >75

Tool IV: Connor-Davidson Resilience Scale (CD-RISC)

The Connor-Davidson Resilience Scale was developed by Kathryn M. Conner and Jonathan R.T. Davidson in (2003)⁽¹⁹⁾ and translated into Arabic language by Tomah et al in (2013).⁽²⁰⁾ It comprises 25 self-report statements to measure the level of resilience. The factor analysis of the scale revealed five factors aligned with the theoretical framework of ego resilience. Participants' responses were assessed using a five-point Likert scale, where (0) indicated "not true at all" and (4) represented "true nearly all of the time." The total score was calculated by summing the values of all items, with possible scores ranging from 0 to 100. Scores between 0 and 25 suggest a low level of resilience, scores from 26 to 50 indicate ambiguous traits, scores from 51 to 75 signify a high level of resilience, and scores from 76 to 100 reflect a very high level of resilience. The scale has been tested by the original author for internal consistency and reliability. Cranach's alpha for the entire instrument was 0.93, and a coefficient correlation of 0.87.

Tool V: A structured successful aging predictor's questionnaire:

This tool is divided into 2 parts:-

Part I: Physical health assessment was developed by the researcher based on relevant literature⁽²¹⁾, it included:-

1. The self-rated health status was assessed using a five-point Likert scale, where responses were rated as Excellent (5), Very Good (4), Good (3), Fair (2), and Poor (1).
2. Questions regarding the presence of chronic conditions such as hypertension, diabetes, and arthritis. Responses were scored as yes = 1 or no = 0.
3. Mental well-being predictor: a single question was used, rated on a five-point Likert scale from 1 to 5, where 1 indicated poor and 5 indicated excellent.

Part II consisted of two scales:

A. Functional health predictor (The Advanced Activities of Daily Living scale)

Functional Health Assessment had done through the Advanced Activities of Daily Living scale that was designed by the International Classification of Functioning, Disability and Health (2001).⁽²²⁾ The scale included 49 activities organized into 15 clusters and was evaluated using a five-point Likert scale, where 0 indicated no difficulty and 4 indicated complete difficulty. The maximum total score is 196. Scores between 132 and 196 reflect low function, scores from 66 to 131 denote moderate function, and scores ranging from 0 to 65 signify high function.

B. Psychological well-being predictor (Geriatric Depression Scale)

1. Standardized Geriatric Depression Scale (Short Form) developed by Sheikh and Yesavage (1986)⁽²³⁾ to assess depression in older adults, The Arabic version of Geriatric Depression Scale (Short Form) were used in this study. The scale included 15 'yes-no' questions. Each 'non-depressive' response was scored as 0, while each 'depressive' response was scored as 1. The total score ranges from 0 to 15 and is categorized as follows: 0–5 indicates a normal range, while 6–15 signifies depression.

Methods:

The study was implemented according to the following steps:

i. Administrative process:

- Permission of Ethical Committee in the faculty of Nursing, Damanhur University was obtained and official letters from the faculty of Nursing was directed to the representative of the Damanhur University to inform about the aim and take permission to conduct this study in the selected settings.

• Development of study tools

1. Tool I (Socio-demographic data Structured Interview Schedule) and tool V (A structured successful aging predictor's questionnaire). Part I was developed by the researcher based on review of the related literatures.

2. The Arabic version of tool IV (Connor-Davidson Resilience Scale & Geriatric Depression Scale) were used in this study .

3. Tool II (The Body Appreciation Scale), tool III (Robson Self Concept Questionnaire) & tool V (A structured successful aging predictor's questionnaire), Part II (The Advanced Activities of Daily Living scale) were translated into Arabic language by the researcher and were tested for content validity by five experts in the related field.

4. Reliability were tested for internal consistency by using Cranach's coefficient alpha test Tool II (The Body Appreciation Scale was $r = 0.90$, Tool III (Robson Self Concept Questionnaire) was $r = 0.89$, and Tool V (A structured successful aging predictor's questionnaire) was $r = 0.80$ and test reliability ranged between 0.7 and 1.

ii. Pilot study

A pilot study was carried out randomly before performing the actual study on 10% of study sample to test the feasibility and clarity of the tool items as well as to estimate the time needed for data collection. The necessary modifications were done, and those participants were excluded from the study sample.

iii. Data collection process

- Data was collected individually from each academic emeritus through written questionnaire or electronic form on what's App. A written consent was requested from academic emeritus in order for their acceptance to take a part in the study and a brief explanation about the aim of the study was offered.

