

# The Effect of Age Stereotype in Elderly Adults with the Mediation Role of Self-Esteem and Sense of Coherence

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**Abstract:** This systematic review article considers the intertwining of sense of coherence, self-esteem, and age stereotype among the heterogeneous aging population. Aging is multifaceted and complex, and older persons are a mosaic of values, experience, and psychological responses to society's perception of their age. Underpinning this portrayal is the understanding that aging is not unidimensional but rather a complex aggregate of processes, challenges, and psychological processes. The first half describes the interdependence between age stereotypes and age discrimination and calls for the struggle against ageism at the social, institutional, and individual levels. The second half explores the influence of negative aging stereotypes on the self-concept of the elderly in Poland. It is necessary to investigate these processes to develop interventions and support systems suitable for the specific needs of the aging population. The third part deals with the complex cluster of self-concepts of self-esteem. The variability of self-esteem of the elderly ranging from high self-worth and confidence to low self-esteem and doubtfulness and low self-worth. Intervention must be specialized in trying to construct self-esteem, considering the variability of values of the elderly. In the fourth part, we deal with resilience continuum and the connection with age. Sense of coherence, a construct of Antonovsky's psychology, is the centerpiece of resilience research on older individuals. Optimal sense of coherence enables individuals to manage old-age adversity and how lack of sense of coherence exposes them to the psychological impacts of stereotypes on old age. The dynamics of the aging population on the continuum, discussed in the problems of the fifth section, illustrate the response to age stereotypes and resilience and how these affect overall well-being.

**Keywords:** age stereotypes, coherence, aging, resilience, positive narratives

## Introduction

Aging is an inescapable stage of human life, a life journey that entails a set of experiences, bodily changes, and development of the mind.<sup>1</sup> Aging is a process that extends from birth to the end of life. There is a very wide variety of people on this long canvas of aging whose lives are altered by time, culture, and society. Perhaps, the most profound aspect of aging and one that profoundly influences these experiences is the widespread presence of age stereotypes.<sup>2</sup>

Age stereotypes are not limited to a specific range of values but instead permeate the entire range that covers a broad spectrum of preconceived notions, prejudices, and beliefs about older people based on their age.<sup>3</sup> They generally appear in the form of ageist assumptions that pervade society at large. From the stereotype of the older person as weak and helpless to the stereotype of the older person as technologically uninformed, these stereotypes of age contain within them a variety of restrictive values that can have a negative impact on the lives of older persons.<sup>4</sup>

The ill effect of these age stereotypes transcends rudimentary social attitudes and biases.<sup>5</sup> It extends to the far reaches of the psychological as well as physical health of older persons, influencing the quality of life and general well-being. Studies with a wide array of values from cognitive decline to depressive symptoms demonstrate the enduring effect of embracing negative age stereotypes.<sup>6</sup> The chronic stress of dealing with age-related prejudice can ramp up health concerns, contributing to worsening overall well-being.

Here we enter the complex and multifaceted scenario of the interaction among sense of coherence, self-esteem, and age stereotypes. Our entry spans a wide range of values and experiences from individuals who have attained a sound sense of self-esteem and firm sense of coherence to those individuals who will obtain it with challenges.

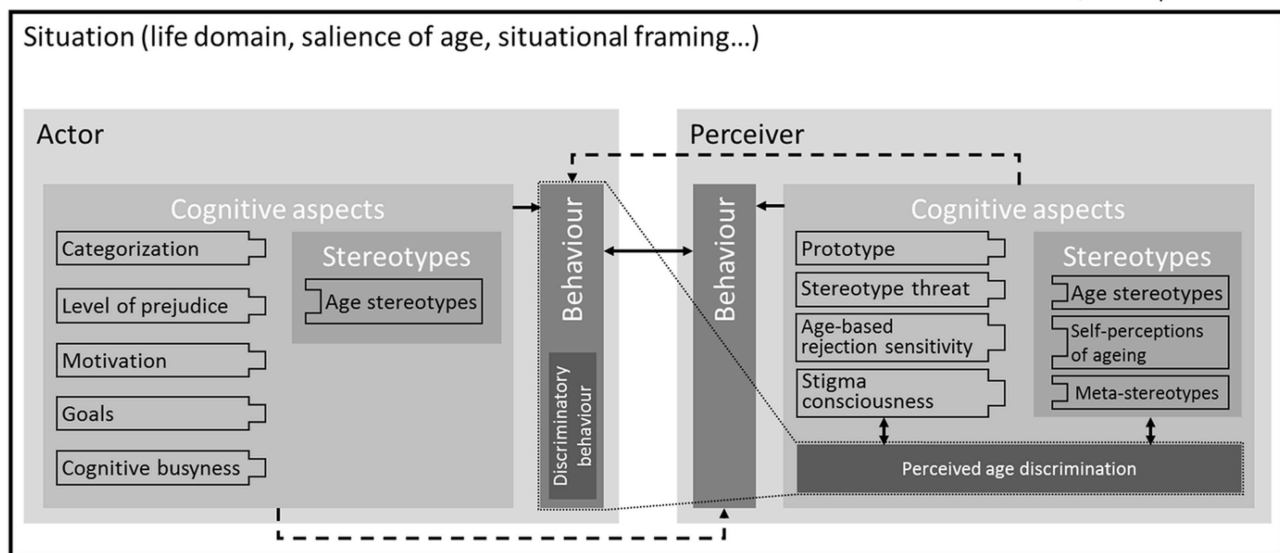
In this article, we were concerned with the influence of age stereotypes on older individuals and the mediating functions of self-esteem and sense of coherence. Through the breakdown of such an intricate interaction, we intended to enlighten how such psychological variables communicate with each other within the dynamic value range of ageing individuals. Our objective is to shed light and knowledge that can ultimately guide interventions and strategies to enhance a more positive and healthier aging experience for all older adults, wherever they are on this multidimensional spectrum of values and experiences.

