



# The enforcement of expanded senior citizen services and well-being of aged population in Panabo City, Philippines

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## Abstract

This study examined the enforcement of expanded senior citizen services and the well-being of the aged population. A quantitative research design was employed to describe the profile of the respondents, determine the extent of implementation of the benefits and privileges granted, and assess the well-being of the elderly. The respondents were from Barangay Southern Davao, Panabo City, in the Philippines. The study utilized a 5-point Likert scale questionnaire. The data revealed that the Expanded Senior Citizen Act was moderately implemented, as reflected in most of the parameters assessed, including discounts on transportation fares, goods and groceries, monthly social pensions, and professional fees of doctors. Meanwhile, the mean responses regarding the well-being of the aged population were verbally described as “oftentimes felt.” Statistical analysis showed that the extent of implementation of the benefits and privileges granted did not vary significantly by sex. Based on these findings, it is recommended that a more comprehensive study be conducted involving a larger number of respondents, including relatives or primary caregivers. Additionally, a more systematic and robust assessment is suggested to effectively monitor the implementation of these programs.

**Keywords:** *implementation of social programs, senior citizen services, well-being of the elderly, expanded senior citizens act, ageing population*

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## 1. Introduction

In recent discourse, aging has emerged as a critical global issue, highlighting the growing challenges faced by older populations in accessing adequate care and support. Abdi et al. (2019) highlight a concerning rise in unmet care needs among the elderly, exacerbated by deficiencies in both formal and informal care systems. This trend has prompted urgent calls to prioritize addressing these gaps within public health frameworks. Population aging, defined as the increasing proportion of elderly individuals within societies, is recognized as a pivotal 21st-century development with profound implications for individuals, families, and broader societal structures (Knodel & Chayovan, 2009). In response, the UN Decade of Healthy Ageing (2021–2030) has been instrumental in advocating for transformative actions aimed at reducing health disparities and enhancing the well-being of older adults worldwide. This initiative focuses on reshaping societal attitudes toward aging, empowering communities to support older adults, ensuring person-centered health services, and improving access to quality long-term care (World Health Organization, 2020).

In the Philippines, the situation of older adults is further compounded by mandatory retirement policies that often force them out of employment prematurely. These practices disproportionately affect women, who may face early retirement pressures as young as age 50, thereby reducing employment opportunities for middle-aged women and returning male overseas workers (Gamboa, 2022). Furthermore, local studies, such as those conducted in San Isidro, Nueva Ecija, have revealed a widespread lack of awareness and preparedness among communities in addressing the evolving needs of aging populations (Cablao et al., 2019). To effectively address these challenges, it is essential to first understand the specific care and support requirements of elderly individuals. This includes identifying contexts in which financial assistance, privileges, and discounts are critically needed, and ensuring that these benefits are appropriately tailored to the diverse needs of senior citizens. A comprehensive approach of this nature fosters environments that not only reduce the risks and hardships faced by older adults but also promote their safety, autonomy, and overall well-being.

These insights underscore the importance of addressing the multifaceted needs of aging populations through well-informed public policies, community support programs, and targeted interventions designed to improve the quality of life for older adults globally. Hence, this study aimed to assess the implementation of expanded senior citizen services and the

well-being of the aged population in Barangay Southern Davao, Panabo City, in the Philippines. Specifically, it sought to assess the extent of the law enforcement of the Expanded Senior Citizen Act, affecting the the level of well-being of senior citizens in Barangay Southern Davao, Panabo City.

