

**DEPARTMENT OF FAMILY SCIENCES
DISSERTATION DEFENSE**

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**DISCOVERING THE MEANING OF SUCCESSFUL AGING: THE ELDERLY WHO
MIGRATED FROM TAIWAN**

Glen Jennings, Ed. D, Chair
Betty Myers, Ph. D.
Ronald Fannin, Ph. D.

Human Development Building
Room 206
Friday, November 6th at 10:00 am

All TWU faculty, staff and student are invited to attend

Abstract

The purpose of this study was to conceptualize the perceived meaning of successful aging for the elderly who migrated from Taiwan. By examining the life and aging experiences of older Taiwanese adults living in the United States, the research was to understand the factors of a good life in their later age. In addition, the researcher attempted to understand how the elderly who migrated from Taiwan adjust themselves in every transition for a successful aging process. This would help for the elderly, their families, and therapists as they understand both physical and emotional needs from this specific population.

The study focused on their traditional beliefs in successful aging, new perspectives of successful aging when immigrating to the United States and the blended beliefs between traditional beliefs and the western perspectives in successful aging. The use of a phenomenological approach allowed this qualitative study to elicit the intricate and experiential nature of an individual's life. It enabled the researcher to transform the experiences of each participant into clusters of meaning and themes.

Through analysis of data collected from in-depth interviews with the elderly who migrated from Taiwan, the researcher identified three themes: (1) family relationships, (2) ability to adapt, and (3) integration of life. These three major themes included five sub themes: (a) social relationships, (c) financial security, (d) physical health, (e) self-realization, and (f) lifelong learning. The result was a coherent picture of how the elderly who migrated from Taiwan have successfully aged.

Biographical Information

Jui-Chi Hu was born in Taiwan. She received a Bachelor of Business degree from Ming-Chuan University in 2002. In the same year, she came to the United States for her graduate study. In 2004, she received a Master degree in Business Administration from Southern New Hampshire University, and entered to a doctoral program in Family Therapy at Texas Woman's University.