





UNIVERSITÄT

RELATIONSHIPS AND WELL-BEING IN LATER LIFE -PRELIMINARY RESULTS OF IP 212 - LONGITUDINAL SURVEY (WAVE 3)

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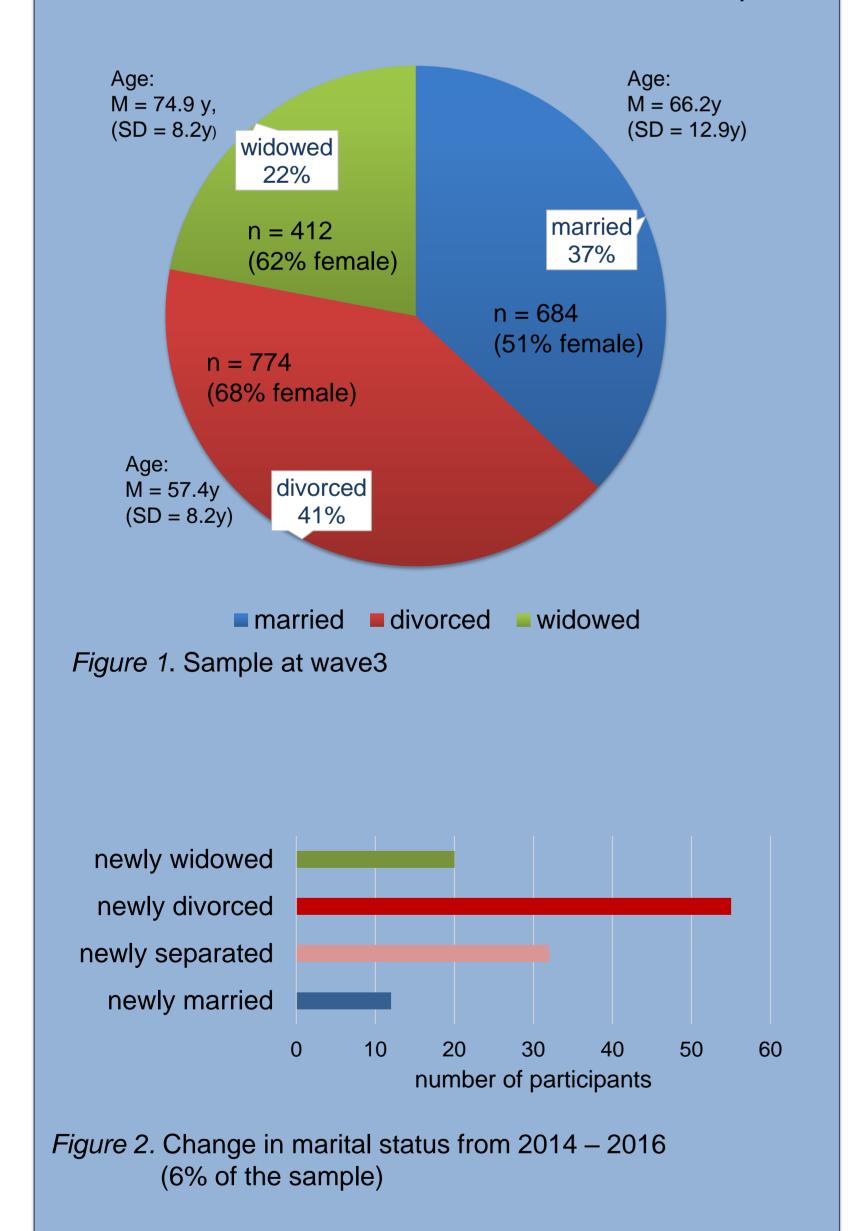
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PROJECT AIMS

212 aims at investigating the overcoming processes vulnerabilising factors close relationships of middle- and old-aged adults. Specifically, the project seeks to paths of the various explore psychological adaptation to divorce and bereavement, and to identify possibilities and of resources psychosocial prevention and intervention. On the other hand, we are interested in continuity and change of long-term marriages, and in the role of chronic stressors, such as health problems or caregiving strain, which are major challenges for marital quality.

WAVE 3

3 of stem from wave Data longitudinal, survey-based study with measurement points (2012, three 2014, 2016), which are part of the Swiss National Centre of Competence in Research 'LIVES' (funded by the Swiss National Science Foundation).