## **2. Literature Review**

The well-being of senior citizens is a critical societal concern, particularly as the aging population continues to grow. In the Philippines, Republic Act 9994, known as the Expanded Senior Citizens Act, aims to address this by providing privileges and benefits that support the needs of the elderly. A study reveals a significant gap among establishments in their compliance with Republic Act 9994, highlighting the need for strengthened implementation and greater awareness of the law's provisions. Such discrepancies suggest that while the law provides a strong legal foundation, its uneven enforcement may negatively affect the well-being of senior citizens, particularly in the areas of financial and healthcare support. The Provus Discrepancy Model (PDM) effectively identifies these gaps, offering actionable insights for improvement. Policymakers and local authorities must address these discrepancies through targeted interventions and regular monitoring to ensure the law's benefits are fully realized. Ultimately, the findings emphasize the critical role of consistent enforcement in enhancing the quality of life of the elderly population (Ghența et al., 2022).

The Department of Social Welfare and Development (DSWD) has implemented programs that serve as important tools for promoting economic self-reliance among senior citizens. These initiatives include training and financial assistance that enable older individuals to engage in entrepreneurship. Through interest-free loans and operational support, elderly individuals are empowered to establish small businesses. This indicates that even minimal support can play a significant role in building the confidence and capacity of seniors to operate livelihood programs. Similarly, the Coalition of Services of the Elderly (COSE) advocates for community-based care by organizing senior citizen groups and promoting income-generating projects to help them remain productive and independent. This approach has proven successful, as demonstrated by 17 self-reliant elderly groups in Metro Manila. As such, it is considered a crucial component of addressing the social and economic needs of the elderly in community-based programs (Carlos, 1999).

Findings from the Population Ageing Social Policies Catalogue (2020) highlight the urgent need for broader social policies that effectively address the needs of all age groups. The report emphasizes that the increasing aged population requires swift and appropriate responses, including fiscal stability, social inclusion, and access to healthcare services in old age. The study suggests that social policies should promote financial independence, accessible healthcare, and comprehensive welfare services to improve the overall quality of life for the elderly. These findings underscore the importance of adopting and implementing age-friendly policies, not only to meet basic needs but also to empower older adults to continue playing active roles in society. Accordingly, the Philippines must enhance the enforcement of programs like Republic Act 9994 and ensure that elderly citizens have access to inclusive and well-formulated social policies.

A study conducted by Fadzil et al. (2021) explored the role of financial assistance in enhancing elderly well-being. The study concluded that financial support significantly improves the general welfare of older individuals. The results showed that financial assistance increases satisfaction of basic needs, reduces stress, and improves the overall living standards of the elderly. With financial security, older people are better able to participate in social activities and access healthcare services, factors that are conducive to their emotional and physical well-being. This highlights the importance of targeted financial programs for senior citizens, as such interventions can be decisive in promoting independence and social inclusion. Applying similar financial assistance systems in the Philippines, including those under Republic Act 9994, could significantly enhance the quality of life for elderly citizens.

The Report on the Challenge of Population Aging in Asia and the Pacific underscores the necessity of implementing the Madrid International Plan of Action on Ageing to effectively meet the needs of the elderly. According to the report, policies that enhance healthcare, social protection, and access to economic opportunities for older people can substantially improve their well-being and integration into society. These strategies promote active aging, allowing elderly individuals to maintain independence and contribute meaningfully to their communities. The findings affirm that effective policy implementation leads to better quality of life for senior citizens while reducing pressure on healthcare and welfare systems. In the context of the Philippines, strategies from the Madrid Plan can be

adapted to foster a more holistic approach to elderly care and social inclusion (ASEAN, 2017).

The report *Older People’s Lives at Risk: Addressing the Crisis in the Philippines* (2023) highlights the critical vulnerabilities faced by older adults in the country, particularly in healthcare access, social protection, and economic stability. The report concludes that when support systems are lacking, the elderly become increasingly vulnerable in their pursuit of basic services. These findings reinforce the urgent need for policies and programs aimed at improving elderly conditions through enhanced access to healthcare, financial aid, and social services. This underscores the necessity of strengthening frameworks such as Republic Act 9994 to ensure more comprehensive and effective support for senior citizens. Addressing these gaps will not only enhance the lives of older Filipinos but also contribute to a more inclusive and compassionate society.

