

# ELOA

**12th Conference of the ESREA Research  
Network on education and Learning of Older  
Adults: BOOK OF ABSTRACTS**

**EDUCATION AND LEARNING OF OLDER ADULTS  
INDIVIDUAL, LOCAL AND GLOBAL PERSPECTIVES**



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**Education and Learning of Older Adults - individual, local and global perspectives**

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# Old age from a gender's perspective: crossed glances

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Research on old age has focused on standardized, stigmatized and negative view of this stage of the life cycle. Few studies have focused on how an older adult perceives aging and gender influence. In this sense, this study aims (i) to analyse similarities and differences in self-perception towards aging in relation to gender and (ii) to identify strategies and resources for successful aging. A qualitative approach was adopted, namely individual semi-structured interviews. The group of participants consists of four heterosexual couples, aged between 70 and 85 years old, non-institutionalized and residing in the north of Portugal. Results from this study highlighted that old age is perceived in a heterogeneous way and influenced by traditional conceptions of gender learned during their socialization processes. Based on the results obtained and given the relevance of the intervention with the senior population, it is essential to expand theoretical knowledge in this domain.

**Keywords:** perceptions, aging, gender.

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