1 **Healthy Aging, Political Participation and Ageism within Cities of Kurdish Inhabited**
2 **Region of Iran (a proposed protocol)**

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ABSTRACT

Background: Healthy aging, physical activity, and participation leads to the development and proper health policy makers and governance of any nation. It helps in solving problems of the entire nation with reference to the needs of the citizens. It is crucial to understand political participation of the aged citizens in the sociological context, within the more political sociological framework, and look at the internal operation of a political system to determine the extent to which participation of older adults occurs. **Aims:** The study proposes a research protocol in order to understand the participation of elderly Iranian Kurdish in the political process. The study will make an attempt to understand the fundamental political rights, healthy aging, ageism, independent associations and role of political parties, student struggle, freedom of expression, whether free elections exists. These will reflect participation of Kurdish older people in political activities in the entire cities of Kurdish inhabited region of Iran. **Methods:** According to the census conducted in 2017, the population of Kurdistan of Iran was 7500 million dwellers and the aged people were estimated to be 1125 million citizens which are 15% of population. The Study will focus at the aged in the age group between 60 years of age and above, staying in the region. Data will be collected from 525 samples which chosen randomly and data analysis will be done according to analysis of variance (ANOVA), GLM, multiple regression, and path analysis using SPSS® v. 25 and LISREL® v. 8.8. **Conclusion:** the protocol could suggest a research guideline and the results may help health system to improve daily life of older adults.

Keywords: Ageism, Healthy Aging, Political Participation, Iranian Kurds.

INTRODUCTION

Political participation leads to the development and proper governance of any nation. It helps in solving problems of the entire nation with reference to the needs of the citizens. Looking at the youth's political participation in different countries, it is to be recognized that a more socially inclusive political foundation requires the development of suitable forms of democratic representation. The evidence of non- participation of a large number of citizens especially the Aged has raised a concern among the social scientists worldwide.

It is crucial to understand political participation of the Aged in the sociological context, within the more political sociological framework, and look at the internal operation of a political system

٤٠ to determine the extent to which participation of Aged occurs. It is therefore must to explore,
٤١ how citizens express themselves. To what extent are they involved in local and national issues,
٤٢ and policy making process or how far are they accommodated in various committees and
٤٣ councils which has impact on their place of work and residences (Heath and Jewell, 1997).

٤٤ The situation of lack of participation of the Aged in political activities has raised a concern in
٤٥ Iran just like most of the developing countries. Aged citizens are likely to participate actively in
٤٦ political activities than the elderly; however it is not true for Iran. Aged citizens are less likely to
٤٧ be in election registers and even those who register, the turnout is relatively poor when it comes
٤٨ to the time of voting. However, a genuine participatory political culture involves far more than
٤٩ simply the periodic casting of votes. Although there is rather less systematic evidence about the
٥٠ extent of Aged citizens' non-electoral participation, available findings make rather discouraging
٥١ report. Not only are Aged citizens less likely to vote but they are also less likely to join a
٥٢ mainstream political parties. Survey studies also reveal that compared with elderly citizens, Aged
٥٣ citizens are even less likely to engage in political activities (e.g. attending political meetings,
٥٤ lobbying, standing for office) (e.g. Parry et al., 1992).

٥٥ According to several survey studies it demonstrate the cumulative impact of other social and
٥٦ demographic factors (e.g. income, social class, education, and gender) are responsible for
٥٧ political participation. Some analyzed data confirms systematic variations in political activity
٥٨ according to employment status, personal income and social class. It is therefore necessary to
٥٩ explore these relationships simultaneously in order to assess the extent to which political
٦٠ participation occurs.

٦١ Although efforts have been made to encourage Aged political participation, the initiatives
٦٢ directed at encouraging every citizen's participation in politics needs to encompass a more
٦٣ rational set of institutional reforms than those which are in existence. In the Iranian context, the
٦٤ constitutional laws and Government policies reveal that all attempts by law makers to motivate
٦٥ Aged for political participation have not been successful, because there is no proper model
٦٦ therefore new methods have to be designed, so that there is better political participation.

٦٧ Additionally, Healthy and active ageing is closely illustrate the lifestyle that includes regular
٦٨ physical activity along with participation in society. An activity and exercise work better to slow

down age-related health issues when both are a routine part of life. The right intake of nutrients such as vitamins, minerals, protein, and fibre are essential for normal body functions, from maintaining muscle to improving digestion (Australian Bureau of Statistics, 2018). Those, all will improve the everyday life of older adults, their healthy aging, and life style. It enhance their activity as a political and responsible citizens in the political and social movements of society and it has been considered in recent Iranian literatures (Asadollahi, Rezaie, & Faraji, 2013; Ghahramani, Zarei, Moltafet, & Asadollahi, 2018; Ostovarfar et al. 2018; Ghahremani, Niknami, & Nazari, 2012).