Kochtitzky et al. (2011) emphasize the importance of creating mobility-enabling environments for older people. Accessibility and safety in transportation are essential to the independence and overall well-being of senior citizens. Their research identifies a need for collaboration among urban planners, policymakers, and community organizations to design elderly-friendly spaces. Enhancements such as walkable streets and accessible public transportation significantly improve mobility and, by extension, the quality of life of older persons. The report also advocates for policies that promote active aging by encouraging the elderly’s social, economic, and recreational engagement. These findings highlight the value of integrating mobility-focused strategies into urban planning to support autonomy and inclusion for older adults.

The *Implementing Rules and Regulations of the Universal Health Care (UHC) Act* (PhilHealth, 2019) outlines a framework ensuring that all Filipinos, regardless of age, have access to essential healthcare services. The document highlights the UHC Act’s commitment to expanding healthcare access for the elderly by increasing coverage and financial protection. With proper implementation, elderly individuals can receive healthcare services without financial burden. Furthermore, the UHC Act promotes health awareness, disease prevention, and early detection of illnesses—key to enhancing elderly well-being. These provisions are crucial in ensuring timely and adequate care for older adults and improving their quality of life.

The 2007 Philippine Study on Aging presented several challenges faced by the elderly in the Philippines. The findings revealed that many older adults experience significant difficulties in accessing healthcare, economic assistance, and social support. The study stresses the need for comprehensive policies that address these issues, particularly in terms of financial aid, health service accessibility, and social integration. It also advocates for the creation of intergenerational support systems and community-based programs to prevent isolation among elderly individuals. These findings reinforce the necessity for targeted interventions and inclusive public policies to improve the quality of life for the aging population (Cruz et al., 2007).

In India, there is a growing urgency to reform senior care systems to meet the evolving needs of the elderly. Holistic reforms are needed to improve healthcare services, social security, and economic opportunities for older adults. The report notes that through better senior care and policies promoting active aging, older citizens can remain independent and engaged in society. It also emphasizes the importance of community-based programs and stakeholder collaboration to create an inclusive environment for the elderly. These findings are relevant to the Philippines, where similar reforms could enhance the quality of life for senior citizens by making support systems more accessible, inclusive, and comprehensive (Gopal, 2024).

### **3. Methodology**

This study used a quantitative research design to systematically measure and analyze the extent of law enforcement of the Expanded Senior Citizens Act and the well-being of senior citizens in Barangay Southern Davao, Panabo City. Moreover, a descriptive-correlational approach was employed to describe the current state of law enforcement and the well-being of senior citizens, while also examining the relationship between these two variables. Data were collected through surveys, allowing the researchers to quantify the level of enforcement and well-being across various indicators such as health, social relationships, independence, financial circumstances, and psychological well-being. The correlational aspect of the design helped determine if, and how, the enforcement of the Act was related to the well-being of senior citizens in the community. Descriptive statistics provided concise summaries and essential details about the data, focusing on measures of central tendency and dispersion (Fowler, 2013; Kothari, 2009).

The descriptive-correlational design helps identify patterns and relationships between variables, aiding in data interpretation and guiding further research (McBurney & White, 2010; Fowler, 2014). This study was conducted by visiting elderly residents in the barangays of Panabo City and surveying them regarding their awareness of the Expanded Senior Citizens Act and their overall well-being. The selected barangay was Brgy. Southern Davao in Panabo City. The total population was 834. Slovin's Formula was used to calculate the minimum sample size needed to estimate a statistic within an acceptable margin of error. With a population size (N) of 834 and a margin of error (e) of 0.5, the estimated sample size (n) was 270.340. Therefore, a total of 270 respondents were selected to participate in this study.

The study used two (2) sets of open-access survey questionnaires: the awareness and implementation of the Expanded Senior Citizen Act of 2010 by Savella (2017), and the Older People's Quality of Life Questionnaire by Bowling (2019). To ensure that the questionnaire items were accurate and appropriate for the study's objectives, experts were consulted for instrument validation. The comments and suggestions from the research adviser and validators were integrated to ensure the reliability and validity of the instrument. The results confirmed that the items in the questionnaire were reliable.

