



GENDER-NET Plus

Promoting gender equality in H2020 and the ERA

Final Dissemination Conference

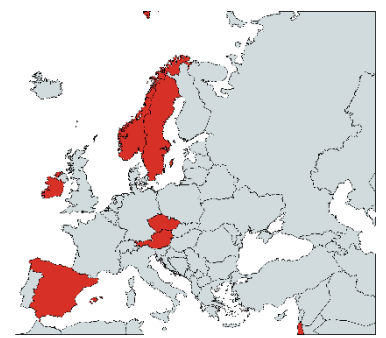
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GENPATH

**GENdered PATHways of Social Exclusion in Later Life,
and its Consequences for Health and Well-being**

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GENPATH-Partners & disciplines

Partners	Faculty	Disciplines
Masaryk University, Czech Republic PI Lucie Vidovičová	Faculty of Social Studies	Social sciences
Associated partner: Život90/Life 90, Czech Republic	non-government, not-for-profit humanitarian organization focusing on senior citizens	
Oslo Metropolitan University, Norway	Norwegian Social Research – Ageing and Housing studies	Sociology, psychology, gerontology
University of Barcelona, Spain	Faculty of Psychology	Psychology, psychogerontology
Linköping University, Sweden	Social and Welfare Studies, Division Ageing and Social Change	Sociology
National University of Ireland Galway	Irish Centre for Social Gerontology, Institute for Lifecourse and Society	Sociology, gender and social policy
University of Vienna	Sociology	Social gerontology, lifecourse studies, sociology of health and education
Haifa University	Research centre on ageing	Gerontology, gender, family roles

Background

15-30% of the older (65+) people living in Europe are socially excluded from mainstream society, and **women have a disproportional high risk to become socially excluded.**

- **Social exclusion** is a multidimensional concept. GENPATH's focus is on one dimension of social exclusion i.e., => **Excision from social relations (ESR)**
- **ESR** is a situation in which people are socially and emotionally disconnected from adequate levels of intimate relationships, social networks, social support, and/ or social opportunities
- **ESR** has objective and subjective aspects
 - Objective: no or only few social contacts => social isolation
 - Subjective: a mismatch between quantity or quality of relationships one has compared to those that they desire => loneliness
- **ESR** is unwanted in its own right, but also because of the physical and mental conditions, increased risk for hospital admission, & premature death that are associated with ESR.
- **ESR** might be the outcome of life long processes for which the seeds may be planted in childhood

Objectives

- 1) Examine the gendered pathways from early life socio-economic conditions, micro-, meso- and macro-influences to exclusion from social relations in later life;
- 2) Examine the health and wellbeing consequences in later life;
- 3) Provide scientific knowledge about how precise the welfare state influences the construction and outcomes of exclusion from social relations for both genders;
- 4) Inform policies and social actors.



Main results: Research papers

Doseděl, T., Menšíková, T., & Vidovičová, L. (2020). **Scaling Down the PGCM Scale to Assess Views on Ageing More Efficiently: Finding a New Alternative.** *International Journal of Environmental Research and Public Health*, 17(24), 9414.

Fucik, P. (2021). **Social Participation of Older Adults in Relation to Their Partnership History.** *SOCIOLOGICKY CASOPIS-CZECH SOCIOLOGICAL REVIEW*, 57(2), 165-191.

Pavlidis, G., Hansen, T., Motel-Klingebiel, A., & Aartsen, M. (2022). **Network and solitude satisfaction as modifiers of disadvantages in the quality of life of older persons who are challenged by exclusion from social relations: a gender stratified analysis.** *Applied Research in Quality of Life*, 17(5), 2859-2875.

Batista, L. G., Urbaniak, A., & Wanka, A. (2022). **Doing ageing research in pandemic times: a reflexive approach towards research ethics during the COVID-19 pandemic.** *Ageing & Society*, 1-12.

Urbaniak, A., Walsh, K., Batista, L., Kafková, M.P., Sheridan, C., Serrat, R., Rothe, F. (submitted to *Ageing & Society*) **Life-course transitions and exclusion from social relations in the lives of older men and women**

Rapolienė, G., & Aartsen, M. (2022). **Lonely societies: Low trust societies? Further explanations for national variations in loneliness among older Europeans.** *European Journal of Ageing*, 19(3), 485-494.

Aartsen, M., Walsh, K., Villar, F., Lowenstein, A., Katz, R., Naim, S., ... & Vidovičová, L. (2021). **Exclusion from social relations in later life and the role of gender: A heuristic model.** *Gender & Research, Gender a výzkum / Gender - and Research* 22 (1) 16-35.



Main results: Research papers

Hansen, T., Kafková, M. P., Katz, R., Lowenstein, A., Naim, S., Pavlidis, G., ... & Aartsen, M. (2021). **Exclusion from social relations in later life: micro-and macro-level patterns and correlations in a European perspective.** *International Journal of Environmental Research and Public Health*, 18(23), 12418.