Iran is an Asian country situated in the Middle East. Its population is 87 million as per the 2017 census. The majority of the populations are Shia Muslims and the ratio of men and women are equal. The main economic earning of the country is oil. The research will be focused on aged people of Iranian Kurds aged 60 years old and above. Iranian Kurdistan or Eastern Kurdistan (Kurdish: Rojhilatê Kurdistanê) is an unofficial name for the parts of northwestern Iran inhabited by Kurds which borders Iraq and Turkey. It includes the West Azerbaijan Province, Kurdistan Province, Kermanshah Province, Ilam Province, and Hamadan Province (Western Iran). There is also a significant Kurdish population in the North Khorasan Province (Northeastern Iran).

PROBLEM STATEMENT

Iran as a country is well known internationally for its political aspiration and strength. The participation of every aged people is important in every aspect of the society right from the grassroots to the national level of policy making. Empirically, there is less participation of the Aged in political activities in Iran as a whole. As long as citizens have not acquired political equality to voice their interests, and as long as their participation in political and social spheres is not guaranteed, the establishment of a true democracy will remains a remote possibility. In order to understand the participation of Aged in the political process, the study will make an attempt to understand the fundamental political rights, independent associations and role of political parties, student struggle, freedom of expression, whether free elections exists. These will reflect participation of Kurdish older people in political activities in the entire cities of Kurdish inhabited region of Iran.

OBJECTIVES OF THE STUDY

The study has the following objectives to achieve.

1. To identify the reasons of non-participation of the aged citizens in political activities.
2. To establish the factors affecting political participation of the aged people.
3. To evaluate the experiences of the elderly men and women with reference to political participation, and the role of the political parties.
4. To analyze the contemporary movement in cities of Kurdish inhabited region of Iran and its effectiveness healthy aging.
5. To find out the correlation between political activities and age, economic status, educational qualification, gender, social class, health situation, and ageism.
6. Illustrate a diagram of Kurdish Ageism in political and social activities.

SIGNIFICANT OF THE STUDY

The citizens participation in political activities especially the aged participation in the affairs of their own country, guarantees sustainable economic development and a stable Government. Of equal importance with good governance economic assets are the social resources that facilitate political participation. Access to politically significant social and cultural resources (e.g. education, interest group memberships, social and professional contacts) which structure citizens' orientations to political action is significant for political participation. Partly as a consequence of their position of dependence and subordination, especially disadvantaged aged, are unlikely to benefit from the types of social and professional connections, or to participate in the types of organized civil associations, which facilitate sustained and intense involvement in formal politics.

However it is evident that even in terms of participating in voting, where opportunity costs are low, aged people are substantially under-represented in Iran. Academic and more anecdotal evidence both point to widespread feelings of political apathy, powerlessness and an underlying cynicism about politics amongst the elderly citizens (Park, 1996; Wilkinson and Mulgan, 1995; Banks et al., 1992). In view of this, youth's non-participation may simply reflect a fairly realistic assessment of the inefficacy of conventional politics in addressing the issues of the Aged. However this study will make an attempt to examine the extent of aged dwellers interest in the different areas, and will also look into the scientific demographical factors affecting such interests, which is significant for the overall development of the nation.

MATERIALS & METHODS

The research study will be qualitative and quantitative in nature and will use exploratory-descriptive research design. The community of the Study: will be aged dwellers of Kurdish inhabited region of Iran in 2018. Sample: According to the census conducted in 2017, the population of Kurdistan of Iran was 7500 million dwellers and the aged people were estimated to be 1125 million citizens which are 15% of population. The Study will focus at the aged in the age group between 60 years of age and above, staying in the region. Type of Sampling: Simple random sampling will be used to collect data. The sample size: approximately 525 samples. Pilot Study: A pilot study will be conducted among the aged in the region. This pre-study will help in identifying the points of strength for the final survey to be administered. Tools for Data Collection: Interview schedule, discussions and open-ended interviews, participation observation will be used to collect data. Data Analysis: will be done according to Analysis of Variance (ANOVA), GLM, multiple regression, and path analysis using SPSS® v. 25 and LISREL® v. 8.8.

SCOPE AND LIMITATION

The study will conducted among the aged group of 60 years old and above, and it will be conducted in Kurdish region of Iran. The researcher will restrict his study to healthy aging, ageism, and political participation of the older adults in the region.

CONCLUSION

Assessing the extent to which aged people participate in various political activities is an important part of the social governance and stability, because it enhances the development of citizens' everyday life, health and responsibility both within and among themselves. The involvement of aged dwellers in political activities is an indicator of the recent situation of a better nation. In other words, by this assessment, it may be possible to recognize the problems of the aged in Iran. The study will help in seeking effective solutions and establish ways on how to solve problems and how to handle the forces behind them. Central to the Government's strategy for encouraging citizens' involvement in political life is an emphasis upon citizenship education which seeks to nurture the knowledge, skills and values relevant to the nature and practices of participative democracy.

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124 The ideas expressed are those of the authors and do not necessarily reflect *PeerJ Preprints* editors and its
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126 **CONFLICT OF INTERESTS**

127 Nil.

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