



Coping Strategies of Nigeria's Elderly Population Amid National Security Challenges

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Abstract

National insecurity in Nigeria has created profound challenges for vulnerable populations, particularly the elderly who face unique survival difficulties amid widespread security threats. This study examines the multifaceted challenges confronting elderly Nigerians in the context of persistent insecurity, including terrorism, banditry, and communal violence. Drawing from social contract theory, conflict theory, and psychological security frameworks, this narrative review synthesizes existing literature to understand how national insecurity affects elderly livelihoods, health outcomes, and social well-being. The methodology employed textual analysis of scholarly literature published between 2010-2025, focusing on studies examining insecurity's impact on elderly populations in Nigeria. Key findings reveal that elderly Nigerians experience heightened vulnerability due to inadequate social protection systems, disrupted traditional support networks, limited mobility, and compromised access to healthcare and essential services. The absence of formal social security schemes exacerbates their plight, forcing many into extreme poverty and social isolation. This study contributes to understanding the intersection of national security and elderly welfare, highlighting the urgent need for comprehensive policies addressing both security challenges and age-specific vulnerabilities. The research recommends establishing robust social protection systems for the elderly, implementing community-based security programs, and developing targeted interventions that address the unique needs of aging populations during security crises.

Keywords: Coping Strategies, National Security, Elderly Population, Vulnerability, Nigeria



INTRODUCTION

Nigeria faces unprecedented security challenges that have fundamentally altered the social fabric of the nation, with profound implications for its most vulnerable citizens. The country has witnessed an escalation of security threats including Boko Haram insurgency in the Northeast, farmer-herder conflicts, banditry in the Northwest, kidnapping, and various forms of communal violence (Iregbenu & Uzonwanne, 2015). These security challenges have created a complex web of vulnerabilities that disproportionately affect the elderly population, who often lack the physical, economic, and social resources to adequately respond to security threats.

Despite extensive research on Nigeria's security challenges, there remains a significant gap in understanding how these challenges specifically impact the elderly population and their coping mechanisms. While studies have examined the general socio-economic impacts of insecurity (Adeleke, 2013; Adebayo, 2014), the particular vulnerabilities and survival strategies of elderly Nigerians have received limited scholarly attention. This gap is concerning given that Nigeria's elderly population is growing, with demographic transitions indicating an increasing proportion of citizens aged 65 and above (André & Mbah, 2018).

This study aims to examine the coping strategies and survival challenges of Nigeria's elderly population amid widespread national security challenges. Specifically, the research seeks to: (1) analyze how national insecurity affects the livelihoods and well-being of elderly Nigerians; (2) identify the specific vulnerabilities faced by the elderly during security crises; and (3) explore the coping mechanisms employed by elderly individuals and communities in response to security threats. The study focuses on the period from 2010-2025, covering the intensification of various security challenges across Nigeria.

Conceptual Framework

Security and Insecurity

Security, as conceptualized in this study, encompasses the protection of individuals and communities from threats to their physical safety, economic well-being, and social stability. Drawing from Thomas Hobbes' social contract theory, security represents the



fundamental responsibility of the state to protect its citizens in exchange for their allegiance and compliance with social order (Ibeanu & Mohammed, 2005). McNamara's expanded definition emphasizes that security encompasses not just military protection but also economic development and social stability (Olaniyan & Omotola, 2015).

National insecurity, therefore, represents the failure of state institutions to provide adequate protection for citizens, resulting in widespread threats to life, property, and social order. In the Nigerian context, this manifests through various forms of violence including terrorism, banditry, kidnapping, and communal conflicts that have disrupted normal social and economic activities across the country.

Vulnerability and Elderly Populations

Vulnerability, as employed in this study, refers to the susceptibility of individuals or groups to harm due to their limited capacity to anticipate, cope with, resist, and recover from adverse events (Beland, 2005). Elderly populations face unique vulnerabilities due to age-related physical limitations, reduced economic capacity following retirement, potential social isolation, and increased dependence on others for care and support.

In Nigeria, individuals aged 65 and above are classified as elderly, consistent with international standards while recognizing that functional aging may occur earlier due to harsh living conditions and limited healthcare access (André & Mbah, 2018). This population faces compounded vulnerabilities when national insecurity disrupts traditional support systems and limits access to essential services.