Vidovičová, L. (2021) **Relationality as a Frame for the Chaos and Order of the Social Duality of Age and Gender** (Editorial)

Pavlidis, G., Motel-Klingebiel, A., & Aartsen, M. (2022). **Exclusion from social relations in later life: on the gendered associations of social networks with mental wellbeing.** *Ageing & Mental Health*, 1-9.

Petrová Kafková, M. (2023). **Sources of Loneliness for Older Adults in the Czech Republic and Strategies for Coping With Loneliness.** *Social Inclusion*, 11(1). – in press

Petrová Kafková, M., P. Fučík, M. Aartsen, T. Hansen, R. Katz, S. Pearl Naim, G. Pavlidis, R. Serrat, F. Villar, L. Vidovičová (2023). **Is there an association between the childhood conditions and the exclusion from social relations in later life?** *Polish Sociological review*. Accepted

Kafková, M. P. (2022). **Active Ageing Index as a Tool for Country Assessment and Comparison: The Case of the Czech Republic and Slovakia.** *Sociológia-Slovak Sociological Review*, 54(2), 168-185.

PETROVÁ KAFKOVÁ, Marcela. Dopady opatření proti covid-19 na exkluzi ze sociálních vztahů seniorů a senierek [**Impact of measures against covid-19 on exclusion from social relations of senior citizens**]. In Vladislava Závorská. *Proměny rodiny 10 : Vztahy v rodině v čase pandemie. Sborník příspěvků z konference.* Opava: Slezská univerzita v Opavě, 2022. s. 24-36. ISBN 978-80-7510-513-4. (published sborník D)

Celdrán, M. (2022). ¿La soledad es una buena compañera de viaje en mi vida? [**Is loneliness a good travel companion in my life?**] In J.R. Riera (ed.), *Las soledades. Reflexiones, causas y efectos* (pp.129-136). Icaria editorial and Editorial Ayuntamiento de Barcelona. ISSN: 978-84-18826-71-9 (Book chapter)

Ågren, A., & Pavlidis, G. (2023). **Sense-making of loneliness and exclusion from social relations among older adults in Sweden.** *The Gerontologist*, gnad005.

