

In youtube_extraction_english_156.json :

Title: 7 Powerful Ways to Fight Ageism... While Getting More from Your Own Life

- Table 1: Summary of the results per comment;
- [Table 2](#): Summary of the results per sociolinguistic variable;

Table 1: Summary of the results per comment

Comment	KeyWords	Sociolinguistic variables (Hiper - Hipo)	Hate Speech Frequency	Hate Speech Fre- quency(%)
Cindy Gallop spreads great ideas that make a lot of sense. I'll be working and studying hard well into old age . I see we have political power due to our numbers and our voice. We must advocate for our community's rights. Policies of medical neglect of seniors leading to premature death is an issue to be exposed and disrupted. Mature women in advertising have great value. My female friends are precious to me.	Age, Old	Age - General, Age - Over 65s	2/73	2.74
Good video. I have no problem being 66 what I have is a problem with being called "young lady". I'm proud to have made it this long and don't appreciate being talked down to like that. You are so right about ageism it's out there.	Ageism	Age - General	1/45	2.222
68 and know it's a privilege to age !	Age	Age - General	1/8	12.5
I'm 70, turning 71 soon. I'm still teaching, too! The kids keep me young. Need to work for six more years is very important! I love my silver hair! I don't like old woman hair-dos. I roll my own hair. I get up at 5:15 in the morning and go to bed between 9 & 10. I don't support AARP.	Old, Woman	Age - Over 65s, Gender - General	2/60	3.333

I am 64 as of yesterday April 29 th when you published this video Margaret! Kind of coincidental don't you think? Haha. I have to admit, I paused before adding my age just now. It was more difficult than I thought. I really don't have a problem being 64 , it's looking 64 that I have difficulty with! I have recently joined the ' going grey gracefully ' gang and am happy with that decision. But I was in a store with my 23 year old son the other day and the sales assistant asked him if I was his ' Gramma'! I didn't take it to heart though especially as she wasn't much younger than me and was rather silly, the type of person who speaks before they think. Anyway, not to worry. Thanks again Margaret for another very interesting topic.	Age, Old	Age - General, Age - Over 65s	2/143	1.399
I turned 75 a few weeks ago. I've been enjoying life more every years since I retired at age 52. I please myself! If I want to let the housework pile up, I just do. If I feel like doing spring cleaning in November, I just do. If I want a meal at 2 in the afternoon, I just do. I am so free, so happy, so self-indulgent after being a parent, a homemaker, an employee. Now I am just myself. I often feel that I've reclaimed the self I was before puberty. Now my body isn't my main focus - I can let my wrinkles show, I can wear what I please. It's so wonderful!	Age	Age - General	1/116	0.862
It doesn't bother me a bit to announce my age . I'm proud to be 60! I too, wouldn't want to be young again. I just miss the energy of my younger self. You make 70 look awesome.	Age	Age - General	1/37	2.703
You can disrupt ageing by keep smart and avoid loneliness. Also keep in shape and appropriate fashion.	Ageing	Age - General	1/17	5.882
I wish I was as smart as you at any age .	Age	Age - General	1/11	9.091
I am a beautiful age of 55!	Age	Age - General	1/7	14.286
You mentioned the advertising agencies are run by men. If you look deeply at who is managing and who they are hiring to design ads, you will discover that the advertising agencies are people in their 30s and 40s. While talking to many of them, I learn that they still think 'retirement' is unplanned and people playing shuffleboard. They may have parents in their 60s and 70s, but they still have a very old fashioned notion of what it looks like to be in our 60s and 70s. The conversations are pretty comical actually.	Old	Age - Over 65s	1/94	1.064
I never had a problem with anyone knowing my age since I never really looked my age . I'm 64 and am living a free and single life since my husband passed away after our 40 years together. I'm not afraid of sex or love and I want to continue enjoying both.	Age, Sex	Age - General, Gender - General	3/51	5.882
I'm 53. I like my age .	Age	Age - General	1/6	16.667

