

**Role of Faith in an Ageing Society: Elderly People's
Perspectives from the Shia Imami Ismaili
Community, Islamabad**



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DEDICATION

To my parents. Dada and Mommy, you have always celebrated my little accomplishments and never let me fall after a failure. Dada, you taught me not to run away from challenges but to be confident and fearless. Mommy, you taught me to be patient and a good listener. Dada and Mommy your unconditional love and support always encourage me to have a desire, belief, and expectation to go for something big and adventurous in life. You two are the source of true inspiration and happiness. Dada and Mommy love you always and forever.

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ABSTRACT

This research analyses the relationship between faith and healthy ageing that how does religious faith help elderly people to experience healthy ageing. The research was a qualitative study based on in-depth interviews of fifteen elderly respondents and two community leaders from Shia Imami Ismaili Community Islamabad. The interviews were conducted with the help of semi structures interview guide. The data were interpreted and analyzed with the help of thematic analysis. The findings revealed that faith is a fundamental part of a person's life. Especially it plays an essential role in improving the lives of elderly people by protecting them from despair and gives them hope and strength to deal with challenges and issues of ageing. Moreover, religious participation and rituals protect elderly people from social isolation and loneliness. Faith defines the meaning of life for people and eliminates the fear of death. More research is required to study ageing in the context of faith. Especially in countries like Pakistan where only a few studies have been conducted related to the topic.

ABBREVIATIONS

UN	United Nations
WHO	World Health Organization
UNFPA	United Nations Fund for Population Activities
NIH	National Institute of Health
NIA	National Institute on Ageing

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