## Age Stereotypes - A Spectrum of Perceptions

Stereotypes for age are very general assumptions and values.<sup>7</sup> They can be as extremely prevalent expectations that older people are frail, dependent, and lacking in technical skills to more favorable stereotypes for experience and wisdom. These stereotypes have the potential to deeply influence the perceptions of older people and society's perception of them,<sup>8</sup> as shown in Figure 1. The image portrays graphically the ways that negative aging stereotypes have effects of age-based discrimination. Stereotypes based upon popular assumptions about older frailty, dependency, and technological illiteracy translate directly into prejudicial treatment and have mental health effects upon the older individual. The photograph may also describe the ways the stereotypes affect social interaction and self-concept. The stereotype-discrimination cycle is identified, highlighting the strong influence of assumptions regarding maturity on psychological processes and sociocultural interaction with the aged.

Macro- and meso-level (stereotypes, norms, values, laws, organizational climate...)

↔ mutual impact  
- - - interpretation of



**Figure 1** The Connection between Age Stereotypes and Age-Based Discrimination. Reproduced from Voss P, Bodner E, Rothermund K. Ageism: the relationship between age stereotypes and age discrimination. In: Ayalon L, Tesch-Römer C, editors. Contemporary Perspectives on Ageism. International Perspectives on Aging. Vol. 19. Cham: Springer; 2018. © 2018 The Author(s). CC-BY.<sup>9</sup> These stereotypes have the potential to deeply influence the perceptions of older people and society's perception of them,<sup>8</sup> as shown in the image portrays graphically the ways that negative aging stereotypes have effects of age-based discrimination. Stereotypes based upon popular assumptions about older frailty, dependency, and technological illiteracy translate directly into prejudicial treatment and have mental health effects upon the older individual. The photograph may also describe the ways the stereotypes affect social interaction and self-concept. The stereotype-discrimination cycle is identified, highlighting the strong influence of assumptions regarding maturity on psychological processes and sociocultural interaction with the aged.

## Negative Stereotypes: A Pervasive Range

On the other side of the continuum are the negative stereotypes that are imposed upon older adults. These range from perceiving seniors as weak and dependent to perceiving them as less cognitively able.<sup>10</sup> Ageism in this case can be most destructive, as it instills worthlessness and isolation in older adults.

## Positive Stereotypes: A Glimmer of Hope

Conversely, the range of age stereotypes covers positive ideas of aging too. Older people tend to be respected for gained experience, wisdom, and insight through history.<sup>11</sup> Awareness of these traits is useful in ensuring improved self-concept and aging well-being.<sup>12</sup>

## Nuanced Perceptions: The Gray Areas

Between the extremes of negative and positive stereotypes exist more nuanced attitudes toward aging.<sup>13</sup> These are culture-dependent, generation-dependent, and experience-dependent. Some will think overwhelmingly negatively about aging, while others will indulge in a balanced appreciation of the challenges as well as the promise of prolonged old age.

## Self-Perceptions: Internalizing the Spectrum

It should be noted that aging individuals themselves internalize these perceptions, often placing themselves on the age stereotypes continuum.<sup>13</sup> For some, this could imply internalizing the negative elements of ageism and thus becoming uncertain and insecure in themselves. For others, embracing positive stereotypes may lead them to perceive aging more positively.

In the dynamic range of age stereotypes, the range of values and perceptions one is exposed to has a strong influence on their aging experiences.<sup>14</sup> Knowledge of this dynamic range is vital in understanding the long-term effects of age stereotypes on the quality of life among older persons. This brings us to investigate further the interaction between these perceptions and psychological factors like self-esteem and sense of coherence and how they affect the lives of older adults.

