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**UNDERSTANDING ATTITUDES OF FAMILY MEMBERS REGARDING
OLDER ADULTS' PARTICIPATION IN HOME MANAGEMENT AND
MEAL PREPARATION IN AN INDIAN METROPOLIS – A
QUALITATIVE STUDY**

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ABSTRACT

Meal preparation and home management are considered important instrumental activities of daily living for successful aging. Family members form an important part of the older adults' environment. Thus, this qualitative study aimed to understand the attitudes of family members towards older adults' participation in home management and meal preparation. Using the framework analysis approach, nine focus group discussions were conducted ($N= 43$) to understand the various family members' attitudes. Three broad themes with subthemes emerged which described how the family members' attitudes affected the older adult's participation in these activities, the differences between the involvement of the older women and men as well as the influence of the intergenerational relationships, especially between the mother-in-law and daughter-in-law. The findings of the study suggest that various factors such as the family members' overprotectiveness, health, interest, and willingness of the older adult, patriarchal thinking, roles pursued throughout life, and intergenerational conflicts influence older adults' participation in home management and meal preparation. However, the study suggests that the family members must be educated regarding the benefits of the continued participation of older adults in home management and meal preparation activities post-retirement as well as encourage collaboration between the older and younger generation while performing these activities.