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# PSYCHOLOGICAL WELL-BEING OF ELDERLY PEOPLE: THE SOCIAL FACTORS

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## **Abstract**

This paper presents the social factors of psychological well-being in the elderly. Psychological well-being is a personality phenomenon, which forms during the human activity in the system of real relationships with surrounding objects. Personal, cognitive, emotional, social, and other factors determine psychological well-being in the elderly. It was found that the level of psychological well-being is bigger for seniors who do not feel lonely and have enough opportunities for communication, who take part in a social life and live with relatives. Specifics of everyday activity in older age are not related to psychological well-being substantially.

**Keywords:** *psychological well-being, seniors, communication, desolation, activity.*

## **Introduction**

Personal development can be characterized by qualitative and quantitative properties, changes throughout life, which provide various impact toward social adaptability of the person. When it comes to the elderly, it is typical to mention the reduction of adaptive human capabilities and activation of destructive processes. Special facilities and features are needed to neutralize the impact of these destructive factors and ensure a harmonious, optimal life activity for the seniors. The psychological well-being is one of such personal complexes. A number of conditions and factors, which can vary in the elderly, is crucial. Therefore, it is very important to research such conditions and factors for the advanced age.

## **Psychological well-being**

Psychological well-being is a very complex personal phenomenon. It forms as a result of human activity in the system of real relationships with surrounding objects. Psychological well-being can be described as a feeling of life satisfaction, the quality of life, personal self-fulfilment, creation of objective and subjective values. There is a number of aspects, such as evaluative well-being (or life satisfaction), hedonic well-being (feelings of happiness, sadness, etc.), and eudemonic well-being (sense of purpose and meaning of life) (Steptoe, Deaton, & Stone, 2015). This well-being is associated with the phenomena of self-actualization, personal growth and fulfilment. It is also connected to the person's emotional assessment of her/himself

and his/her own life. Psychological well-being is important in human development in the late age. The shaping of the well-being is determined by personal, cognitive, communicative and other psychological and non-psychological factors.

#### **Personal factors of psychological well-being**

Self-esteem, self-acceptance, and self-perception determine the achievement of psychological well-being of a person. According to Kozmina (2013), students with higher well-being experience the support, appreciation and respect from others. The self-confidence is higher and the level of internal conflict is lower for them, they are open for new experiences and interested in self-cognition, and they actualize their potential in a more effective way. Subjective age of a senior person is related to his/her psychological well-being as a part of self-perception. According to Mel'ohin (2016), those who identify themselves with a younger age (positive cognitive illusion of age) are more flourishing and happier in the elderly.

There is a direct link between psychological well-being and individual self-regulation, and a strong connection between self-regulation and the resource and result aspects of well-being (Oleksandrov, 2009).

Personal potential can be described as the cause of psychological well-being (Olephir, 2012). It allows a person to enjoy stable internal criteria and guidelines in his or her life, to support the stability of semantic orientations, as well as to act effectively in different environments.

Psychological well-being is determined by the self-actualization of a person, his or her ability to enjoy the integrity of life and share the existential values, celebrate world's richness and diversity and appreciate his or her dignity and ability (Belousova & Rakhymharaeva, 2011; Kostenko, 2005). As Bel'sky (2010) mentioned, those seniors who perform meaningful activities that are valid for themselves and for others have higher level of psychological well-being. These people possess their professional identity.

#### **Cognitive factors of psychological well-being**

The levels of psychological well-being and life satisfaction are determined by the general intelligence of a person. The higher level of cognitive functioning the person has, the more life opportunities she or he has, which brings more life and self-satisfaction. Psychological well-being of seniors is associated with crystallized intelligence more than with fluid one (see Siedlecki (2008) about the decrease of the influence of fluid intelligence on the life satisfaction).

#### **Emotional factors of psychological well-being**

The stability of the emotional system is a significant reason for one's psychological well-being. Such well-being is caused by one's emotional balance, emotional comfort and peace of mind (Belousova, 2011; Bel'sky, 2010). Depression, neuroticism, and hopelessness bring problems for well-being (Korniyenko, 2014).

Self-compassion refers to a kind and nurturing attitude toward oneself in a situation that poses a threat toward one's adequacy, as well as perceiving imperfection as a part of being human. It is positively and clearly related to psychological well-being of seniors analyzed (Homan, 2016).

#### **Social issues as the factors of psychological well-being**

The abilities of a person to support trusting constructive relationships with others, and to use adaptive behavior strategies for communication are the factors important for psychological

well-being (Bocharova, 2005; Pavlotskaya, 2014). Altruistic online-attitudes affect subjective well-being positively (Zheng, Xie, & Ding, 2018).