## Problem of the Study

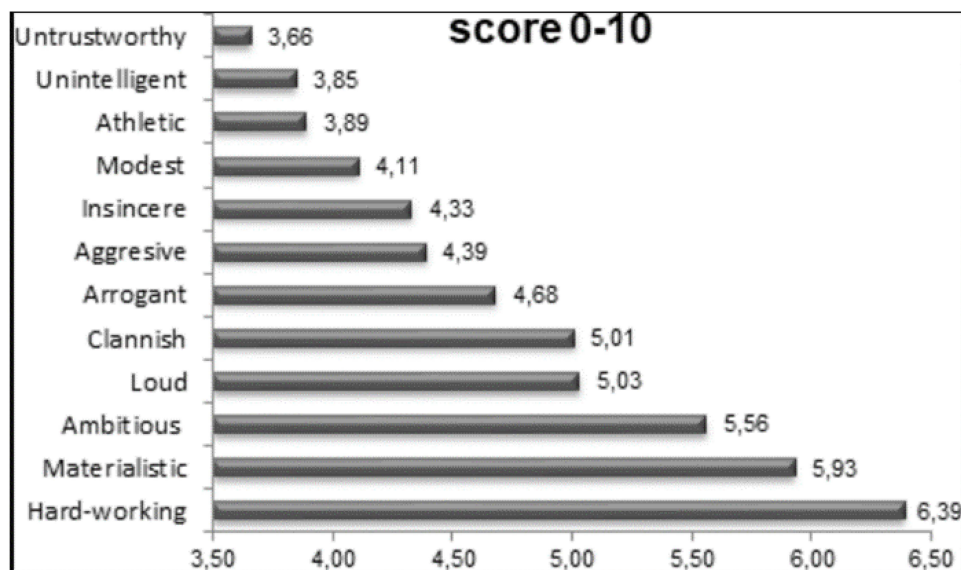
The central issue being debated in this article is the impact of age stereotypes on older adults, ie, how age stereotypes affect psychological well-being, self-concept, and sense of coherence. Age stereotypes, ranging from the negative perception of frailty and dependency to the positive presumption of experience and wisdom, exert a significant impact on older adults' self-perception and the way others perceive them. These stereotypes not only characterize their social relationships but also their internal psychological state, influencing mental health and overall well-being.

## Research Gap

Although there is a wide body of research on age stereotypes and psychological effects, there is still a lack of research on the mediation of sense of coherence and self-esteem in the effects of age stereotypes on older adults. This research will bridge this gap by concentrating on the heterogeneous continuum of resilience and self-esteem among older adults, highlighting the importance of addressing individual differences in responding to aging stereotypes. Besides that, research also tends to discover the way stereotypes and psychological processes work together to control the aging process, which otherwise tends to be overlooked under research focusing on stereotypic-negativity.

## Objective and Motivation

The main aim of this review is to investigate the complex interrelation among sense of coherence, self-esteem, and age stereotypes in relation to resilience against ageism in society. In a consideration of the multi-dimensional experience of aging, the research aims to present a deeper understanding of the role of self-concept as a buffer against or amplifier of the impact of age stereotypes. The purpose of this study is to guide more effective, individually centered interventions in encouraging the promotion of self-esteem and assistance with achieving high levels of coherence, resulting in healthier and more positive aging outcomes in older adults.



**Figure 2** Perceived Self-Image Among Polish Elderly in the Context of Negative Stereotypes. Reproduced from Ramos-Oliveira D, Pankalla A. Negative stereotypes: an analysis of Social Cognition in different ethnic groups. *Social cognition of stereotypes*. Psicogente. 2019;22:1–15. CC-BY.<sup>17</sup> In this range of psychological impact, a variety of experiences and challenges arise that mirror the heterogeneity of older adults and their reactions to these stereotypes,<sup>16</sup> as illustrated in figure 2. This is one way Polish older adults perceive themselves after internalization of aging-negative stereotypes. It can illustrate how the negative aging stereotypes (eg, frailty or restricted intellectual capacity) impact their sense of self, displaying a range of low to higher degrees of self-confidence regardless of how they perceive in society.

## The Psychological Impact of Negative Stereotypes

Negative age stereotypes exert a powerful array of psychological impacts on older persons. Research has identified that internalizing negative age stereotypes will probably lower self-esteem, as is apparent in the previous work,<sup>15</sup> whose work indicated that those older adults that internalize negative perceptions of growing old have lesser self-esteem as well as heightened susceptibility to emotional distress. In this range of psychological impact, a variety of experiences and challenges arise that mirror the heterogeneity of older adults and their reactions to these stereotypes,<sup>16</sup> as illustrated in Figure 2. This is one way Polish older adults perceive themselves after internalization of aging-negative stereotypes. It can illustrate how the negative aging stereotypes (eg, frailty or restricted intellectual capacity) impact their sense of self, displaying a range of low to higher degrees of self-confidence regardless of how they perceive in society.

