

# Housing and Daily Activities

## Attitudes of Older People Towards Technology in a Sample of 60+Tazelenme University Students

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**Purpose** Gerontology's interest in technology is primarily based on practical reasons [1]. Technology is a significant factor in the daily lives of older adults, as their attitudes towards technology play a role in their use of it. This research aims to gain knowledge by empirically examining older adults' attitudes towards technology from the perspective of students at 60+ Tazelenme University (Turkey's Senior University, which can be translated as "60+Rejuvenation University"). Thus, the relationship between older people and the technical environment, as a dimension of physical and social environments, was examined within the theoretical framework of Ecological Gerontology [2]. **Method** The 60+ Tazelenme University is a social responsibility project launched in 2016 by the Association of Social and Applied Gerontology (NASAG). The 60+Tazelenme University focuses not on chronological age, but rather on functional age. It can be considered a gerontological intervention in aging processes. In this respect, it is related to Intervention Gerontology. Intervention means, on the one hand, improving negative situations in aging processes, and, on the other hand, preventing their emergence [3]. The 60+ Tazelenme University strives to achieve both goals. With these characteristics, it is the best example of Applied Gerontology in Türkiye. The population of this empirical study consisted of individuals who applied to 60+Tazelenme University. The study employed a 95% precision level ( $\alpha = 0.05$  margin of error). Based on a list of commonly used technical devices, attitudes toward technology were assessed using a scale of verbal statements expressing ideas about technology. Manifest characteristics such as gender, age, and income were also measured, as they could serve as indicators of latent traits in technology-related contexts. **Results and Discussion** The mutual compatibility of older people with technological environments contributes to an increase in the number of older people who are satisfied with their lives and have access to opportunities. The findings suggested a close relationship between education level and technology use. Attitudes toward technology had a complex three-dimensional structure: practical, psychological, and social. The final discovery is that older people expect technology to add comfort to their lives, depth to their spiritual worlds, and enrich their social lives.

### References

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