Livelihood and Coping Strategies

Livelihood encompasses the capabilities, assets, and activities required for a means of living, including both material and social resources that enable individuals and households to meet their basic needs and maintain their well-being (Amaike, 2015). For elderly populations in Nigeria, livelihoods often depend on a combination of family support, community assistance, small-scale economic activities, and limited formal social protection.

Coping strategies represent the adaptive mechanisms employed by individuals and



communities to manage stress, uncertainty, and threats to their well-being. These strategies may include economic adjustments, social network mobilization, migration, and behavioral modifications to reduce exposure to risks.

Literature Review

National Insecurity in Nigeria: Historical Context and Contemporary Manifestations

Nigeria's security challenges have deep historical roots dating back to colonial administration and the amalgamation of diverse ethnic and religious groups in 1914. The post-independence period has witnessed recurring cycles of violence, with each decade presenting unique security challenges that have evolved in complexity and scope (Nwanegbo & Odigbo, 2013).

Contemporary security challenges in Nigeria stem from a complex interplay of historical grievances, political marginalization, economic inequality, and institutional failures. Adeleke (2013) provides a comprehensive analysis of these drivers, identifying poor governance, systemic corruption, ethnic and religious tensions, youth unemployment, and weak institutional capacity as primary factors. The scholar argues that these challenges create a vicious cycle where insecurity breeds more insecurity, as state responses often fail to address root causes.

The Boko Haram insurgency, which began in the early 2000s and intensified dramatically after 2009, represents one of the most devastating security challenges in Nigeria's history. Alam (2019) documents the insurgency's impact, noting over 30,000 deaths and the displacement of millions of people, primarily in the Northeast region. The insurgency has fundamentally altered the social and economic landscape of the affected areas, with particular implications for vulnerable populations who lack the resources to relocate or protect themselves.

The emergence of banditry and kidnapping, particularly in the Northwest and Middle Belt regions, has created what scholars describe as a "security crisis of unprecedented proportions" (Iregbenu & Uzonwanne, 2015). These phenomena differ from traditional cattle rustling, representing organized criminal enterprises that target civilians for ransom and engage in large-scale cattle theft. The activities have disrupted agricultural



production, forced rural populations to abandon their communities, and created widespread fear that extends beyond directly affected areas.

Farmer-herder conflicts, while having historical precedents, have escalated in recent decades due to climate change, population pressure, and the proliferation of small arms. These conflicts have created additional layers of insecurity, particularly in the Middle Belt region, where agricultural communities compete for increasingly scarce land and water resources (Olaniyan & Omotola, 2015).

The economic implications of these security challenges are profound and multifaceted. Oriakhi and Osemwengie (2012) demonstrate through econometric analysis that insecurity significantly deters foreign direct investment, with their findings showing a negative correlation between security incidents and investment flows. Similarly, Ujah and Eboh (2006) argue that business activities, particularly in the agricultural and manufacturing sectors, have been severely disrupted by security concerns, leading to reduced productivity and economic growth.

Socio-Economic Impact of Insecurity on Communities

The literature reveals that insecurity's impact extends far beyond immediate physical threats, creating long-term socio-economic disruptions that affect entire communities. Onifade, Imhonopi, and Urim (2013) document how insecurity has created widespread displacement, disrupted livelihoods, and fundamentally altered social structures. Their research shows that communities affected by insecurity experience breakdown in social cohesion, loss of cultural practices, and erosion of traditional authority structures.

Educational systems have been particularly vulnerable to security threats. Binal, Afolabi, and Aina (2014) found that insecurity has led to the closure of numerous schools, displacement of teachers, and disruption of educational activities. This has created long-term implications for human capital development, with children in affected areas facing reduced access to education and limited future opportunities.

Healthcare systems have similarly suffered from insecurity, with the destruction of health facilities and departure of medical personnel from unsafe areas creating healthcare deserts in many parts of Nigeria. The World Health Organization's assessments, cited by Mori, Meddings, and Bettcher (2004), show that insecurity leads



to deterioration in healthcare delivery systems, increased morbidity and mortality rates, and reduced access to essential health services.

Studies from other conflict contexts provide additional insights relevant to the Nigerian situation. David (2009) observes from Nepal's experience that conflict affects livelihoods differentially, with some individuals able to adapt and even benefit from conflict economies while vulnerable populations bear disproportionate costs. This finding resonates with the Nigerian context, where political and economic elites may benefit from security contracts and emergency spending while ordinary citizens, particularly the vulnerable, suffer the consequences.