Strong social relations and family support in personal care are very important in the subjective well-being of seniors in Lithuania (Vaznonienė, 2014).

Some psychological studies have a focus on well-being of seniors in nursing homes. The positive attitude of living conditions and health, as well as such characteristics as higher education, inclusion in desirable activities, close relationships with significant others are the factors of their psychological well-being (Kostenko, 2005). There are some differences in food preferences and diet satisfaction between those living independently and those living in social welfare institutions (Hartman-Petrycka, Lebedowska, & Blońska-Fajfrowska, 2015).

The higher level of person's psychological (subjective) well-being can be caused by higher level of his or her extraversion (McCrae & Costa, 1991).

The level of adaptability to social environment conditions is a significant factor for one's psychological well-being. This is very important for those who relocated, as well as for the seniors (Korniyenko, 2014). Those with psychological well-being are socially adaptive, they are able to act depending on the actual social request; while in seniors their activity is not decreased and their lifestyle does not have major changes (Melekhin, 2015; Pavlotskaya, 2014).

There is a negative relation between psychological well-being and a level of communication control. Well-being allows a person to feel free with others, to trust them and to have self-confidence (Pavlotskaya, 2014). The role of social relationships for seniors' well-being was shown by Shankar, Rafnsson, and Steptoe (2015). They described the relations between isolation and desolation, and hedonistic evaluative well-being.

Seniors with an active lifestyle, and those who, despite various difficulties and disappointments, have chances for steady development in old age, have higher level of psychological well-being and life satisfaction. For those people life satisfaction is determined by the conviction that they act for the realization of their own life plan, which is meaningful and, therefore, is a good choice of all life alternatives, and the result of their efforts (Ermolayeva, 2002). Andrews and Withey (1976) analyzed social indicators of perceived quality of life. They classified the indicators of two types, "objective" and "subjective". The first ones are factored of various types of issues (crime rates, population densities); the second ones are based on personal perceptions, responses and feelings.

### **Life satisfaction or dissatisfaction in old age**

Ermolayeva (2002) distinguishes factors that determine life satisfaction or dissatisfaction for the elderly. The first group of factors is related to the meaning of one's life for others and its assessment by the seniors, the existence of a life aim, and a time perspective to connect present, past and future time. These factors are manifested via the realization of a life aim, the system of interests, the reflection upon the meaning of one's life. The second group of factors is related to the assessment of one's external and internal conditions. This brings a complex experience of life dissatisfaction, which is a sum of anxiety about health and appearance deterioration, the lack of material resources, the actual absence of physical and moral support, and the actual isolation. Thus, the gain in health does not make an elderly person more satisfied with his or her life, in general.

### Psychological well-being of senior men and women

In our earlier research we have proved that the seniors of all genders have an equal level of psychological well-being. The level is decreasing in this period of life, unlike the previous age stages. For seniors the level of psychological well-being is low or below the average (Kovalenko, 2017). This indicates that one's mental functioning gets worse while ageing. The directions of development are not clear for the seniors; they are not satisfied with their life and personality, they do not accept themselves.

There is a relation between one's psychological well-being and some modalities of self-attitude at different stages of senescence. Psychological well-being of a person aged 60-65 is determined by his or her self-esteem, self-confidence and positive self-perception. Assertiveness is the main regulator of psychological well-being for women and men aged 66-69, while their self-esteem and the lack of internal conflict are also important (Partyko, 2016).

### Other factors of psychological well-being

The researchers found the relation between the psychological well-being and one's goals, comprehension, life strategy, life self-acceptance, the sovereignty of one's psychological space, core values, social acknowledgement in socially significant activities, self-confidence, etc. (Arshava & Nosenko, 2012; Bel'sky, 2010; Bocharova, 2005; Pavlotskaya, 2014).

Psychological well-being and health have a strong relation for older ages (Steptoe, Deaton, & Stone, 2015). This relation becomes stronger in old age, due to the scale of chronic diseases. Well-being as body satisfaction was researched by Sabik and Cole (2017) for the European-American and African-American senior women. It was found that the European-American women are more vulnerable to the negative impacts of the ageing process to the body.