Furthermore, the following statistical tools were used: Mean, Standard Deviation, T-test, and Correlation Analysis. These tools helped summarize the data, assess group differences, and explore relationships between variables. In addition, the study adhered to ethical guidelines outlined in the Belmont Report (1979), specifically the principles of beneficence, justice, and respect for persons. It also followed the Data Privacy Act of 2012 (RA 10173) to ensure voluntary participation, confidentiality, and the participants' right to withdraw at any time. Informed consent was obtained from all participants, and their rights and welfare were strictly protected in compliance with the institutional ethics rules and guidelines set by the APCI Research Ethics Board.

#### **4. Results and Discussion**

Based on the results of the study, several important conclusions were drawn. The enforcement of the Expanded Senior Citizen Act was found to be moderately implemented, suggesting that while the law exists and is enforced to some extent, there are gaps or inconsistencies in its application. These gaps may affect how effectively the law protects the

rights and benefits of senior citizens. The study also evaluated the well-being of senior citizens in Barangay Southern Davao, Panabo City, across various domains: health, social relationships, independence and freedom, financial circumstances, and psychological and emotional well-being. Most indicators reflected a high level of well-being, although some areas of concern were noted.

**Table 1**

*Extent of the law enforcement of Expanded Senior Citizen Act*

<b>Indicators</b>	<b>Mean</b>	<b>SD</b>	<b>Description</b>
1. Medical-related privileges (like medical supplies and equipment from the department of health)	3.40	1.34	Somewhat Implemented
2. Medical and dental services (free vaccinations including those for pneumococcal and influenza)	3.46	1.15	Moderately Implemented
3. Discounts of Professional fees of doctors.	3.67	1.09	Moderately Implemented
4. Discount on actual fare for transportation	3.82	1.16	Moderately Implemented
5. Utilization of Services and Admission Fees (hotels, restaurants, recreation centers etc.)	3.49	1.27	Moderately Implemented
6. Discount on goods and groceries.	3.75	1.15	Moderately Implemented
7. Exemption of individual to pay income taxes who are minimum wage earners.	3.00	1.32	Somewhat Implemented
8. Exemption of individual on training fees for socioeconomic programs.	2.94	1.31	Somewhat Implemented
9. Discounts on monthly utilization of electricity.	2.70	1.45	Somewhat Implemented
10. Discounts on monthly utilization of water.	2.57	1.38	Somewhat Implemented
11. Recipient of Monthly Social Pension of P500.	3.92	1.24	Moderately Implemented
12. Covered by PhilHealth being on indigent senior citizens.	3.73	1.18	Moderately Implemented
13. Recipient of Social Safety Nets such as food subsidies, implemented cash, insurance etc.	3.37	1.30	Somewhat Implemented
<b>Overall Mean</b>	<b>3.37</b>	<b>1.25</b>	<b>Moderately Implemented</b>

Based on the results, the law enforcement of the Expanded Senior Citizen Act presents an overall mean of 3.66 with a standard deviation of 1.25. This overall mean is described as moderately implemented, indicating that the provisions of the Act are generally manifested among senior citizens. The item "recipient of monthly social pension of P500" recorded the highest mean value of 3.92, also described as moderately implemented,

followed by "discount on actual fare for transportation" with the second-highest mean value of 3.82, likewise described as moderately implemented.

The consistently high mean rating for "recipient of monthly social pension of P500" underscores the impact of the Social Pension (SocPen) program. Launched in 2010 by the Department of Social Welfare and Development (DSWD), SocPen aims to provide supplementary financial assistance to poor elderly Filipinos under Republic Act No. 9994. Over six years, SocPen expanded its coverage from 15.3% to 36% by providing a monthly pension of Php500 to low-income seniors listed in the Listahanan database. However, its impact may be diminished if the benefits are not adjusted for inflation, grants continue to be delayed, and selection of beneficiaries remains inconsistent. To improve its effectiveness, there is a need for standardized procedures, more efficient payment systems, and the implementation of complementary programs that harmonize social protection efforts across government agencies.