Vulnerability and Aging in Sub-Saharan Africa

The broader literature on aging in Sub-Saharan Africa provides important context for understanding elderly vulnerabilities in Nigeria. André and Mbah (2018) note that the region is experiencing demographic transitions characterized by declining fertility rates and increasing life expectancy, leading to a growing elderly population. However, this demographic change is occurring without corresponding development of formal social protection systems.

Research from other African countries reveals similar challenges to those faced by elderly Nigerians. Studies from Ghana, Kenya, and South Africa show that elderly populations in the region typically depend on family support, community assistance, and small-scale economic activities for survival (Amaike & Soyombo, 2014). When these systems are disrupted by conflict or economic crisis, elderly individuals become particularly vulnerable to poverty, illness, and social isolation.

The concept of "aging in place" takes on different meanings in contexts of insecurity. While international literature emphasizes the importance of allowing elderly individuals to remain in familiar environments, security threats may make this impossible or dangerous. The forced displacement of elderly populations creates additional vulnerabilities, as they may lose access to social networks, familiar healthcare providers, and economic opportunities.

Elderly Populations and Social Protection in Nigeria

Nigeria's elderly population faces unique challenges that distinguish their situation



from both developed countries and other developing nations. Unlike countries with comprehensive pension and healthcare systems, Nigeria has limited formal social protection for elderly citizens, with coverage primarily restricted to former government employees and a small percentage of formal sector workers (Akinwola, 2014).

Adebowale, Atte, and Ayeni's (2012) rural community study reveals the complexity of elderly well-being in Nigeria. Their research shows that while some elderly individuals maintain active roles in their communities and receive adequate family support, others face significant challenges including poverty, illness, and social isolation. The authors highlight the crucial role of extended family systems in providing care for elderly relatives, while noting the increasing strain on these systems.

The decline of traditional support systems represents a critical challenge for elderly Nigerians. Adebanjoko and Ugwuoke (2014) document how rural-urban migration, economic pressures, and changing social values have weakened extended family networks. Young adults increasingly migrate to urban areas seeking employment, leaving elderly relatives in rural communities with reduced support. Even when remittances are sent, they may be irregular and insufficient to meet elderly individuals' needs.

Afolabi and Aina's (2014) gender-focused study reveals additional dimensions of elderly vulnerability. Their research among elderly Yoruba populations shows that women and men experience aging differently, with women often facing greater economic insecurity due to limited access to formal employment and property ownership during their working years. These gender differences become more pronounced during security crises, as women may have fewer resources and options for protection.

Health and Security Nexus for Elderly Populations

The intersection of health and security presents particular challenges for elderly populations, who typically have higher healthcare needs and reduced physical capacity to cope with emergency situations. Mori, Meddings, and Bettcher (2004) provide a comprehensive framework for understanding this intersection, demonstrating how insecurity affects health through multiple pathways including direct violence,



disruption of health services, psychosocial stress, and reduced access to basic necessities.

Nigerian research confirms these international findings. Studies from the Northeast region show that elderly individuals in conflict-affected areas face increased rates of cardiovascular disease, diabetes complications, and mental health disorders (Orji, 2012). The stress of living under constant threat, combined with reduced access to healthcare and medications, creates a complex web of health challenges that are difficult to address in insecure environments.

The literature also reveals that elderly individuals may be particularly vulnerable during emergency evacuations and displacement. Their reduced mobility, higher medication needs, and stronger attachment to place can make it difficult for them to relocate quickly when security threats emerge. This vulnerability was evident during various security crises in Nigeria, where elderly individuals were disproportionately affected by violence due to their inability to flee quickly.

Coping Mechanisms and Resilience in African Contexts

Research on coping mechanisms among vulnerable populations in Africa provides insights relevant to understanding elderly responses to insecurity. Studies from various conflict contexts show that individuals and communities develop diverse adaptive strategies, ranging from economic diversification to social network strengthening and migration (David, 2009).

Religious and traditional institutions often play crucial roles in providing support during crises. Nigerian research shows that churches, mosques, and traditional leadership structures frequently serve as sources of material assistance, social support, and psychological comfort for elderly community members (Soyombo, 2004). These institutions may be more trusted and accessible than formal government services, particularly in rural areas.

However, the literature also reveals limits to community-based coping mechanisms. When security crises are prolonged or severe, community resources may become depleted, traditional leaders may be targeted for violence, and social networks may be disrupted by displacement and fear. This suggests that while community resilience is



important, it cannot substitute for comprehensive government responses to both security challenges and social protection needs.