- During data collection there was emerging of new academic emeritus and those were included in the study sample to complete our sample size. Data was collected by the researcher through two methods either interviewing or through what's App over a period of 3 months from the beginning of June till the end of September 2023.

iv. Data analysis:

Data analysis was conducted by using PC software with the Statistical Package for the Social Sciences (SPSS) version 25.0. A significance level of 0.05 was set as the threshold for statistical significance, and the following statistical measures were applied:

A. Descriptive statistics:

- 1) Count and percentage: employed to describe and summarize qualitative data.

- 2) Arithmetic mean (X) and standard deviation (SD): utilized as measures of central tendency and dispersion to describe normally distributed quantitative data.

B. Analytical statistics:

Chi test (χ^2): used to test the association between two qualitative variables or to detect difference between two or more proportions.

Results:

Table (2): illustrates the distribution of the studied academic emeritus according to their socio-demographic characteristics:

The age of the studied academic emeritus ranged from 60 to more than 80 years with a mean of (65.95±4.735), it was observed that the majority (88.9%) of them were 60 to less than 70 years (young old).As for gender; more than half (53.3 %) of studied academic emeritus were females, Regarding marital status; more than four fifths (83.3 %) were married.

As regard affiliation/specialty, this table shows that more than one quarter (28.9%) were in faculty of Education, and nearly one quarter (24.4%) were in faculty of Agriculture.

With regard to monthly income, it can be noticed that more than three quarters (75.6%) of the studied academic emeritus had sufficient income. As for the living arrangement, it was observed that more than three quarters (76.7%) of them were living in their home with husband /wife. Concerning the floor number, the table shows that four fifths (80%) of them were living from first to sixth floor. As regard to using the elevator, the table shows that more than two thirds (67.8%) were using the elevators.

Table (2): Distribution of the studied academic emeritus according to their socio-demographic characteristics N= (90):

Socio-demographic characteristics		Total (N= 90)	
		No	%
Age			
•	60<70	80	88.9
•	70<80	6	6.7
•	≥80	4	4.4
Mean ±SD		65.95±4.735	
Min – Max		60-82	
Gender			
•	Male	42	46.7
•	Female	48	53.3
Marital status			
•	Married	75	83.3
•	Widow	14	15.6
•	Divorced	1	1.1
Affiliation/specialty			
	Faculty of Education for Early Childhood	1	1.1
	Faculty of Nursing	4	4.4
	Faculty of Science	12	13.3
	Faculty of Education	26	28.9
	Faculty of Agriculture	22	24.4
	Faculty of Pharmacy	1	1.1
	Faculty of Art and Social Science	17	18.9
	Faculty of Veterinary Medicine	3	3.3
	Faculty of Commerce	3	3.3
	Institution of Graduate Studies and Research	1	1.1
Income			
•	Sufficient	68	75.6

• Insufficient	22	24.4
Living with		
• Living in your home with husband/ wife	69	76.7
• Living in your home alone	7	7.8
• Living in your home with one son	9	10.0
• Living with relative house	5	5.6
Living arrangement		
• 1-6	72	80.0
• 7& more	18	10.0
The use of elevator		
• Yes	61	67.8
• No	29	32.2

Mean \pm SD: Mean and Stander Deviation

Figure (1): Distribution of the studied academic emeritus according to their level of total body appreciation.

It was observed that more than half (51.1%) of the studied academic emeritus had moderate level of body appreciation followed by 48.9 % of them had low level of body appreciation.

