

Active Ageing Components as the Determinants of Subjective Well-being in the Late Life Period



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Active Ageing

The process of optimizing opportunities for health, participation and security in order to improve the quality of life as people age

(the World Health Organization)

Research questions

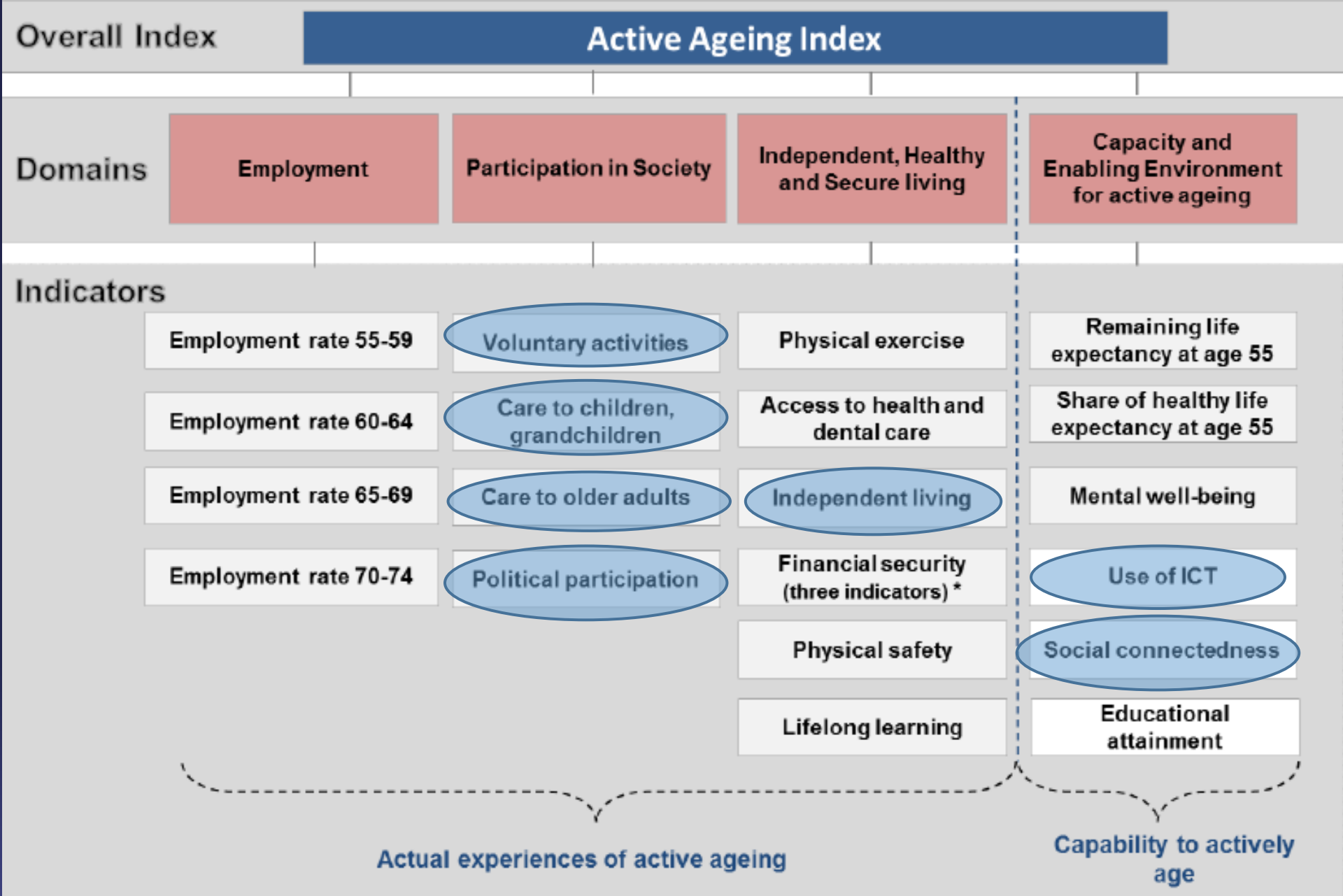
- Is there a link between SWB and active ageing?
- What social factors do play a key role in SWB in the late life?