QUESTIONNAIRE

Part A: Demographics (e.g., gender, age)

Part B: Well-being and life conditions (psychological, social, physical)

Part C: Psychological resources (e.g., personality, generativity)

Part D: Current relationship (e.g., communication, marital strain)

Part F: Separation and divorce

Part G: Widowhood

VARIABLES / INSTRUMENTS

Well-being:

- Life Satisfaction: Life Scale (Diener et al., 1985)
- Emotional loneliness / social loneliness: De Jong Gierveld Loneliness Scales (De Jong Gierveld & Kamphuis, 1985);

Personality:

Extraversion, openness: BFI-10 (Rammstedt & John, 2007);

Social resources:

- Relationship satisfaction / relationship strain: self developed
- Partnership communication (positive interaction/asymmetrical communication): Communication Patterns Questionnaire) (Futris et al., 2010)
- Dating interests: self developed item

DESCRIPTIVE RESULTS: COMPARISON AMONG MARITAL STATUS

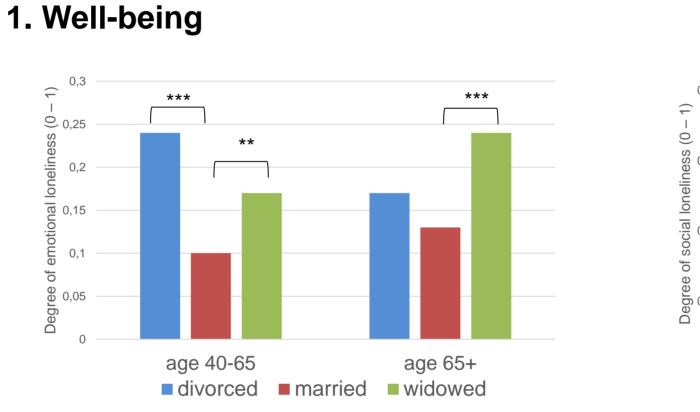


Figure 3. Emotional Ioneliness

2. Personality

■ divorced ■ married ■ widowed

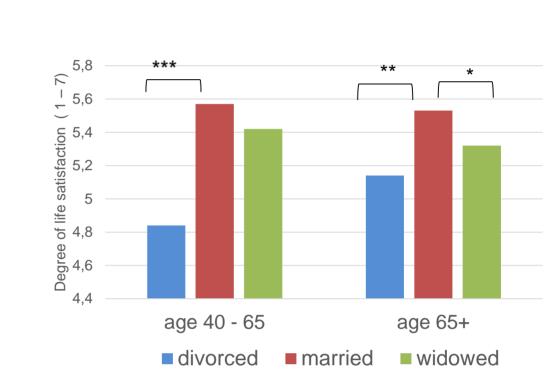


Figure 4. Social loneliness

Figure 5. Life satisfaction

6. Life satisfaction

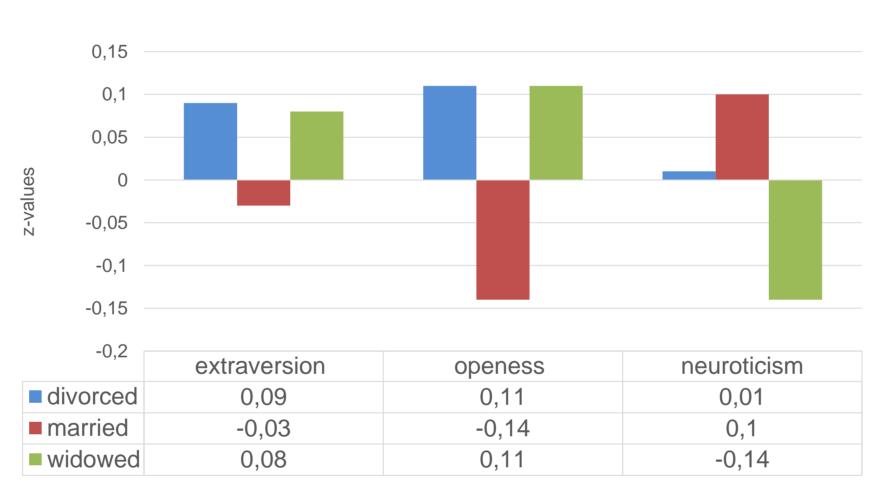
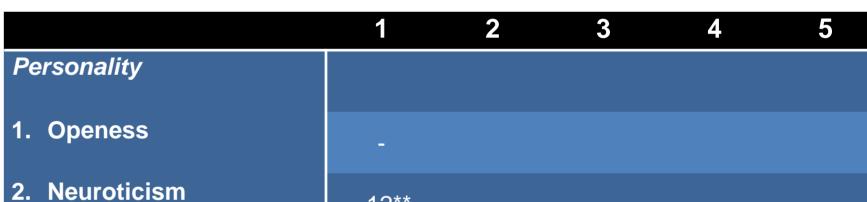


Figure 5. Personality and marital status (age 40 – 65 years)