## Diminished Self-Worth: The Spectrum of Self-Esteem

For others, internalization of negative age stereotypes results in a sharp decline in self-esteem.<sup>18</sup> The decline in self-worth encompasses a broad spectrum of values, from low self-doubt to extreme self-deprecation. The effect can be described as feelings of inadequacy and decreased sense of personal worth.<sup>19</sup>

## Emotional Consequences: The Varying Range of Feelings

Psychological impacts of negative age stereotypes are widespread, and they encompass the entire range of emotions. Older people go through a range of emotions from unhappiness to concern, anger, and frustration.<sup>20</sup> The extent of their impact on their health is vast with a range influenced by personal strength and coping.

## Social Isolation: The Spectrum of Loneliness

Because of negative stereotypes, older persons end up becoming socially isolated and suffer from various levels of loneliness.<sup>21</sup> These experiences are on a continuum from intermittent loneliness to intense social isolation, impacting not just their mental health but also their physical health.<sup>22</sup>

## Depression and Anxiety: The Severity of Mental Health Issues

The psychological impact of negative age stereotypes can lead to the development of mental illness, for example, depression and anxiety.<sup>23</sup> These illnesses range from mild and controllable to severe and debilitating, and often need expert advice and treatment.

## Cognitive Impact: A Spectrum of Cognitive Decline

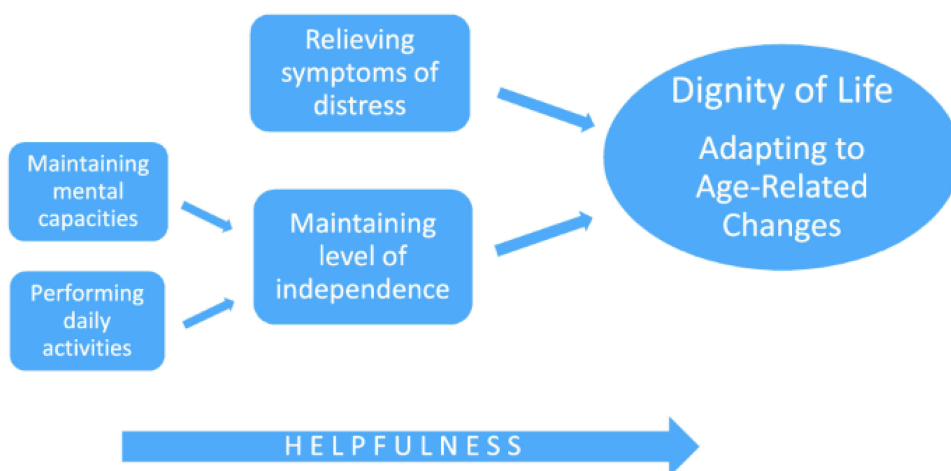
The spectrum of psychological effects reaches to cognitive functioning.<sup>24</sup> Cognitive impairment, ranging from mild memory impairment to more pronounced cognitive deficits, may develop in some older adults who internalize negative age stereotypes. Its effect on everyday functioning is variable in this spectrum. Differential psychological effect of negative age stereotypes is essential in the tailoring of interventions and support to the spectrum of needs among older adults.<sup>25</sup> By understanding this range of experience, we can better address the challenges faced by older individuals as they struggle with the complexities of aging and how they are shaped by the attitudes of society.<sup>26</sup> It provides the backdrop of our consideration of how the self-esteem and sense of coherence act as mediating variables for the effects as we attempt to offer some insight and ideas concerning means of improving the well-being for older adults at all levels of response to age stereotypes.

## Self-Esteem - A Diverse Array of Self-Perceptions

Self-esteem is one of the central psychological variables with variation along the axis of aging populations.<sup>27</sup> The study offers evidence that exposure to positive stereotypes of aging can enhance self-esteem and improve health outcomes,<sup>28</sup> demonstrating how positive or negative stereotypes can shape the self-perception of the elderly. There are some of the elderly who have a healthy sense of self-worth and self-efficacy, but others are struggling with low self-esteem as a result of internalized stereotypes. The effect of self-esteem varies and affects mental wellbeing, relationships, and quality of life,<sup>29</sup> already cited in Figure 2.