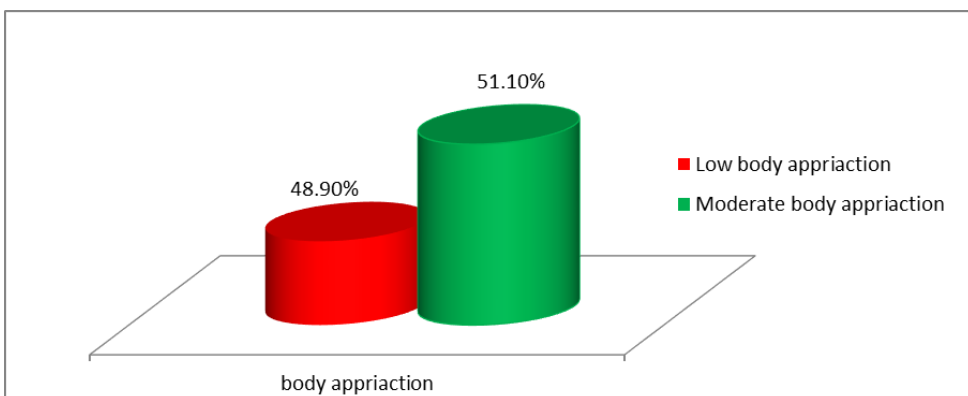


Figure (1): Distribution of the studied academic emeritus according to their levels of total body appreciation.

Figure (2): Distribution of the studied academic emeritus according to level of self-concept:

It was observed that more than half (57.8%) of the studied academic emeritus had moderate level of self-concept followed by more than one third (38.9%) had high level of their self-concept.

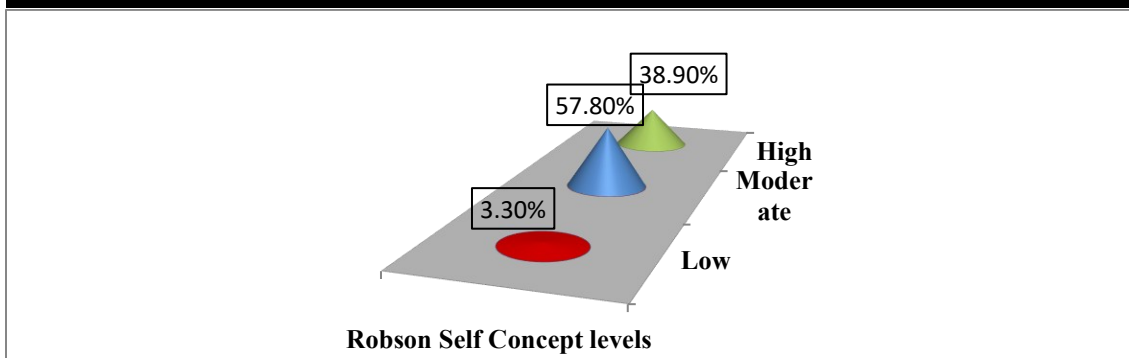


Figure (2): Distribution of the studied academic emeritus according to their levels of Robson self – concept:

Figure (3): Distribution of the studied academic emeritus according to their levels of resilience by domains.

Concerning to total resilience; it was observed that more than half (53.3%) of the studied academic emeritus had high level of resilience, followed by more than one quarter (27.8%) had moderate level of resilience

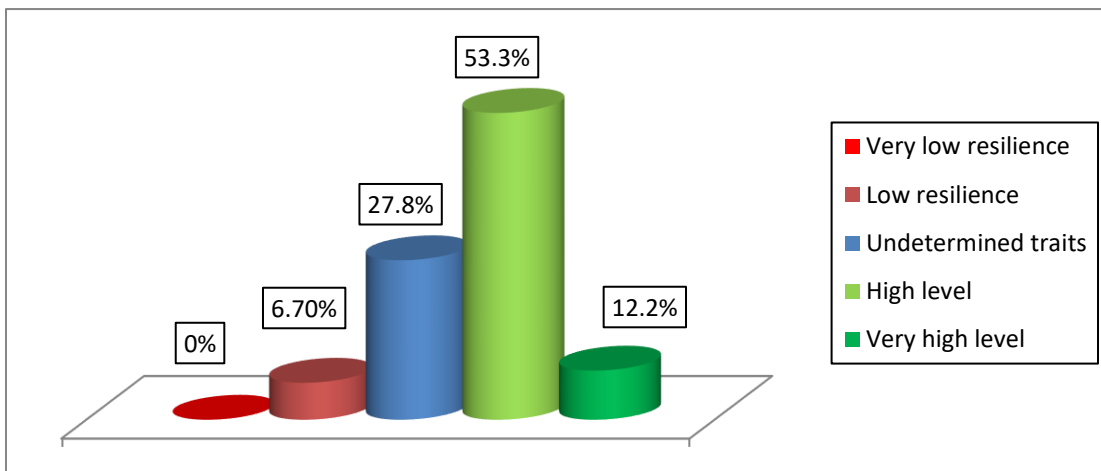


Figure (3): Distribution of the studied academic emeritus according to their levels of resilience by domains.

