

Review of: "Search for Meaning in the Professional Projects of Seniors at the End of Their Careers: an Interpretative Phenomenological Study"

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This article delves into the exploration of meaning in the lives and work of senior citizens approaching the end of their careers. The research makes a significant contribution by examining the impact of advancing age and career cycle on seniors' needs and priorities, shedding light on how these factors drive them towards the pursuit of new goals.

The employment of a qualitative approach with semi-structured interviews employing Interpretative Phenomenological Analysis (IPA) adds depth to the study. The participants' narratives, revealing intense questioning and reflection, provide a rich and nuanced understanding of the intricate processes underlying the search for meaning in their work and personal lives.

The emergence of several themes, including mid-life changes, job dissatisfaction, and the realization of new professional projects, adds a layer of complexity to the research, enriching the comprehensiveness of the findings. This thematic analysis allows for a holistic exploration of the multifaceted aspects influencing seniors' experiences in the later stages of their careers.

The study's identification of the significant contribution of new professional projects to the meaning of work and life for seniors is a noteworthy finding. The acknowledgment that these projects are often motivated by a quest for meaning enhances the practical relevance of the research, providing valuable insights for both academics and practitioners.

Moreover, the emphasis on the importance of seniors aligning their goals and projects with the specific phase of their career contributes to a holistic understanding of well-being and resilience in the face of professional changes and ageism. The incorporation of such practical considerations adds a layer of applicability to the study, making it relevant not only in academic circles but also in the broader context of workforce dynamics.

The assertion that older workers are capable of engaging in demanding projects and challenging stereotypes about age and learning is a positive narrative that challenges prevailing biases. This positive reframing aligns with contemporary discourses on age diversity and inclusivity, fostering a more nuanced understanding of the capabilities of senior workers.

In conclusion, this article stands out as a commendable piece of research that not only delves into the complexities of the search for meaning among seniors but also provides practical insights for individuals, employers, and society at large. The positive narrative and nuanced exploration make it a valuable contribution to the understanding of senior citizens'



experiences in the workforce.