Furthermore, the results show that the indicator "discount on actual fare for transportation" is also implemented at a moderate level. As stipulated in LTFRB Memorandum Circular No. 2017-024, the discount rate is clearly outlined to extend benefits to students, senior citizens, and persons with disabilities. This memorandum provides a regulatory framework to ensure equal access to transportation services among vulnerable groups (Land Transportation Franchising and Regulatory Board, 2017). Supporting this, Cabalza (2024) emphasized the need to continuously remind public utility vehicle drivers of their obligation to grant a 20 percent discount to all qualified groups, including students, senior citizens, and persons with disabilities. This inclusive policy affirms the transport sector's commitment to fostering a more compassionate and supportive environment for these populations.

In contrast, the item "discounts on monthly utilization of water" had the lowest mean value of 2.57 and was described as somewhat implemented. According to Ombay (2022), Senator Grace Poe filed Senate Bill 1066 to enhance the benefits provided to senior citizens, particularly concerning utility bills. The bill amends the Expanded Senior Citizens' Act of 2010, which currently includes discounts on electricity and water bills and VAT exemptions. The proposed amendment stipulates that senior citizens should be granted at least a 5% discount on the first 150 kilowatt-hours of electricity and 50 cubic meters of water. Senator Poe contended that the current limits undermine the law's intended purpose. She proposed

expanding the discount to cover the first 100 kWh of electricity or 30 cubic meters of water. Additionally, the proposed privilege would apply per household, regardless of the number of senior citizens living therein, to ensure that the welfare of elderly citizens is genuinely improved.

**Table 2***Status of the well-being of Senior Citizen*

<b>Indicators and Statement</b>	<b>Mean</b>	<b>SD</b>	<b>Description</b>
<b>Health</b>			
1. My health restricts me looking after at home.	3.04	1.40	Moderate
2. I am healthy to get out and have some fun.	3.73	1.02	High
3. I am healthy enough to have my independence.	3.83	0.98	High
Category mean	3.53	1.13	High
<b>Social Relationship</b>			
1. My family, friends or neighbors would love to help me if needed.	4.12	0.96	High
2. I have someone who gives me and affection.	4.26	0.93	Very High
3. I have my children around which is important to me.	4.21	1.02	Very High
Category mean	4.20	0.97	High
<b>Independence and Freedom</b>			
1. I can please myself with what I do.	3.88	1.07	High
2. I have a lot of control over the important things in my life.	3.55	1.17	High
3. My personal income restricts my life.	3.34	1.18	Moderate
Category mean	3.59	1.14	High
<b>Financial Circumstances</b>			
1. I have enough money to pay for household bills.	3.36	1.19	Moderate
2. I have enough money to pay for household repairs or help needed in the house.	3.29	1.25	Moderate
3. I can afford to buy what I want to.	3.37	1.17	Moderate
4. I cannot afford to do things I would enjoy.	3.12	1.14	Moderate
Category mean	3.29	1.19	Moderate
<b>Psychological and Emotional</b>			
1. I take life as it comes and make the best of things.	3.57	1.17	High
2. I tend to look on the bright side.	4.08	1.01	High
3. If my health limits social leisure activities, then I will compensate and find something else I can do.	3.40	1.30	Moderate
Category mean	3.68	1.16	High
<b>Overall Mean</b>	<b>3.66</b>	<b>1.19</b>	<b>High</b>

In this variable, the status of the well-being of senior citizens in terms of health, the item with the highest mean is "I am healthy enough to have my independence," which received a value of 3.83 and is described as high, meaning it is oftentimes felt. The item with the lowest mean value is "my health restricts me from looking after myself at home," which received a value of 3.04 and is described as moderate. Furthermore, this indicator has an overall mean value of 3.53, described as high, which implies that the status of the well-being of senior citizens concerning health is often felt.