Table (3): Displays the correlation between the successful aging predictors and body image, self-concept, and resilience of the studied academic emeritus:

Regarding body image; it is observed that there was a highly statistically significant relationship ($P < 0.009$) between body image and functional predictor. Also there was a highly statistically significant relationship ($P < 0.000$) between body image and mental well-being .Over that there was a highly statistically significant relationship ($P < 0.000$) between body image, and physical health condition too. Furthermore, the table shows that self-concept is highly significantly related to psychological well-being predictor ($P < 0.000$). It was observed also that there was a highly statistically significant relationship ($P < 0.000$) between resilience and

functional health predictor. The table clarifies also that there was a highly statistically significant relationship between resilience and mental well-being ($P < 0.001$).

Table (3): Correlation between successful aging predictors and body image, self-concept, and resilience among the studied academic emeritus:

	Successful aging predictors							
	Functional Health predictor		Psychological well-being predictor		Mental well-being predictor		Physical health status	
	r	p	r	p	r	p	r	p
Body image	-.274**	0.009*	0.174	0.101	0.547**	0.000**	0.488	.000**
Self-concept	-.044	0.681	-0.433**	0.000*	-0.198	0.062	-0.156	0.141
Resilience	-.375**	0.000**	0.018*	0.866	0.352**	0.001*	0.196	0.064

Discussion:

A person's resources, including psychological, emotional, physical, functional well-being, and health-related behaviours, are all parts of the multifaceted idea of successful aging.⁽²⁴⁾ Aging often brings about various physical and cognitive changes and challenges that may not always be readily accepted. Dissatisfaction with these changes can impact older individuals' body image and self-concept.⁽²⁵⁾ Resilience acts as a protective factor by maintaining a positive attitude on life in spite of obstacles which helps older people to age well.⁽²⁶⁾

Based on this, the current study seeks to explore the relationship between body image, self-concept, and resilience in achieving successful aging among academic emeritus. The result of the present study revealed that more than half of the studied academic emeritus had moderate appreciation level of body image. (Figure 1) From the researcher's point of view; this finding may be explained by; first, it was observed that more than two fifths of the studied academic emeritus were practicing exercises regularly. Physical activity plays a crucial role in enhancing body image and is an important factor in fostering a positive self-perception.⁽²⁷⁾

Second, it was observed that more than half of the studied academic emeritus had high level of resilience. (Figure 3) Resilience is crucial in mitigating the negative effects of poor body image by helping individuals manage external pressures related to their physical appearance that impact their self-concept.⁽²⁸⁾ Third, the academic emeritus are still included in work environment, this push them to be interested in their appearance and hence, promote positive body-image.

The results of this study align with Taylor et al. (2016)⁽²⁹⁾ in New Zealand ,who found that most older adults had a positive body image and were more accepting of their bodies compared to teenagers. Conversely, Farias et al. (2018)⁽³⁰⁾ in Brazil, who found that many older adults especially women were dissatisfied with their bodies. From the researcher's perspective, this discrepancy might be attributed to the social pressures faced by academic emeritus within the academic community. These pressures may lead them to engage in skincare routines and weight management to improve their appearance, thereby enhancing their body image. Furthermore, academic emeritus often have a high level of education, which increases their awareness of body image improvement strategies, such as avoiding high-risk behaviors and adopting a healthy lifestyle. Regarding self-concept, the result of the present study revealed that nearly two fifth of the studied academic emeritus had high self-concept. (Figure 2). The researcher suggests that a positive self-concept is linked to

high education levels, a successful career, good financial status, and continued education at the university level, all of which contribute to personal achievements and bolster self-concept. This finding is consistent with Spytyska et al. (2023)⁽³¹⁾ in Ukraine, who found that older individuals had high self-concept. In contrast, Conde-Pipo et al. (2021)⁽³²⁾ in Spain, who found that older adults had a low self-concept, which declined significantly after age seventy. This difference can be explained by the fact that academic emeritus often experience numerous achievements and maintain independence, which enhances their self-esteem and self-concept.

