

# Successful Aging: Subjective Well-being in Late Life Period

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# Criteria define successful aging

- Low levels of disease and disability
- High physical and cognitive functioning
- Active engagement with life

# Successful Aging

- Quality of Life
- Life Satisfaction
- Subjective Well-being

# Key Question

- What determinants of Subjective Well-being in late life period?

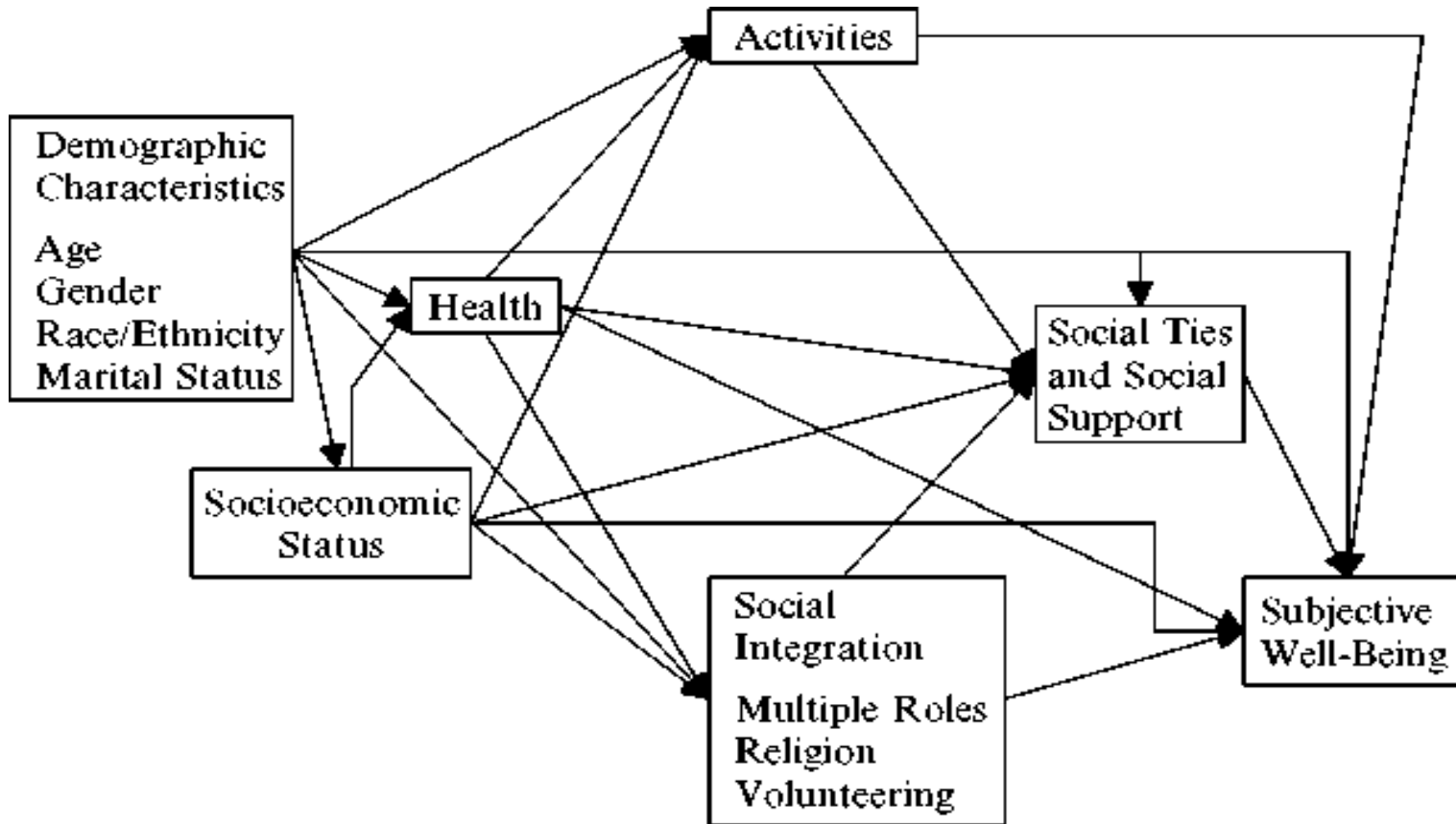
# The Tasks of Research

- Creating and estimating dynamic model of the determinants of Subjective Well-Being in late life period;
- Identifying the dynamics of Subjective Well-Being across the life course;
- Compare levels of Subjective Well-Being in late life period across nations

# Theoretical Framework

- Aspiration Theory
- Goal Discrepancy Theory
- Upward-Downward social comparisons

# Research Scheme



# Hypotheses and Variables

- Older adults are more satisfied with their lives, on average, than middle-age and younger adults.
- Older women have significantly lower levels of SWB than older men.
- Race/ethnicity is not significantly related to SWB
- Married adults of all ages report higher levels of SWB than the unmarried.
- Education and income are both strong predictors of SWB during late life, with income the stronger of the two.
- Health is a much weaker predictor of SWB among young and middle-age adults than among older adults.



# Hypotheses and Variables

- Among middle-age and younger adults, income is the strongest single predictor of SWB, among older adults income usually ranks second in its power to explain differences in SWB.
- All types of activities - social, physical, and solitary - predict higher levels of SWB in late life.
- Religious participation, specifically attending religious services, is a strong, positive predictor of SWB for older adults.
- Social relationships and social support provided by family and friends are strong predictors of SWB in late life.

# Hypotheses and Variables

- Sense of control (individuals' beliefs that they are in command of their lives) is a significant mediator of the effects of objective life conditions on SWB for older adults.
- The belief that life is meaningful, despite its uncertainties and challenges, is expected to foster perceived life quality and to mediate the effects of objective life conditions on SWB.

## At the level of analyses and modeling.

- APC Analysis to highlight age effect, period effect and cohort effect.
- Correlation Analysis (taking into account specificity of the scales of the variables);
- Regression Analysis for testing links between variables.
- Structural Equation Models for testing and estimating causal relations between variables.

Thank you