## High Self-Esteem: A Positive Self-Perception

Some individuals with older people are of higher self-esteem and possess a constructive self-concept of their competence and worth. They are more towards the superior end of the self-esteem dimension, and they are assured, self-assured, and perceive their own aging constructively.<sup>30</sup> Their self-esteem is an area of strength that enables them to manage the challenge of age stereotyping in a gracious manner as presented in Figure 3. The connection of self-esteem with engagement has been established in Figure 3 that high self-esteem facilitates



**Figure 3** Positive self-perceptions among older adults. Reproduced from Mulholland F, Jackson J. The experience of older adults with anxiety and depression living in the community: aging, occupation, and mental wellbeing. *Br J Occup Ther*. 2018;81:657–666. Copyright © 2018, Sage Publications.<sup>31</sup> Their self-esteem is an area of strength that enables them to manage the challenge of age stereotyping in a gracious manner as presented in Figure 3. The connection of self-esteem with engagement has been established in Figure 3 that high self-esteem facilitates “doing”, overcoming barriers to maintain occupational identity. The opposite end of the continuum, low self-esteem heightens barriers, keeps a person engaged and had a negative idea of self. It is crucial to overcome these barriers with interventions to generate healthy self-concepts in older adults. Introspection and resiliency are critical to self-worth.

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## Moderate Self-Esteem: A Balanced Self-Concept

In the midpoint of the spectrum of self-esteem, we have older adults who possess average self-esteem. These individuals have a balanced concept of self who also recognize their strengths and weaknesses. They have a realistic and practical view of aging, and for most cases, this allows them to counter age stereotypes with a feeling of empowerment and flexibility.<sup>32</sup>

## Low Self-Esteem: Struggling with Negative Self-Perceptions

Some of the elderly suffer from low self-esteem, with skewed self-concepts to the negative end of the scale.<sup>33</sup> They struggle with self-doubt, inadequacy, and low self-worth. Internalization of negative stereotypes of aging by these individuals has the potential to worsen such negative self-concepts, thus making it challenging for them to cope with the aging process.

## Varied Responses: The Complex Interplay

Self-esteem continuum occupies a wide continuum of reaction to stereotypes regarding age. There is an assortment of differing values held in older adults’ self-concept, and such values affect which stereotypes they receive.<sup>34</sup> Being able to grasp such complicated interactivity is vital towards the generation of interventions and aid that appropriately fits individuals of different positions in the self-esteem continuum.

## Promoting Positive Self-Esteem: Strategies for Enhancement

Since self-esteem plays a significant role in shaping the experience of aging, there is a need to develop ways of promoting positive self-perception among older adults.<sup>35</sup> Treatment may be in the form of cognitive-behavioral therapy, self-esteem building workshops, and support groups that can improve self-esteem and have a more positive perception of the aging process.

By recognizing the heterogeneity of self-esteem values and reactions in older adults, we are more able to value the distinct strengths and challenges that they have to offer as they navigate life.<sup>36</sup> That is the basis for our exploration of the relationship between self-esteem and age stereotypes and how it impacts well-being more broadly. In doing so, we try to offer information and guidance that might help empower older adults, wherever they are on the complex continuum of self-perceptions and values to self-esteem.

## Sense of Coherence - A Continuum of Resilience

Sense of coherence is another important psychological variable that comes into the equation to serve as a mediator of age stereotype effect. It is a variable on a continuum, and there are some older adults with a good sense of coherence, while others falter in sense-making and coping with age-related challenges.<sup>37</sup>

This coherency spectrum has a great impact on the world’s well-being and capacity to undo the negative effects of age stereotypes. As discovered in one study, social support is an important factor to counteract the adverse impact of age stereotypes. Individuals with a more salient sense of coherence have a clearer idea of problems associated with aging as being their own and thus become more resilient.<sup>38</sup>

“Aging and the Continuum of Resilience”, as represented in Figure 4, is the continuum of resilience in aging adults on psychological resource factors such as self-esteem and sense of coherence and provides for psychological adaptation despite negative health events. These are individuals who have high self-esteem and high sense of coherence and are thus likely to be resilient, and they perceive adversity as meaningful with a positive perspective towards aging. Those with lower self-esteem and lower coherence are more susceptible to the negative effects of age stereotypes and thus find it harder to make sense of life and





**Figure 4** Aging and the Continuum of Resilience. Reproduced from Lavretsky H, Irwin MR. Resilience and Aging. *Aging Health*. 2007;3(3):309–323. Rights managed by Taylor & Francis.<sup>39</sup> “Aging and the Continuum of Resilience”, as represented in Figure 4, is the continuum of resilience in aging adults on psychological resource factors such as self-esteem and sense of coherence and provides for psychological adaptation despite negative health events. These are individuals who have high self-esteem and high sense of coherence and are thus likely to be resilient, and they perceive adversity as meaningful with a positive perspective towards aging. Those with lower self-esteem and lower coherence are more susceptible to the negative effects of age stereotypes and thus find it harder to make sense of life and issues within it. This highlights the importance of targeted early interventions, such as self-esteem-enhancing activities and coherence-evoking therapies, for those on the lower end of this continuum in an attempt to foster resilience and overall well-being.

issues within it. This highlights the importance of targeted early interventions, such as self-esteem-enhancing activities and coherence-evoking therapies, for those on the lower end of this continuum in an attempt to foster resilience and overall well-being.