Research Gaps and Limitations

The literature review reveals significant gaps in research specifically focused on elderly populations and security challenges in Nigeria. Most existing studies examine broad populations or focus on specific aspects of insecurity without adequate attention to age-specific vulnerabilities and responses. The few studies that do address elderly populations often focus on urban areas or former formal sector employees, with limited attention to rural elderly individuals who may face the greatest challenges.

Methodologically, much of the existing research relies on cross-sectional surveys or secondary data analysis, with limited longitudinal studies that could capture how elderly individuals' situations change over time in response to security challenges. There is also limited research employing qualitative methods that could provide deeper insights into elderly individuals' lived experiences and coping strategies.

The geographic focus of existing research is also limited, with most studies concentrating on the Northeast region affected by Boko Haram insurgency. While this focus is understandable given the severity of the crisis in that region, it means that less is known about how other forms of insecurity (such as banditry, kidnapping, and farmer-herder conflicts) affect elderly populations in other parts of the country.

This study addresses these gaps by focusing specifically on elderly populations while drawing insights from research across different regions and forms of insecurity in Nigeria. The narrative review approach allows for synthesis of diverse studies and identification of patterns that might not be apparent in individual studies focused on specific contexts or methodologies.

Theoretical Framework

This study employs an integrated theoretical approach combining social contract theory, conflict theory, and psychological security theory to provide a comprehensive understanding of how national insecurity affects elderly populations in Nigeria. The integration of these theoretical perspectives allows for analysis at multiple levels - from individual psychological responses to broader social and political dynamics.



Social Contract Theory:

Social contract theory, originating from the philosophical works of Thomas Hobbes, John Locke, and Jean-Jacques Rousseau, provides a foundational framework for understanding the relationship between citizens and the state. Hobbes' formulation, particularly relevant to security analysis, posits that individuals surrender certain natural freedoms to a sovereign authority in exchange for protection from the dangers of the "state of nature" where life would be "solitary, poor, nasty, brutish, and short" (Ibeanu & Mohammed, 2005).

In the context of elderly populations in Nigeria, social contract theory illuminates the state's fundamental obligation to protect its most vulnerable citizens. The theory suggests that elderly individuals, having contributed to society throughout their productive years through labor, taxes, and social participation, have a legitimate expectation of protection and care in their later years. This expectation encompasses not only physical security but also social protection, healthcare access, and basic welfare provision.

However, the Nigerian state's failure to fulfill these contractual obligations represents what theorists term a "breach of the social contract." This breach is evidenced by the absence of comprehensive social security systems for elderly citizens, inadequate healthcare provision, and the state's inability to protect elderly populations from security threats. When the state fails to meet its protective obligations, citizens may legitimately withdraw their consent and seek alternative means of protection and survival.

The theory also addresses the reciprocal nature of state-citizen relationships. Elderly citizens' continued loyalty to the state despite its failures can be understood as evidence of their limited alternatives rather than satisfaction with state performance. In contexts of widespread insecurity, elderly individuals may find themselves in a situation approaching Hobbes' "state of nature," where they must rely on personal resources and community networks for survival.

Contemporary applications of social contract theory recognize that the original formulations did not adequately address the needs of vulnerable populations. Modern



interpretations, influenced by John Rawls' "veil of ignorance" concept, suggest that a just society would prioritize the welfare of its most vulnerable members, including the elderly. This perspective strengthens the theoretical justification for special protections and support systems for elderly populations during security crises.

The theory's relevance to this study lies in its explanation of why elderly populations may feel particularly abandoned during security crises. Having fulfilled their societal obligations over decades, they expect reciprocal care and protection. When this protection fails to materialize, it creates not only practical hardships but also a profound sense of social abandonment and injustice.

Conflict Theory:

Karl Marx's conflict theory, as developed and refined by subsequent scholars, provides a critical lens for understanding how structural inequalities create and perpetuate the vulnerabilities of elderly populations in Nigeria. The theory's central premise - that society is characterized by ongoing struggles between different groups competing for scarce resources and power - offers insights into why elderly populations become casualties of broader social conflicts.

In Marx's framework, society consists of a base (economic infrastructure) and superstructure (political, legal, cultural, and social institutions). The theory argues that the economic base determines the character of the superstructure, creating a system where those who control economic resources also wield political and social power. This analysis is particularly relevant to understanding elderly vulnerabilities in Nigeria, where limited resources are concentrated among political and economic elites while vulnerable populations, including the elderly, compete for inadequate public services and social protection.