Regarding resilience, the study showed that over half of the academic emeritus had high resilience (Figure 3). This is likely because older people develop better coping and self-management skills over time.⁽³³⁾ This finding is in line with a previous study conducted by Zhang, et al. (2020)⁽³⁴⁾ in China, who revealed that the majority of older adults in the Honolulu sample had high resilience in coping with stressors, compared with their counterparts in Wuhan sample. A cross-sectional study conducted by Upasen, et al. (2024)⁽³⁵⁾ in Thailand, who revealed that older adults had a high level of resilience. Conversely, a study conducted by Majnarić, et al. (2021)⁽³⁶⁾ in USA revealed that low psychological resilience in the studied older people as a driving mechanism for the accelerated development of chronic aging diseases.

The discrepancy might be due to the extensive professional experiences of academic emeritus, who face challenges such as competition and conflicts, helping them develop resilience through positive problem-solving strategies and conflict resolution skills.

Concerning the relationship between body image, self-concept, resilience, and successful aging predictors, the study found a highly significant relationship between body image and functional health predictor (Table 3). This is likely because an individual's perception of their body significantly affects their functional health and quality of life. Age-related body changes, like wrinkles and graying hair, can impact body satisfaction, self-concept, and influencing functional ability.⁽³⁷⁾ This finding is supported by Latorre Roman et al. (2014)⁽³⁸⁾ in Madrid, who found a significant relationship between body image and functionality in older people. Another study conducted by Farias, et al. (2018)⁽³⁹⁾ in Brazil, who showed that high functionality was significantly associated with body image satisfaction.

Additionally, the study revealed a strong relationship between body image and mental health (Table 3). People who have a positive body image are more likely to focus on their strengths and feel secure, which is foundational for mental health.⁽⁴⁰⁾ This is consistent with Sabik (2017)⁽⁴¹⁾ in the US, who found a significant relationship between body image and mental health. Another study led by (ARU) (2020)⁽⁴²⁾ in England, revealed that having more positive body image is strongly associated with better psychological, mental wellbeing and life satisfaction.

Moreover, the study found a significant relationship between body image and physical health status (Table 3). This suggests that older adults' views of their bodies are heavily influenced by their health. Chronic illnesses and poor health can negatively affect body image.^(43,44) This finding aligns with Şimsek et al. (2018)⁽⁴⁵⁾ in Turkey, who reported a significant relationship between health status and body image dissatisfaction in older adults.

Regarding self-concept, the study found a strong relationship between self-concept and psychological predictors (Table 3). The achievements and successes of academic emeritus contribute to their sense of honor and enhance their self-concept. Additionally, many academic emeritus engage in recreational activities, which are known to improve mental health, reduce stress, maintain high self-esteem and positive self-concept.⁽⁴⁶⁾

The current study aligns with cross-sectional research by Chen et al. (2021)⁽⁴⁷⁾ in China, which found a significant correlation between self-concept, life satisfaction, and psychological health among older adults. Our research also identified a highly significant relationship between resilience and functional predictors (Table 3). This may be explained by the fact that resilience enhances older adults' ability to withstand functional decline and helps them manage challenges related to impaired functionality.⁽⁴⁸⁾ This finding is consistent with Taylor et al. (2021)⁽⁴⁹⁾ in the US, who found that high resilience is linked to several aspects of physical health, including daily living activities, independence, mobility, fewer cognitive issues, longevity, better self-reported physical health, and successful aging.

Furthermore, our study showed a highly significant relationship between resilience and mental health (Table 3). This can be explained by the fact that resilience contributes to improved psychological and mental well-being by equipping older adults with the capacity to handle the challenges of aging, thus enhancing their overall well-being.⁽⁵⁰⁾ This result aligns with Mohseni et al. (2019)⁽⁵¹⁾ in Iran, who found that resilience is significantly related to mental and psychological health.