### Strong Sense of Coherence: A Foundation for Resilience

At the other end of this spectrum is high coherence. They possess a very high level of meaning making of life events as meaningful, manageable, and understandable. High coherence enables them to cope and make sense in the face of adversity related to old age, having a solid base for resilience,<sup>40</sup> as seen in Figure 4. This graph shows the resilience continuum of older persons, how self-esteem and sense of coherence affect their capacity to handle problems of aging. The graph presumably indicates a continuum from highly resilient persons (those who easily adapt to aging) to less resilient persons, who have difficulties with problems of aging.

### Moderate Sense of Coherence: A Balanced Perspective

Middle of continuum, Older individuals who have a moderate sense of coherence,<sup>40</sup> maintain an even balance, seeing the challenges and the chances that accompany aging. Even when faced with problems due to age stereotyping, their moderate sense of coherence provides them with the potential to cope and make sense of such events.

### Weak Sense of Coherence: Struggling for Resilience

Some of the older individuals have a low sense of coherence, especially after being exposed to the negative result of age stereotypes. Such persons with low sense of coherence will find it hard to make sense of their experience in life as well as possibly fail to realize aging as sense-making.<sup>40</sup> The resilience continuum of these persons is weak, and it is thus difficult to resist the psychological effects of age stereotypes.

### Diverse Responses: The Continuum in Practice

The sense of coherence continuum captures the wide variation in values and reactions among older people. It determines how they perceive and cope with age stereotypes. Knowledge of the sense of coherence continuum is important for the development of interventions and support systems that address the unique needs of individuals along the continuum.<sup>41</sup>

## Fostering Sense of Coherence: Strategies for Empowerment

Since sense of coherence is so crucial in predicting aging experience, there is a need to come up with measures of enhancing and stimulating the factor.<sup>40</sup> Some of these are reminiscence therapy, mindfulness exercises, and life review in order to achieve a higher sense of coherence and age-stereotype resistance.

## Interactions Within the Spectrum of Aging Individuals

The interaction between age stereotypes and self-esteem and sense of coherence is different across the wide value diversity among older people. Some with high self-esteem and high coherence can be less affected by the psychological impact of age stereotypes,<sup>42</sup> but other people may be more disturbed by lower self-esteem and poor coherence. One study examined how stereotype threat impacts the performance and self-esteem of older persons and discovered that those who were more self-assured and had high coherence were less vulnerable to the ill effects of stereotype threat.<sup>43</sup>

## Diverse Responses to Age Stereotypes

Older adults react to age stereotypes in varying ways, and reactions are generally proportionate to their location on the aging experience continuum.<sup>44</sup> Those with high self-esteem and a strong sense of coherence will be more likely to be resilient in reacting to stereotypes as misperceptions and not internalizing them. Those with low self-esteem and poor sense of coherence will be more vulnerable to negative stereotypes and have lower self-esteem and emotional distress.<sup>38</sup>

## Resilience Across the Spectrum

The resilience theory is significantly different across the aging population.<sup>45</sup> Greater self-esteem and a better sense of coherence are predictors of being resilient to the psychological effects of age stereotypes.<sup>39</sup> These people can more effectively make sense of their experience, manage adversity, and have a positive attitude toward aging.<sup>1</sup>

## Impact on Well-Being

Age stereotypes, self-esteem, and sense of coherence all influence the well-being of aging populations. The impact of stereotypes positive or negative on psychological function is mediated by these internal psychologic variables.<sup>46</sup> In the interactions at the continuum of aging populations, there are broad variations in outcome of well-being from excellent life satisfaction to increased risk to mental health issues and cognitive disability.

## Customized Interventions

In acknowledging the heterogeneity of experience and need throughout the course of aging, interventions and support structures ought to be responsive in addressing them. Consistent with previous studies, age-stereotype decreasing interventions at the workplace have been effective in enhancing job satisfaction and self-esteem for older employees.<sup>47</sup> Tailoring strategies for improving sense of coherence and self-esteem can strengthen individuals at different stages of the spectrum in a way that they can meet age stereotypes.<sup>48</sup>

## Fostering Positive Aging Experiences

Lastly, it is the intent of comprehending interactions within individuals' age ranges to promote positive aging experiences.<sup>49</sup> By having an understanding of the role of sense of coherence and self-esteem in mediating the impact of age stereotypes, we can move forward with intervention and support measures that enable aging individuals to become resilient, worthy, and increased quality of life. This is the foundation of the general conclusion of the article, which is to highlight the significance of appreciating the heterogeneity of experience and reaction among the elderly. It emphasizes the significance of interventions that are individualized and consider the broad range of values and perceptions that the elderly encounter in coping with the challenges of aging,<sup>50</sup> societal attitudes, and their own psychological states.



