

## The Self-perception of Aging in Citizens living in Conditions of Poverty

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### Abstract:

A large number of people living in poverty conceive themselves as old, despite being far from the elderly stage of life. Besides, they hold on to the nostalgic notion that the past was better. In this phenomenological qualitative study, 181 citizens living in conditions of poverty from the three regions of Peru were the participants: Chimbote (coast), Juliaca (Andes), and Pucallpa (jungle). For data collection, in-depth interviews and focus groups were used. It can be said that such perception affects their expectations for the future, impedes them from making plans, and can lead them to hopelessness, as they perceive their lives to be in the final stage.

### keywords:

self- perception, aging perception, old age. poverty, qualitative research.