dear margaret, i am 62. i have a story, i'll try to be brief. five or so years back my husband and i were on a hike . after a few hours nearing the peak, he set up his tripod and camera and walked into the frame, using the self timer. this would not seem unusual but it was. for 20 years i was positioned in every photograph, always from the back and i knew, only as a way to show perspective of the landscape shots he took. this was a first. i asked what had just happened. (please understand i never cared one bit about being in the photos, i always knew i was just a prop and he had a job to do).he said he was only doing what his editor requested. they wanted young and fit. after overcoming the shock i became angry and hurt. wth! as we continued on our hike i noticed the few people we met on the trail were all around our age . on so many levels this was unacceptable and my anger grew. (as he continued to photograph himself while i stood aside) were we not to be recognized as healthy, fit, older adults, active and enjoying the outdoors too? i wanted to know which magazine he meant, i planned write to them. i did do that. and never did hear back. (is a popular well known publication) last year my husband left our marriage for a much younger woman . ironically, as invisible he (and supposedly the magazine) made me feel, i've been asked to model for two company's this last year, now that i'm on my own. even though it's different and way out of my comfort zone to face the camera, i said yes. long silvering hair and wrinkles, made from mostly smiles now...and a growing confidence that age doesn't change my value, these are my best assets. your message is so important. we have to believe in ourselves, at every age . that's what matters most. lori x	Age, Hike, Woman	Age - General, Gender - General, Nationality - Italian	6/338	1.775
Hi MargaretI think it's great that we can agree to disagreeI embrace living.. ;))Feeling beautiful is inspiring for meHangout with anyone , regardless of their age To disrupt aging, I think u should just follow your passions. Stop listening to people who want everyone to follow like sheep	Age	Age - General	1/52	1.923
Sixty and Me hi Margaret... I don't agree that I am my age ...It would be strange if we all agreed on everything..I enjoy hearing your perspectives	Age	Age - General	1/28	3.571

Great message Margaret. Your necklace today is my favorite I've seen you in. You look wonderful. I'm entering the last few years of my 60s . Ageism is a thing. Some cultures do respect their elders but not mine unfortunately. Maturity & wisdom usually only comes with age . Being ourselves is the best way to disrupt ageism . I'm finding myself not due to being a " senior " but due to having time as a retiree due to illness. Battling an incurable disease can change your perspective. That's what's slowed me down but the gift of time I'm trying to use well. Each new day is an opportunity. I can't say I look my age as I've been told I look much younger all my adult life; it's genetics. As my dermatologist says, thank your parents. I get to reflect on my life as well as that of my ancestors. I'm not someone whose ever hid her age . Turning 67 is a gift. Celebrating life!	Age, Ageism, Senior	Age - General, Age - Over 65s	6/165	3.636
Thank you, Margaret, for another great youtube broadcast ! I am 66 years old . Honestly, I have never thought of myself as old until recently. I retired and found myself watching day time television. Spot on regarding the advertising ! Tuning out from the negative messaging. I have never had any problem with cross generational relationships. I learn from older people, younger people, and I have a lot of wisdom to share. Agree, advertising is not the real world. I'll choose Sixty and Me over the advertising con game. Just my two cents !	Old	Age - Over 65s	2/94	2.128
Hello! I'm 68 and happy to be alive! I recently let my hair go gray. It feels great and I love it. It has all shades of silver and grey with some black . No more hair dye and no more watching my roots come through.I have a daughter that's only 27. I'm proud of being my age and having the experience and knowledge that comes with aging.	Age, Black	Age - General, Ethnicity - Black	2/68	2.941
I am 66 and get very confused about people's reactions to me. I feel good at this stage of my life. I raised my 3 very wonderful children as a single parent and always have been very independant and strong. I am trying to make changes to insure that I will be able to be self sufficient in my future years. It can be very sad and overwhelming sometimes to give up or let go of our past. Changes are not easy. I find that aging is about adjusting to changes in our life. Readjusting our thought process about our future. I do not feel old . Until others treat me like they think I am. I do not color my hair anymore and my hair is mostly white which troubles many people. I wear my hair in a style that is considered too long for my age but I have news for them it's going to get longer. I travel and drive wherever I want to with no one restricting me. I have more freedom than I have at any stage in my life.	Age, Old	Age - General, Age - Over 65s	2/184	1.087