The social relationship items received mean values ranging from 4.46, described as very high and well felt for the item "I have someone who gives me love and affection," to a low of 4.12, described as high for the item "my family, friends, or neighbors would help me if needed." The category mean of 4.20 is described as high, implying it is often felt.

The freedom and independence category showed that the item "I can please myself with what I do" received a mean value of 3.88, described as high. Meanwhile, the item "my personal income restricts my life" had the lowest mean value of 3.34 and is described as moderately felt. The category mean for this variable is 3.59, which is described as high.

In terms of financial circumstances, the item "I can afford to buy what I want" had a mean value of 3.37. The item "I cannot afford to do things I would enjoy," described as moderate, had the lowest mean value in the category at 3.12. Thus, the average mean for this category is 3.29, indicating a moderate level, meaning it is sometimes true.

For the last indicator, psychological and emotional well-being, the item "I tend to look on the bright side," described as high, had the highest mean value of 4.08. The item "If my health limits social leisure activities, then I compensate and find something else I can do" had the lowest mean value of 3.40, described as moderate. The category mean of 3.66 is described as high, revealing that this aspect of well-being is oftentimes felt by senior citizens. This highlights the importance of addressing the welfare of the elderly, given the challenges that come with aging.

The study conducted a regression analysis to determine how the enforcement of the Expanded Senior Citizens Act influences the welfare of the elderly. The results of that analysis are shown in the beta coefficients in Table 3. These coefficients indicate both the magnitude and direction of the influence, positive coefficients signify that well-being would improve with increased enforcement, while negative coefficients suggest a detrimental impact. Statistical significance is determined by the p-value for each coefficient; a p-value of

less than 0.05 indicates a statistically significant influence, meaning the result is unlikely to have occurred by chance. Moreover, Field (2018) explains that a p-value of .000 in statistical output is typically rounded and means that the p-value is less than 0.001. This indicates very strong evidence against the null hypothesis, suggesting that the results are highly statistically significant. The analysis serves as a basis for informing future policy decisions by assessing how improvements in enforcement practices enhance senior citizens' quality of life.

**Table 3**

*Relationship between the level of law enforcement of expanded Senior Citizen Act and well-being of Senior Citizen*

<b>Variables</b>	<b>r-value</b>	<b>p-value</b>	<b>Decision Ho</b>
Law enforcement of expanded Senior Citizen Act Well-being of Senior Citizen	.447	.000	Failed to accept the null hypothesis

The results of the analysis indicate that the enforcement of the Expanded Senior Citizens Act significantly affects the well-being of the elderly, with a correlation coefficient of 0.447 and a p-value of 0.000—well below the 0.05 threshold. This suggests a meaningful positive relationship between the enforcement of the Act and improved well-being among elderly individuals. Therefore, the data justifies the rejection of the null hypothesis, confirming that effective enforcement of the Expanded Senior Citizens Act has a significant positive impact on the well-being of senior citizens in Barangay Southern, Panabo City. This strong result highlights that with continuous and effective enforcement, improvements in the quality of life for older adults can be expected. Consequently, reinforcing law enforcement efforts and achieving full implementation of the services provided under the Senior Citizens Act are deemed essential to protect and promote the quality of life and well-being of the elderly within the community.

**Table 4**

*Difference on the extent of law enforcement of expanded Senior Citizen Act in terms of sex*

<b>Variables</b>	<b>t-value</b>	<b>p-value</b>	<b>Decision Ho</b>
Male	-.767	.444	Failed to reject the null hypothesis
Female			

The analysis of variance, which tested the difference in the level of law enforcement of the Expanded Senior Citizens Act by sex, resulted in a failure to reject the null hypothesis. Based on the results, the p-value was 0.444, with a t-value of approximately -0.767, indicating that sex may not influence the extent to which the Act is enforced. With a sample of 88 males and 181 females, the data suggests that enforcement may be similar for both genders. This lack of significant difference may imply that the implementation practices of the Expanded Senior Citizens Act are not noticeably biased toward either sex. Consequently, it can be inferred that both male and female senior citizens may experience comparable treatment under the provisions of the Act.