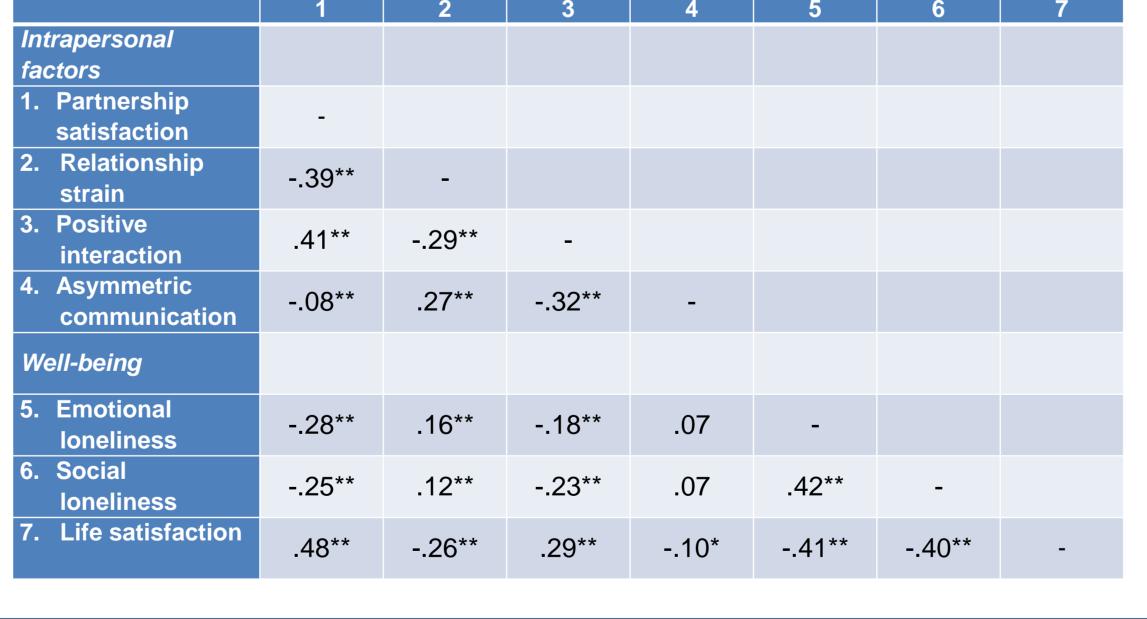
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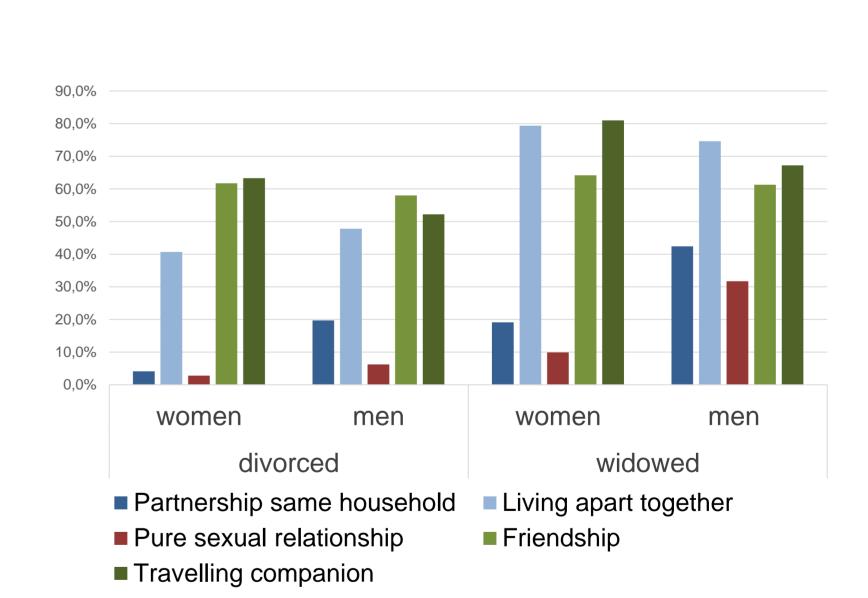
Table 1. Personality and well-being (Pearson correlations)



3. Interpersonal resources

Table 2. Social resources and well-being in longterm married persons (Pearson correlations)





-.60**

-.47**

Figure 6. Single widowed and divorced persons: In what kind of partnership are they interested?

FIRST CONCLUSIONS

- The large sample size and the variety of collected variables serve as a good basis for generalizable results concerning various paths of psychological adaptation to divorce and bereavement in middle and older age. The response rate of over 80% show the high commitment of participants of the longitudinal study.
- Our preliminary results suggest that especially the divorced group show more emotional and social loneliness and lower levels of life satisfaction than the longterm married group. Older widowed persons (age 62+) show the highest level of emotional loneliness in comparison to other marital status groups.
- Our findings suggest that personality and social resources are associated with loneliness, as well as with life satisfaction. This has important implications for understanding the various paths of psychological adaptation to divorce and widowhood.
- Finally, the findings provide important possibilities to identify resources and possibilities of psychological prevention and intervention.

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- Knöpfli, B., Morselli, D., & Perrig-Chiello, P. (2016). Trajectories of psychological adaptation to marital breakup after a long-term
- marriage. *Gerontology*. doi:10.1159/000445056 • Margelisch, K., Schneewind, K. A., Violette, J., & Perrig-Chiello, P. (2015). Marital stability, satisfaction and well-being in old age: variability and continuity in long-term continuously married older persons. Aging & mental health, 1-10. doi: 10.1080/13607863.2015.1102197
- Spahni, S., Bennett, K., & Perrig-Chiello, P. (2016). Psychological adaptation to spousal bereavement in old age. The role of trait resilience, marital history, and context of death. Death Studies. doi: 10.1080/07481187.2015.1109566