Regarding the relationship between body image and self-concept, the study found no statistically significant relationship among the studied academic emeritus (Table 3). This might be because older people generally have a better acceptance of their bodies compared to younger people, reducing the impact of body image issues on self-concept.⁽⁵²⁾ Additionally, the extensive educational background of academic emeritus makes them more aware of normal age-related changes and measures to promote a positive body image, contributing to a positive self-concept based on their academic achievements. Moreover, the study found that more than half of the academic emeritus were highly resilient (Figure 3). High resilience in later life is associated with favorable outcomes like a positive body image, as resilience helps older people adapt to physical changes without affecting their self-concept.⁽⁵³⁾

This result is supported by Chaim et al. (2009)⁽⁵⁴⁾ in Brazil, who found no significant relationship between body image and self-concept and noted that even those dissatisfied with their body image maintained a high self-concept. Conversely, Baker et al. (2009)⁽⁵⁵⁾ in Australia reported a significant relationship between body image and self-concept in older people. This discrepancy may be due to the diverse nature of the academic emeritus group, who derive their self-concept from their academic and research accomplishments rather than body image.

As regard relationship between body image and resilience; the present study revealed that there was a highly statistically significant relationship between body image and resilience among the studied academic emeritus. (Table 3). This can be attributed to resilience fostering health-promoting behaviors, such as healthy eating and physical activity, which enhance body appearance and promote a positive body image.⁽⁵⁶⁾ Additionally, a positive body image supports mental health, longevity, stress reduction, and resilience among older adults.⁽⁵⁷⁾ This is corroborated by Cline et al. (2018)⁽⁵⁸⁾ in Canada, who found a significant relationship between body image and resilience in older people. As regard relationship between self-concept and resilience; the present study revealed that there was a highly statistically significant relationship between self-concept and resilience among the studied academic emeritus. (Table 3) This is likely because effective coping with adversity requires individual resources like good health, functional well-being, optimism, and a positive self-concept.⁽⁵⁹⁾ This can be supported by a study conducted by Zhang, et al. (2023)⁽⁶⁰⁾ in China, who revealed that there was a highly statistically significant relationship between self-concept and resilience among older people.

Based on the study findings, it can be concluded that, the majority of the studied academic emeritus were between 65 and 70 years old, predominantly married, with over half being female. Most were affiliated to the faculty of Education, had sufficient income, and a strong social network. They generally followed a healthy lifestyle, more than half of them had moderate body appreciation and self-concept, were highly resilient, and nearly half of them had moderate function, the majority were depressed. Therefore, gerontological nurses should be aware of the causes of depression in later life and be proactive in providing mental health care. The Egyptian government should consider setting up comprehensive geriatric healthcare centers focused on primary prevention and early detection of age-related health issues, such as depression. Furthermore, exploring the relationship between resilience and depression could enhance mental health support and contribute to successful aging.

Conclusions and Recommendations:

Based on the study findings, it can be concluded that more than half of the studied academic emeritus had moderate appreciation level of body image, self-concept and high level of resilience. Also, there was a statistically significant relationship between body image, self-concept, resilience and successful aging predictor's among the studied academic emeritus. There was a statistically significant relationship between body image and functional predictor, physical and mental health. Additionally, there was a statistically significant relationship between self-concept and psychological predictor, resilience as well as functional health predictor. Over that, there was a statistically significant relationship between resilience and mental health.

Recommendations:

The following recommendations were reached in the light of the results of this study:

- Raising the awareness regarding factors that facilitate successful aging through health education programs and workshops for academic staff and professors in Damanhur University before retirement.
- Conducting educational program for the academic emeritus in Damanhur University about age-related changes that may disturb body image and self-concept in older people and conducting workshops about how to deal with.
- Encourage the academic emeritus to be included in gero-psychiatric programs like meditation and relaxation techniques that can enhance successful aging and minimize liability for depression.

Limitations of the study

Some challenges were encountered by the researcher during the data collection phase, such as some academic emeritus refused to communicate with the researcher because they were afraid of sharing any information that was specific to their personal lives, and their rationale was that they were working in the same field as the researcher works in. Also, I had to call each subject to ask permission to fill out the questionnaire, and this required a lot of time. Three subjects were excluded from the sample due to death of one member and illness of others.

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