Background

- Social relations contributes to the elderly's well-being (*Krause, 2001*)
- Dependence from relatives or friends may be not positive (*Intersoll-Dayton, Morgan & Antonucci, 1997*)
- Positive effect of giving support (*Krause et al., 1992*) but mixed findings regarding receiving support (*Siebert, Mutran & Reitzes, 1999*)
- Formal community involvement is beneficial (*Greenfield & Marks, 2004*)

SWB measures

- World Values Survey (WVS, 2010-2014)
- European Social Survey (ESS, 2010, 2012)
- ✓ Life satisfaction
- ✓ Happiness
- ✓ Subjective health



*(1) Relative median income of 65+ relative to those aged below 65; (2) No poverty risk for older persons; (3) No severe material deprivation

Global AgeWatch Index

Domains



1. Income security

2. Health status

3. Employment and education

4. Enabling environment

Indicators

1.1 Pension income coverage

2.1 Life expectancy at 60

3.1 Employment of older people

4.1 Social connections

1.2 Poverty rate in old age

2.2 Healthy life expectancy at 60

3.2 Educational status of older people

4.2 Physical safety

1.3 Relative welfare of older people

2.3 Psychological wellbeing

4.3 Civic freedom

1.4 GDP per capita

4.4 Access to public transport

Direct "outcome" indicators of older people's wellbeing

Proxy of enabling attributes/capabilities of older people

Enabling social environment of society

Active Ageing & SWB

- European countries

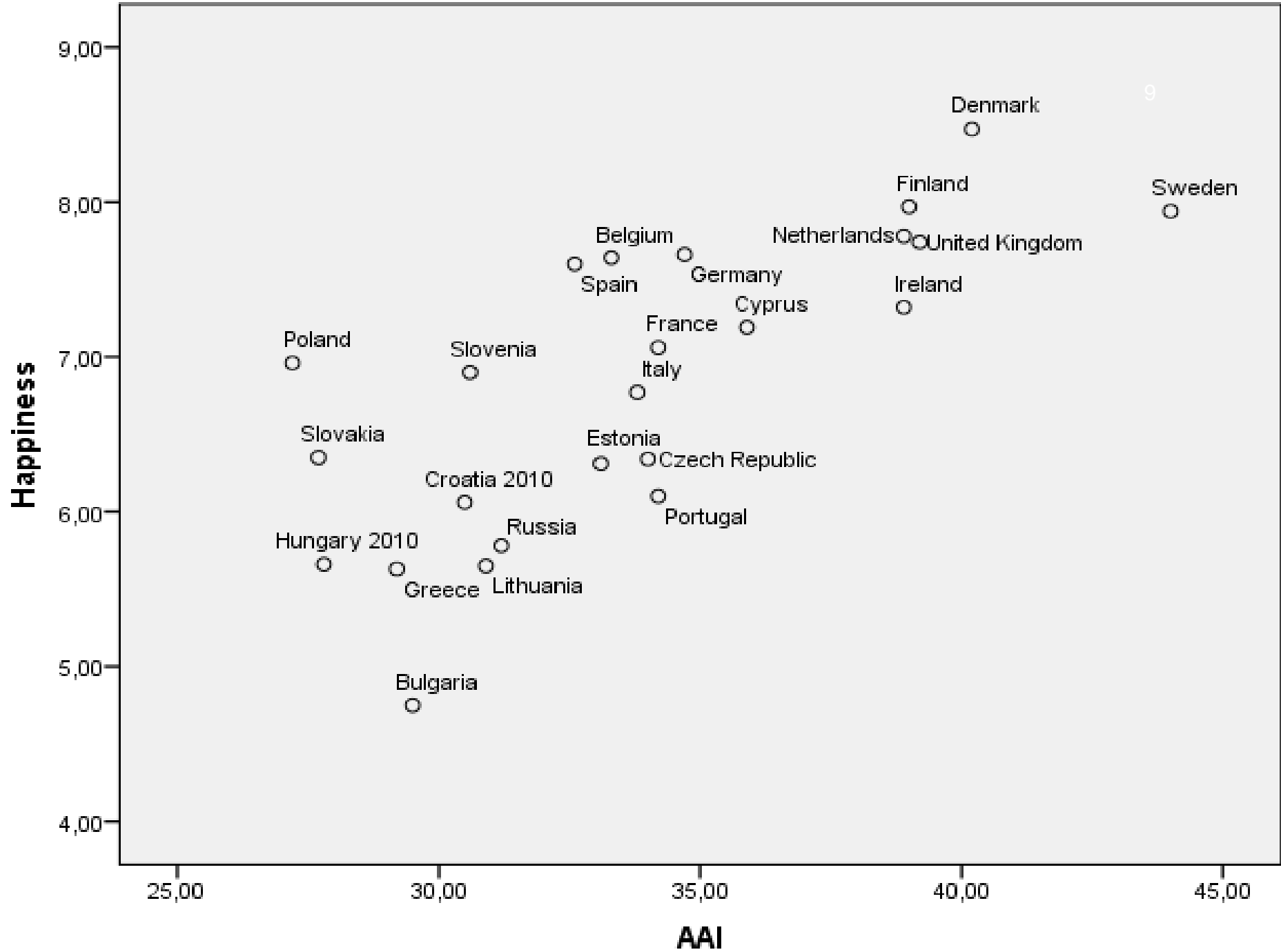
- AAI & Life Satisfaction (55+) – 0,729

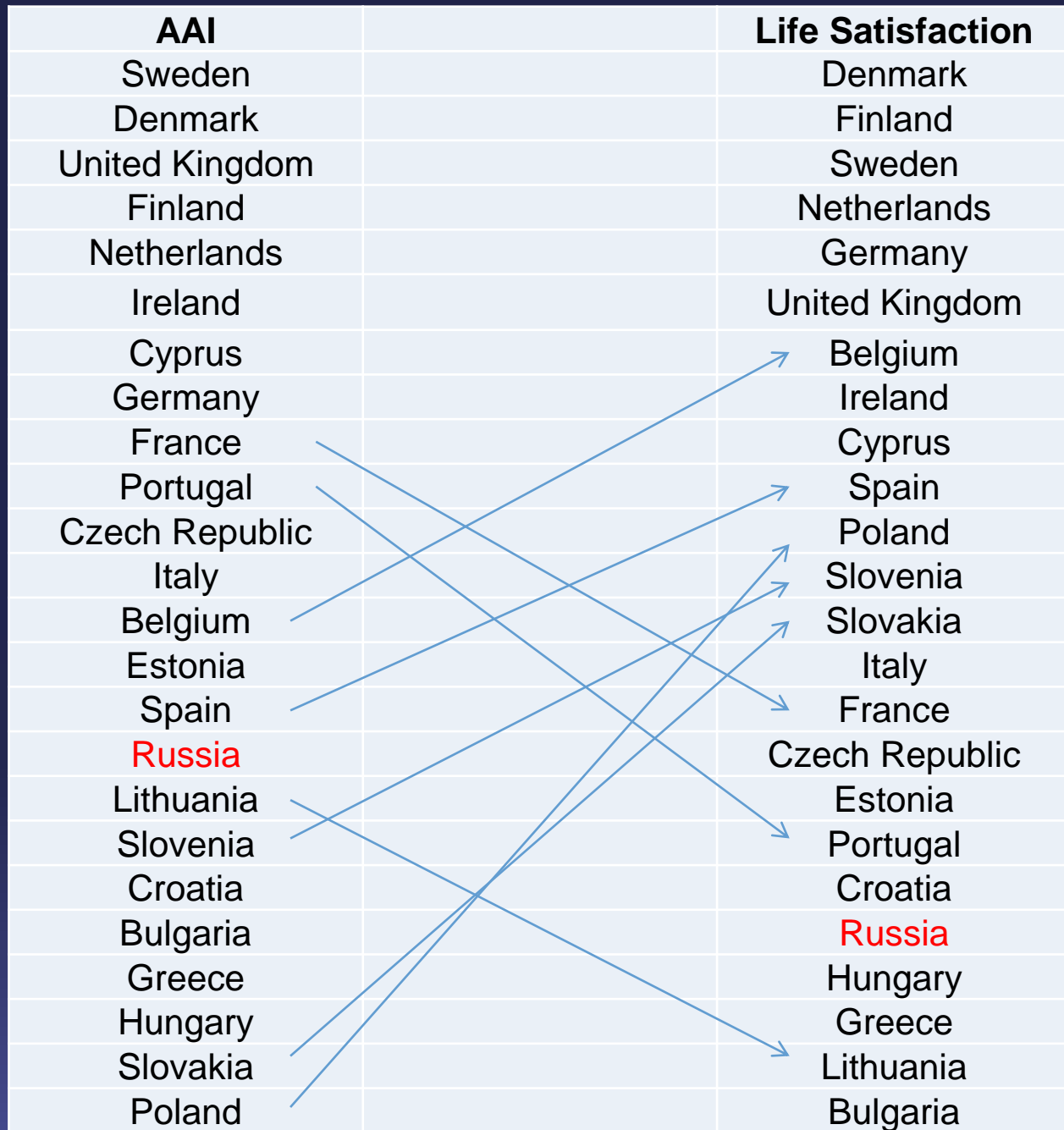
- AAI & Happiness (55+) – 0,743