**Table 5**

*Difference on the level of well-being of Senior Citizen in terms of sex*

Variables	N	t-value	p-value	Decision Ho
Male	88	-.682	.496	Failed to reject the null hypothesis
Female	181			

It has been shown through a test on the level of well-being among senior citizens by sex that there is no significant difference between males and females regarding their levels of well-being. The results of the t-test show a p-value of 0.496 and a t-value of -0.682, indicating that the variations in well-being among senior citizens are statistically insignificant with respect to sex. The mean score for males is 3.6252 with a sample size of 88, while the mean for females is slightly higher at 3.6713 with a sample size of 181. Despite this small difference in averages, the statistical evidence does not support the conclusion that the difference is significant. Therefore, this study allows the conclusion that sex may not meaningfully impact elderly well-being, suggesting that both elderly males and females report similarly high levels of well-being. There were no significant differences by sex in self-rated health among the senior citizens, as the majority rated their health as good.

## 5. Conclusion

The study found that the enforcement of the Expanded Senior Citizens Act in Barangay Southern Davao, Panabo City, is moderately implemented. While the law exists

and is being applied, inconsistencies in enforcement may affect its ability to fully protect the rights and privileges of senior citizens. The well-being of senior citizens in the area was generally high, particularly in the domains of health and social relationships, which were frequently evident. However, aspects such as independence and freedom, financial circumstances, and psychological and emotional well-being were only moderately felt, indicating areas where further support is needed.

Moreover, the study revealed a significant relationship between the enforcement of the Expanded Senior Citizens Act and the well-being of senior citizens, emphasizing the importance of proper implementation in improving their quality of life. However, when analyzed by sex, no significant difference was found in the level of law enforcement or its impact on well-being, suggesting that the implementation of the Act does not discriminate between genders. Strengthening enforcement and ensuring consistency in the delivery of services could further enhance the well-being of senior citizens in the community.

The study also revealed varying levels of implementation across different areas of senior citizen welfare, with high implementation in health, social relationships, and independence, but only moderate levels in pension-related support. Significant associations were found between geriatric healthcare, pension plans, and the health-related quality of life of participants, highlighting the need for more effective government interventions tailored to the diverse needs of the elderly. Comprehensive programs should promote health, social engagement, and intellectual development, enabling seniors to lead purposeful lives and actively contribute to their communities.

Future research should expand the participant pool to include seniors, caregivers, and other stakeholders to gain a broader understanding of the effectiveness of current programs. This includes assessing the accessibility, quality, and impact of services on both the elderly and their caregivers. A detailed review will help identify gaps and guide improvements to better meet the evolving needs of older adults. Additionally, further studies should explore correlations between seniors' demographic profiles and their awareness and utilization of available benefits. Incorporating perspectives from healthcare professionals, family members, and government officials will provide a holistic view of the challenges and successes in implementing senior welfare programs, ultimately guiding future improvements and enhancing the quality of life for this growing population.

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**Institutional Review Board Statement**

This study was conducted in accordance with the ethical guidelines set by APCI Research Ethics Board. The conduct of this study has been approved and given relative clearance(s) by ACES Polytechnic College, Inc. granting clearance or approval of the conduct of the data gathering involving human subjects

**AI Declaration**

The author declares the use of Artificial Intelligence (AI) in writing this paper. In particular, the authors used Grammary to ensure clarity, correctness, and originality in writing and Quillbot in the writing process, including finding and citing sources, improving grammar and clarity, and summarizing information. The author takes full responsibility in ensuring proper review and editing of contents generated using AI.

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