## Implications for a Diverse Aging Population

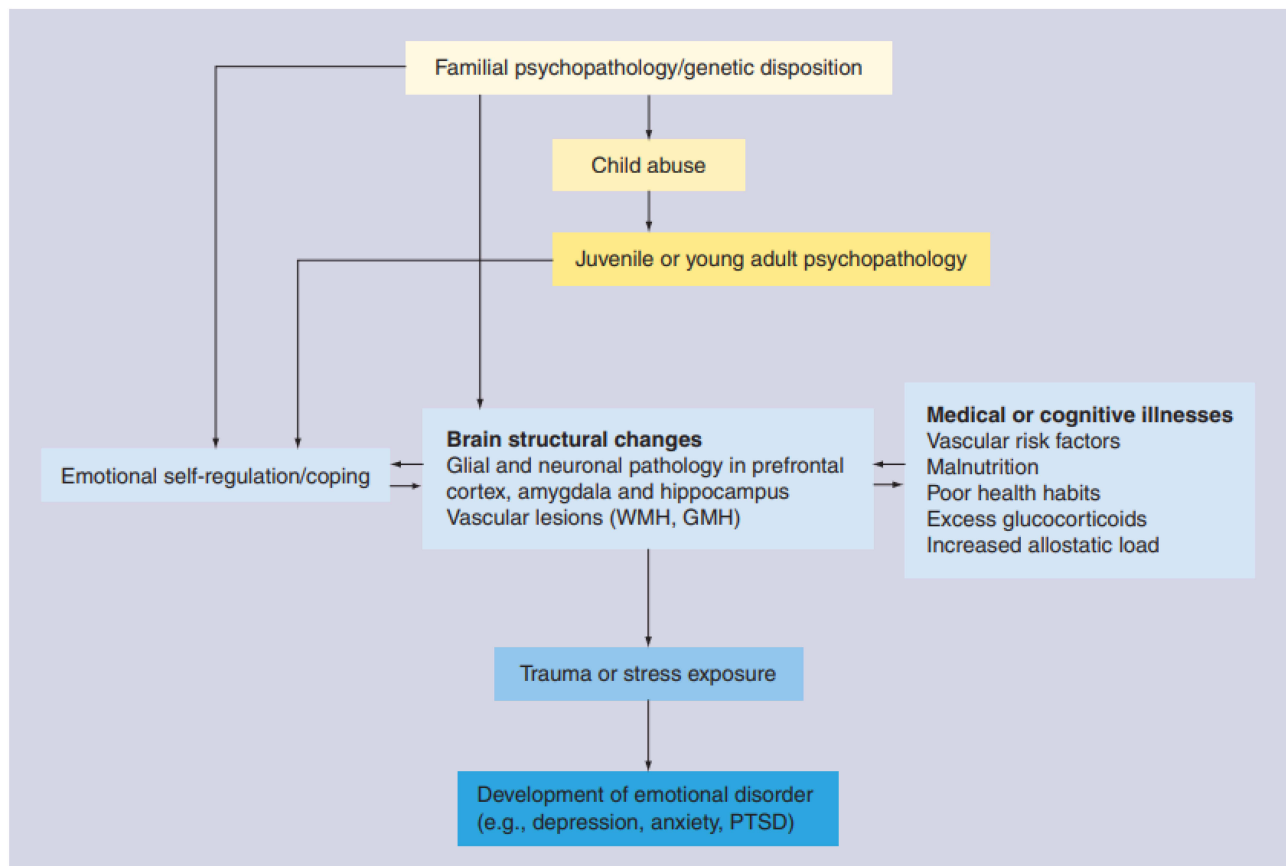
Understanding the dynamic interactions of the aging continuum is essential to the development of interventions and interventions for meeting the diverse needs of older adults. Interventions must take into account the self-esteem and sense of coherence levels in an attempt to improve these psychological predictors to facilitate healthier and improved aging for everyone, irrespective of their position in the complex web of values and experiences,<sup>51</sup> as presented in Figure 5. The figure depicts ways in which older individuals with psychological problems from internalized negative stereotypes, social loneliness, or helplessness can be supported. It may involve interventions like mental health interventions, community support interventions, and resilience therapy.

## Addressing Ageism at All Levels

To facilitate positive aging experiences, ageism that reinforces negative stereotypes needs to be addressed at multiple levels, such as societal, institutional, and individual.<sup>51</sup> Campaigns of societal consciousness, training, and policy reforms can work against ageist attitudes and create a more respectful and inclusive atmosphere for older persons.