- AAI & Subjective Health (55+) - -0,753

- World

- GAWI & Life Satisfaction (50+) – 0,419

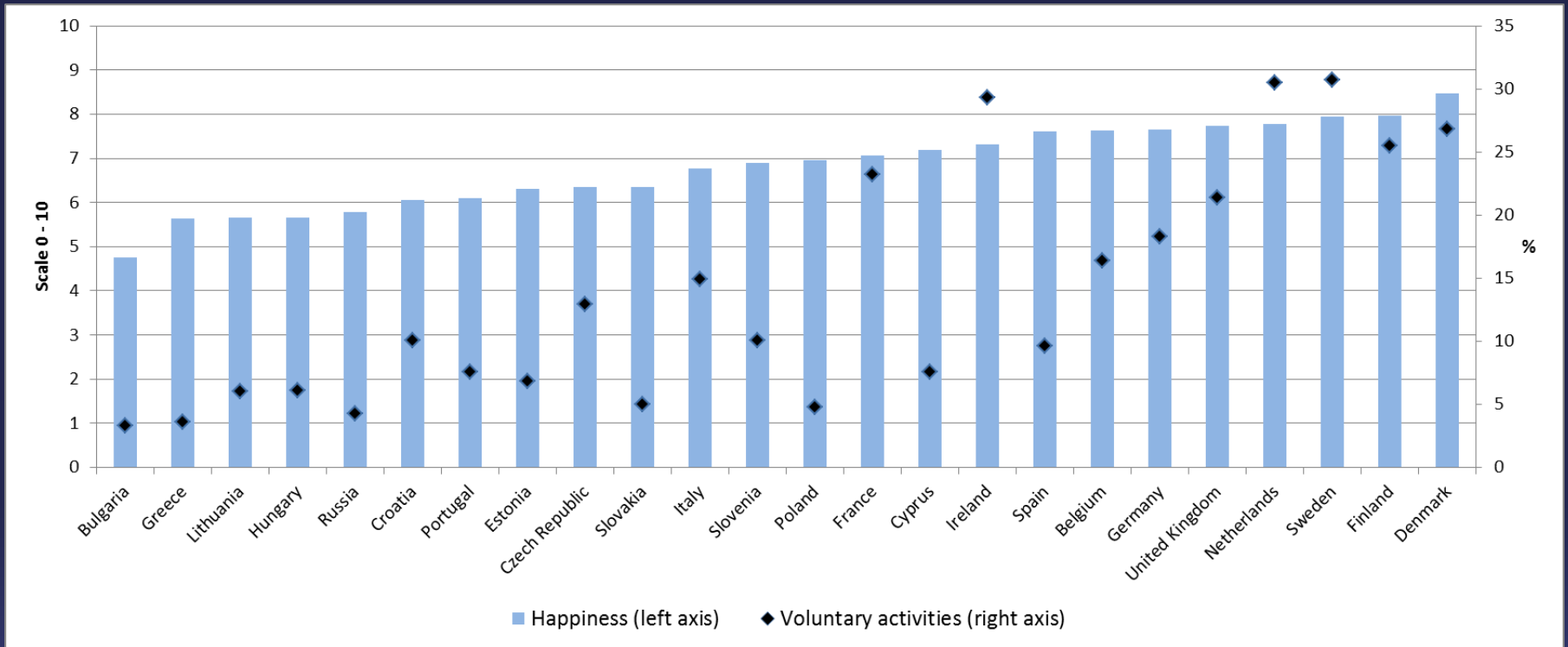




Active Ageing Components & SWB

- Voluntary activities & SWB – the most significant correlation
- Use of ICT, independent living, political participation, social connectedness
- Care to children, grandchildren & SWB, care to adults & SWB – non-significant correlation

Voluntary activities & Happiness in European countries



Conclusions and further research

- Countries with high potential to active ageing show higher levels of life satisfaction and happiness
- Voluntary activities play a key role in SWB in the late life
- What factors of helping others do provide the elderly's well-being?

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