The theory's concept of class struggle helps explain why elderly populations face systematic marginalization. In Nigeria's political economy, elderly individuals - particularly those who worked in the informal sector or subsistence agriculture - occupy a subordinate position with limited political voice and economic power. They are unable to effectively compete with more powerful groups for state resources and attention, resulting in their exclusion from development priorities and security



considerations.

Contemporary conflict theorists have expanded Marx's original formulation to include other forms of social division beyond class, including age-based stratification. Age stratification theory, rooted in conflict perspectives, suggests that different age groups compete for social resources, with older adults often losing out to younger, more economically productive groups. This dynamic is evident in Nigeria, where youth-focused development programs receive more attention and funding than elderly welfare initiatives.

The theory also illuminates how ethnic, religious, and regional conflicts in Nigeria disproportionately affect elderly populations. While these conflicts may originate in competition between ethnic or religious groups, elderly individuals often become victims regardless of their group affiliation. Their limited mobility and resources make them easy targets for violence, while their accumulated assets (land, livestock, savings) make them attractive to those seeking to benefit economically from conflict situations.

Pierre Bourdieu's extension of conflict theory through concepts of cultural and social capital provides additional insights. Elderly individuals may possess significant cultural knowledge and social networks, but these forms of capital may lose value during security crises when traditional authority structures are disrupted and communities are displaced. The devaluation of elderly individuals' cultural capital further marginalizes them in changing social contexts.

The theory's emphasis on power dynamics helps explain why elderly voices are often absent from policy discussions about security and social protection. Without organized political representation or significant economic resources, elderly populations lack the power to demand attention to their specific needs during security crises. This powerlessness perpetuates their marginalization and vulnerability.

For this study, conflict theory provides a framework for understanding why elderly populations face systematic disadvantages during security crises. Their marginalization is not accidental but results from structural inequalities that prioritize the interests of more powerful groups. This understanding is crucial for developing interventions that address not only immediate vulnerabilities but also the underlying power imbalances



that create these vulnerabilities.

Integration of Theoretical Perspectives

The integration of these three theoretical frameworks provides a comprehensive understanding of how national insecurity affects elderly populations at multiple levels. Social contract theory explains the macro-level failures of state institutions to protect vulnerable citizens. Conflict theory illuminates the structural inequalities and power dynamics that marginalize elderly populations during crises.

Together, these theories suggest that elderly vulnerabilities during security crises result from the interaction of institutional failures, structural inequalities, and individual-level factors. This multi-level understanding is essential for developing comprehensive interventions that address not only immediate needs but also underlying causes of vulnerability.

The theoretical integration also highlights the importance of considering both objective and subjective dimensions of insecurity. While policy responses often focus on objective security measures (military operations, law enforcement), the theoretical framework suggests that addressing elderly vulnerabilities also requires attention to social protection systems, power inequalities, and psychological support mechanisms.

Furthermore, the integrated framework suggests that effective responses to elderly vulnerabilities must operate at multiple levels simultaneously. Macro-level interventions should address state capacity and social contract obligations. Meso-level interventions should focus on community-based support systems and addressing structural inequalities..

This theoretical foundation guides the analysis of empirical evidence about elderly experiences of insecurity in Nigeria and informs the development of comprehensive recommendations for policy and practice.

Methodology

This study employed a narrative literature review methodology to examine existing research on the impact of national insecurity on elderly populations in Nigeria. The approach was chosen as appropriate for synthesizing diverse studies and identifying



patterns, gaps, and insights across different research contexts and methodologies.

Data collection involved a comprehensive search of academic databases, institutional repositories, and grey literature sources for studies published between 2010-2025. Search terms included combinations of "Nigeria," "insecurity," "elderly," "aging," "security challenges," "vulnerability," and related concepts. Selection criteria focused on studies that examined security challenges in Nigeria and their impact on vulnerable populations, with particular attention to research addressing elderly populations.

The analysis involved thematic coding of reviewed literature to identify key patterns in how insecurity affects elderly populations, their specific vulnerabilities, and coping mechanisms. Studies were analyzed for their theoretical frameworks, methodological approaches, and key findings, with particular attention to identifying gaps in existing knowledge about elderly populations and security challenges.