I am doing the same thing with my hair! I am 62, and I don't care what other people think about my hair. I've had comments about how I should not let my hair grow long, "that's for young girls". I don't feel old . Keep on living and feeling good about your life!	Old	Age - Over 65s	1/53	1.887
I like the idea of saying our age with pride. I'm 66! One of the best things I did was cancelling my basis TV pkg. years ago. No more being bombarded with advertisements. I don't buy magazines anymore. Sometimes look at mags in my library instead.	Age	Age - General	1/46	2.174
Hi Margaret, I'm 61 and loving the freedom I have at this time in my life. I can remember my mother at this age and the clothes and hair styles society expected of her. Things have certainly changed for the better. My hair is longer than it has ever been. I buy my clothes in all manner of shops, not just the 'old lady' clothing stores and I revel in experiencing new things. Great topic, thanks for starting this conversation. Cheers from Australia.	Age	Age - General	1/84	1.19
I love the concept that my age is a sum total of who I am. I am 67 and an active ageism disrupter. In particular, I am a 'retirement' disrupter. The expectation that retirement is a natural choice for everyone at a particular age reinforces a false perception that our talents and contribution are no longer valuable. Far from reality. We are valuable contributors and fair exchange for our expertise and experience is not only appropriate, but is our right. Regarding the point about using 'for my age ', I am guilty especially in response to pressures to look younger. I often respond 'I don't want to look 10 years younger, I want to look good for my age '. When I deconstruct the message, I realize that it insidiously supports ageism . Hence, my retort is now going to be 'I want to look and feel good'. Full stop. No 'just' or 'good enough'. Simply, elegantly, and confidently 'I want to look and feel good'. So now I'm off to put in a good day's work for a client with breaks for a walk and a yoga class. All pumped up and inspired. Thank you Margaret.	Age, Ageism	Age - General	4/195	2.051
An add on comment! I love being aware of 'looking' our age is okay! It's actually freeing!	Age	Age - General	1/17	5.882
Carol Genovese oh HOW !!!! TEACH US HOW !!!! IM 62 and Never felt my age until this year ! I've just have seized up health bones skin ! I don't want this ! I want how you expressed ! I haven't any one in family how to Grow Older with Grace ! I feel like a old car left out in a empty field! RUSTY !!! With Care and open Heart and Ears listening! Debra	Age, Old	Age - General, Age - Over 65s	2/77	2.597

Fabulous conversation today! Disrupt aging! I want to scream it from the roof tops! (But I probably won't) I try to live and engage! Dress to suit myself. Hike , swim , yoga. Go out with friends. Just be present in every moment. Keep moving forward. I have a mental vision of expanding.	Hike, Mental	Nationality - Italian, Physical Identity - Physical (and Mental) Impairments	2/53	3.774
Julie S Hello Julie. I love your mental vision of expanding!	Mental	Physical Identity - Physical (and Mental) Impairments	1/11	9.091

Table 2: Summary of the results per sociolinguistic variable

Sociolinguistic variables (Hiper - Hipo)	KeyWords	Number of occurrences	Frequency	Frequency(%)
Age - General	Age, Ageism, Ageing	32	32/4062	0.79
Age - Over 65s	Old, Senior	10	10/4062	0.25
Gender - General	Woman, Sex	3	3/4062	0.06999999999999999
Nationality - Italian	Hike	2	2/4062	0.05
Ethnicity - Black	Black	1	1/4062	0.02
Physical Identity - Physical (and Mental) Impairments	Mental	2	2/4062	0.05

Result analysis:

- Taking into account the words that were detected, we can reach the conclusion these comments are associated with : : Age - General;Age - Over 65s;Gender - General;Nationality - Italian;Ethnicity - Black;Physical Identity - Physical (and Mental) Impairments;
- The percentage of hate speech related words is 1.2309.
- Considering that the variable **Age - General** has the most occurrences in the post, we can interpret that this is the predominant hate speech.
- Overall there were 51/108 occurrences of hate speech related comments.