## Tailored Interventions

With the realization of the varying reactions to age stereotypes, interventions should be individualized to address the unique needs of the aging population throughout the continuum. Interventions can be in the form of activities that



**Figure 5** Accommodating methods to elder people facing psychological strength difficulties. Reproduced from Biering P. Helpful approaches to older people experiencing mental health problems: a critical review of models of mental health care. *Eur J Ageing*. 2019;16:215–225. Copyright © 2018, Springer Nature B.V.<sup>52</sup> Interventions must take into account the self-esteem and sense of coherence levels in an attempt to improve these psychological predictors to facilitate healthier and improved aging for everyone, irrespective of their position in the complex web of values and experiences,<sup>51</sup> as presented in Figure 5. The figure depicts ways in which older individuals with psychological problems from internalized negative stereotypes, social loneliness, or helplessness can be supported. It may involve interventions like mental health interventions, community support interventions, and resilience therapy.

enhance self-esteem, foster sense of coherence, and combat age stereotypes.<sup>42</sup> The interventions should be flexible and responsive, with regard to the varying values and experiences of the aging population.

## Mental Health Support

With the impact of negative stereotypes on mental illness, existing mental health care for older people is significant.<sup>23</sup> Relief strategies to mental distress and side effects are described in [Figure 5](#).

Services must be targeted towards the treatment of a range of psychological reactions to age stereotyping, from mild distress to severe depression and anxiety.<sup>53</sup> Culturally responsive mental health services are essential to responding to the multifaceted needs of older adults.

## Promoting Positive Self-Concept

Promoting a healthy concept of self in older adults is crucial. Self-esteem-enhancing workshops, support groups, and one-on-one counseling can assist older adults in breaking free of negative conceptions of self and adopting a more favorable approach toward aging.<sup>54</sup> Acknowledging the wide variety of self-esteem values among the aging population, each person's individual place on the continuum of self-esteem can be targeted through interventions.

## Enhancing Sense of Coherence

To improve sense of coherence, interventions can consist of life review sessions, mindfulness training, and reminiscence therapy.<sup>55</sup> The interventions assist older adults in identifying meaning and purpose in their life experiences wherever they might be on the sense of coherence continuum.

## Promoting Positive Aging Narratives

One of the most important implications is to create positive aging stories. By altering the cultural discourse of aging, we can make people view their older age as a period of development, wisdom, and ongoing satisfaction with life.<sup>56</sup> This attitude change can not only affect the sense of self-worth and purpose of the individual but also society's perception of aging.

## Inclusivity and Diversity

In all interventions and activities of that nature, one must be conscious and sensitive to the heterogeneity of the elderly person, founded upon considerations of life experience, socioeconomic status, gender, and culture. Inclusivity is vital in ensuring that it addresses the needs of the vastly diverse range of the elderly and can ensure that they can age in dignity and good health.<sup>57</sup> The implications as debated necessitate a strategy to cater to the range of values and experiences of the aged. By embracing and honoring such diversity, we may strive for a fairer and more understanding society for the aged so they may live out their days with dignity, virility, and quality of life.<sup>58</sup>

## Conclusion

The influence of age stereotypes on aging persons is a very complex topic of great psychological consequence and influence to their well-being. The pathways through which ill age stereotypes destroy aging persons have been considered, and self-esteem and sense of coherence have mediating functions to fulfill.

Aging is not a uniform process; the older people exhibit heterogeneity of experiences and coping due to age stereotypes. Those who have high self-esteem and coherence are better equipped to cope and are less vulnerable to age threats. Those with low self-esteem and fragile coherence, on the other hand, are susceptible to the negative psychological impact of age stereotypes.

To help solve these issues, interventions should aim at establishing the sense of coherence and self-esteem of older individuals. Tailored interventions such as cognitive-behavioral therapies, social support systems, and mindfulness interventions can enhance resilience and counteract the negative sides of age stereotypes. Furthermore, efforts to address ageism at the social and institutional levels are needed to develop an inclusive environment that shatters destructive stereotypes and fosters a more positive perception of aging.

Positive aging stories also must be fostered. Changing cultural perceptions of aging can not only enhance self-esteem but also extend to more general societal perceptions of aging, enabling older individuals to age successfully and with dignity.

In summary, the effects of age stereotypes are enormous and multidimensional. They require a proactive, evidence-led intervention that touches self-esteem, sense of coherence, and societal ageism for improving the wellbeing of older persons. By ensuring positive self-concept and having an inclusive milieu, we may assist older individuals to age in dignity, in resilience, and with improved quality of life.

## Acknowledgment

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## Disclosure

The authors report no conflicts of interest in this work.

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