Findings and Analysis

Economic Impacts on Elderly Livelihoods

National insecurity has fundamentally disrupted the economic foundations of elderly livelihoods in Nigeria. Many elderly individuals depend on subsistence agriculture, small-scale trading, and traditional crafts for their income. The prevalence of banditry and farmer-herder conflicts has made agricultural activities extremely dangerous, forcing many elderly farmers to abandon their land or significantly reduce their farming activities (Onifade, Imhonopi, & Urim, 2013).

The disruption of local markets due to security concerns has also affected elderly individuals engaged in trading and craft production. Many elderly artisans who previously relied on customers traveling from distant locations now find themselves isolated and unable to access markets for their products. This economic disruption has pushed many elderly individuals into extreme poverty, with limited alternatives for income generation.

Health and Healthcare Access Challenges

Insecurity has severely compromised healthcare access for elderly populations, who typically require more frequent medical attention due to age-related health conditions.



The destruction of healthcare facilities in conflict zones and the departure of medical personnel from insecure areas has created healthcare deserts in many parts of Nigeria (Binal, Afolabi & Aina, 2014).

The psychological impact of constant insecurity has also affected elderly mental health, with many experiencing anxiety, depression, and social withdrawal. The stress of living under constant threat of violence, combined with economic hardship and social isolation, creates a complex web of health challenges that are difficult to address in the current security environment.

Social Protection and Support Systems

The breakdown of traditional social support systems has been particularly devastating for elderly populations. Extended family networks, which traditionally provided care and support for elderly relatives, have been disrupted by displacement, migration, and economic pressures. Many elderly individuals now find themselves without adequate family support while also lacking access to formal social protection systems.

The absence of comprehensive social security schemes for elderly Nigerians means that many are entirely dependent on informal support networks that have been weakened by insecurity. This creates a particularly vulnerable population with limited options for survival during security crises.

Coping Mechanisms and Survival Strategies

Despite these challenges, elderly populations have developed various coping mechanisms to survive amid insecurity. These include:

1. **Community-based mutual support systems:** Elderly individuals often form informal networks with neighbors and community members to share resources and provide mutual protection.
2. **Modification of daily routines:** Many elderly people have adjusted their activities to minimize exposure to security risks, such as avoiding travel during certain times or to certain areas.



3. **Reliance on religious and traditional institutions:** Churches, mosques, and traditional leadership structures often provide both material support and psychological comfort to elderly community members.
4. **Migration to safer areas:** Where possible, some elderly individuals have relocated to areas perceived as more secure, often staying with relatives in urban centers.

Conclusions

This study reveals that national insecurity in Nigeria has created profound challenges for elderly populations, who face unique vulnerabilities due to their age, limited economic resources, and reduced mobility. The intersection of inadequate formal social protection systems with the breakdown of traditional support networks has left many elderly Nigerians in precarious situations.

The findings demonstrate that elderly individuals are not merely passive victims of insecurity but actively develop coping strategies to navigate these challenges. However, these individual and community-level responses are insufficient to address the scale and complexity of the challenges they face.

The research contributes to understanding the specific ways in which national security challenges affect different population groups, highlighting the need for age-sensitive approaches to security policy and social protection. The study also demonstrates the importance of examining how broad social challenges affect specific vulnerable populations.

Recommendations

Based on the findings of this study, the following recommendations are proposed:

1. **Establish comprehensive social protection systems:** The government should develop and implement formal social security schemes specifically designed for elderly citizens, including pension systems for informal sector workers and universal healthcare coverage for the elderly.



2. **Develop age-sensitive security policies:** Security strategies should explicitly consider the needs of elderly populations, including provisions for their evacuation and care during security emergencies.
3. **Strengthen community-based protection mechanisms:** Invest in community policing and local security initiatives that can provide more immediate protection for vulnerable populations, including the elderly.
4. **Implement targeted support programs:** Develop specific programs addressing the economic, health, and social needs of elderly populations in conflict-affected areas.
5. **Establish emergency response systems:** Create rapid response mechanisms to provide assistance to elderly individuals during security crises, including mobile healthcare services and emergency shelter programs.
6. **Support intergenerational programs:** Promote initiatives that strengthen connections between elderly individuals and younger community members to rebuild social support networks.

Future research should focus on longitudinal studies examining the long-term impacts of insecurity on elderly populations, comparative studies of coping mechanisms across different regions and communities, and evaluation studies of interventions designed to support elderly populations during security crises.

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