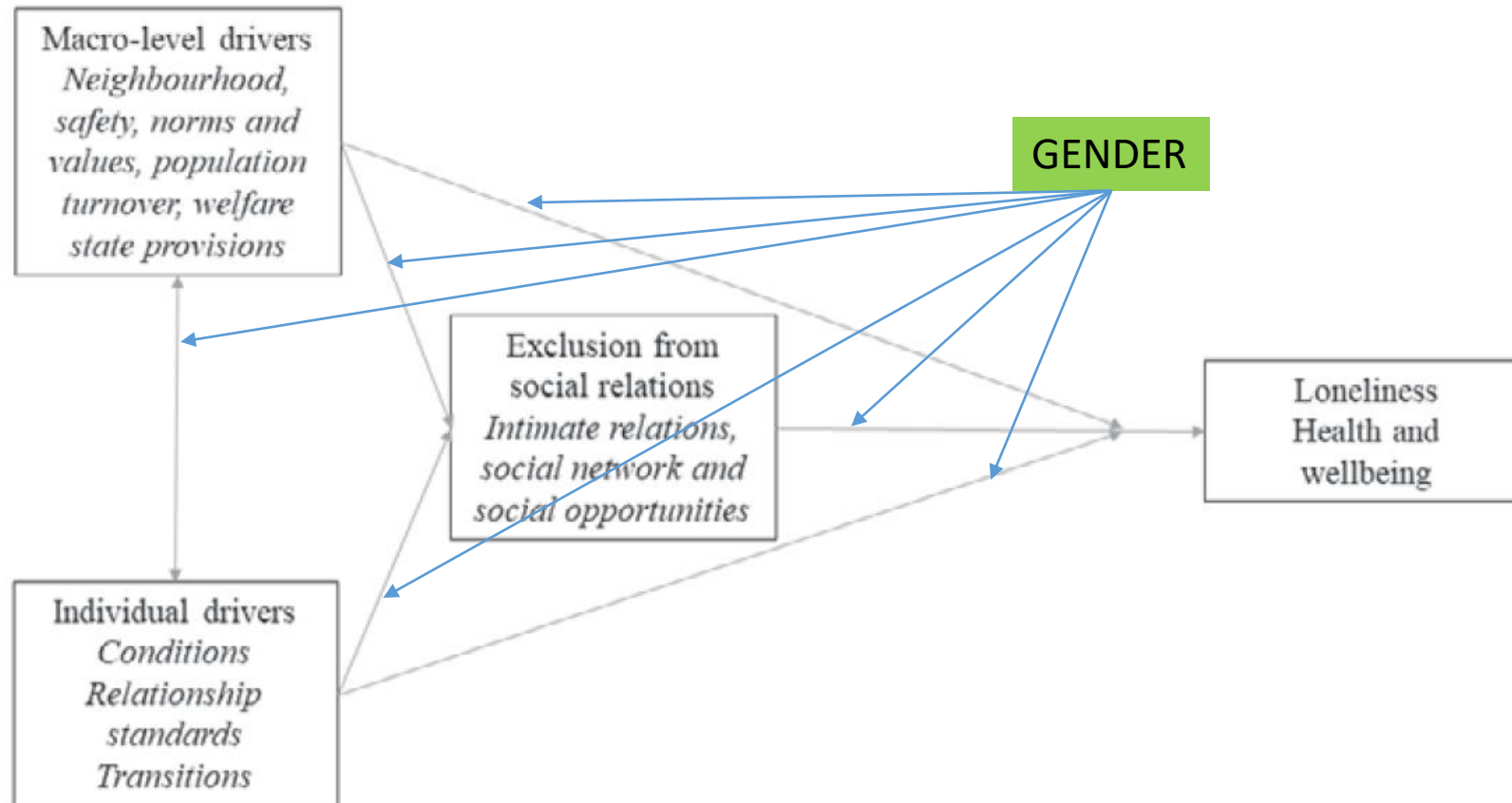


Main results

- Women are more often caregivers => disrupted careers => economic disadvantage => limited option for social and economic participation in later life => Social isolation => Loneliness (Aartsen et al., 2021)
- There is a northwest to southeast gradient, with the lowest rates of ESR in the stronger welfare states of Northwest Europe. National policies and cultural and structural characteristics may play a role in fostering sociability and connectivity (Hansen et al., 2021)
- Transitions (onset of ill-health, bereavement, retirement and relocation) translate into multidimensional experiences of exclusion from social relations (Urbaniak et al., submitted).
- The negative impact of being alone and loneliness on mental health is much higher for women than for men (Pavlidis et al., 2022)
- Early childhood conditions can lead to loneliness and social isolation in later life. For men it are physical conditions and for women it is the cultural capital of the family of origin that leads to loneliness and social isolation (Petrová Kafková et al., in press).



Main result: Heuristic model for ESR



Main results: Lecture

Lecture on old age and exclusion from social relations risks in order to support the potential of early intervention for better later life outcomes **for secondary school's curricula in all national languages of participating countries**

*Worksheet for Teachers: Lesson A
How to Deal with Loneliness (Not Only) in Older Age: Pressing Issues of Our Time*

Worksheet for Teachers: Lesson A

Lesson Title: *Aloneness and Loneliness at Various Stages of Life*

Lesson objectives: The objective of the lesson is to introduce pupils to the topics of *aloneness and loneliness*, enabling them to recognize the differences and similarities

How to Deal with Loneliness (Not Only)

Worksheet for Teachers: Lesson B

Lesson Title: *What Is Aloneness and Loneliness and How Can We Actively Listen to Others?*

Lesson objectives: The objective of the lesson is to introduce pupils to the topics of *aloneness and loneliness*, enabling them to recognize the differences and similarities

*Worksheet for Teachers: Lesson C
How to Deal with Loneliness (Not Only) in Older Age: Pressing Issues of Our Time*

Worksheet for Teachers: Lesson C

Lesson Title: *Loneliness and Ageism at Various Stages of Life*

Lesson objectives: The objective of the lesson is to reflect with pupils on the topics of *loneliness and aloneness*, enabling them to recognize the differences and similarities



Expected socio-economic impact

- Increased awareness of the nature of gender differences in later life loneliness and social isolation
- Increased understanding of the gendered risk-factors for social isolation and loneliness
- Raised awareness of undergraduates about loneliness and social isolation in later life by the development of a lecture
- Raised awareness of policy makers, stakeholders and older people representations of gender differences in loneliness and social isolation in later life
- Attention for childhood conditions might improve the (cost-) efficiency of interventions to reduce ESR



Directions for future research: ...

Move beyond the more descriptive studies of gender differences...

- Focus on social conflicts over the life course and how that has a gendered impact on social isolation, loneliness and health in later life
- Investigate how forced social isolation (social distancing during COVID 19) impact loneliness in older men and women
- How do welfare state provisions moderate associations between social exclusion and health? Are there gender differences?
- How can we understand the gender inequalities in life expectancy and healthy life expectancy?
- How are childhood socio-economic conditions associated with trajectories of mental and physical health, and why/how is it different for men and women?
- What are the trajectories into and out of ESR?
- Which factors protect against ESR? (not necessarily the contrasts of riskfactors)