The relations between one's psychological well-being and such objective settings as the state of physical and psychosomatic health (Ryff, 1989), genetic characteristics (Argyle, 2001; Lykken & Tellegen, 1996), external attractiveness (Arshava & Nosenko, 2012) were researched. One's psychological well-being relates to the external circumstances of his or her life, such as level of income, education, status (Bradburn, 1969; Diener, Diener, and Diener, 1995; Kasser, 2002; Kostenko, 2005), age and gender (Argyle, 2001; Diener, Diener, & Diener, 1995; Ryff, 1989; Shevelenkova & Fesenko, 2005), cultural affiliation and geodemographic environment, climate (Lynch, 2016). Higher psychological well-being and happier life are typical for those seniors who work in a specialty (Bel'sky, 2010). Health, care giving, desolation, and smoking are relatively stronger predictors of emotional well-being that refers to the emotional quality of an individual's everyday experience (Kahneman & Deaton, 2010).

According to the results of recent researches, the development of one's psychological well-being is determined by a number of factors, namely, social, economic, political, religious, and psychological factors (in particular, personal, cognitive factors and communicative personality features). Social and socio-psychological personal features are the important factors of psychological well-being in the elderly.

**Research object.** Factors of one's psychological well-being.

**Research subject.** Social and socio-psychological factors of psychological well-being of seniors.

**The aim of the research** is to discover the social and socio-psychological factors of psychological well-being of elderly people, such as feeling of desolation, daily activity, opportunity to communicate with friends, social life activity, living conditions.

**Research participants.** The study analyzed 325 persons aged from 57 to 86 years, average age is 67.2 years. All of them are residents of Poltava region. Some participants were single and lived alone (61 persons); 230 participants lived with their relatives (wife or husband, children, grandchildren, sisters, parents); 34 participants did not indicate this issue. 85 participants mentioned that they have relationships with relatives, friends and neighbors; 240 participants did not mention communication and relationships with others while analyzing their day. 118 people are active in social life (they engage in charity and volunteering, attend various workshops, seminars, meetings, as well as various groups of territorial social service centers, participate in chorus, engage in politics or local government, vote in elections etc.); 207 participants are not socially active. The average level of participants' desolation is 1.02 (from -2 to +2). Among the participants 67 persons assessed the level of their desolation below zero, 245 participants assessed it above zero, and 13 persons did not assess it. The average level of the actual communication capability is 0.76 (from -2 to +2). 84 participants stated that their capability is not sufficient, 228 participants stated that they have enough capability to communicate, and 13 participants did not answer.

**Research method.** The adapted Ukrainian version of "The Scales of Psychological Well-Being" (SPWB) questionnaire by Ryff was used. The 84-question version adapted for the Ukrainian language by Karskanova (2011) was used. The scale consists of 6 dimensions (indexes): positive relations with others, autonomy, environmental mastery, personal growth, purpose in life, self-acceptance. It has been designed as self-report scales to assess individual's well-being at a particular moment in time within each of these 6 dimensions. Responses are totaled for each of the six categories (about half of the responses are reverse scored, which is indicated on the master copy of the test). For each category a high score indicates that the respondent has a mastery of that area in his or her life. Conversely, a low score shows that the respondent struggles to feel comfortable with that particular concept.

The data about respondents' age, living conditions, features of daily activity, social activity in public life, level of desolation, and level of the actual communication capability were also recorded. For each position it was important to divide the respondents into two groups and to compare the well-being features of the groups. Those who live alone (first group) and those who live with relatives (second group) were identified. Those who have daily relationships (first group) and those who have other daily activities (second group) were identified. Those who take part in social life (first group) and those who are not active in social life (second group) were identified. The respondents had to evaluate their level of desolation using a 4-point scale: "1" for "low" ("lonely"), "2" for "below average", "3" for "above average", "4" for "high" ("not lonely"). Those who marked "1" or "2" formed the first group, and respondents with "3" or "4" formed the second group. The respondents had to evaluate their real capability/opportunity to communicate with friends using a 4-point scale: "1" for "low" ("very few opportunities"), "2" for "below average", "3" for "above average", "4" for "high" ("a lot of opportunities"). The respondents who marked "1" or "2" formed the first group, and those who marked "3" or "4" formed the second group.

Research data were processed with the mathematical statistics: descriptive statistics (mean value, std. deviation), Mann-Whitney U test and Student's t-test. All calculations were performed in the SPSS.20.

### Results of the research

**Feeling of desolation.** The means for the 6 indexes of psychological well-being and its total score for the respondents with different levels of desolation were compared. The data are presented in Table 1.

**Table 1.** The psychological well-being of respondents with different levels of desolation (n=312)

Index	$\bar{X}$		Tests	
	1 <sup>st</sup> group (lonely)	2 <sup>nd</sup> group (not lonely)	t, $\alpha=0.05$ , crit. value=1.97	U, $\alpha=0.05$
Positive relations	52.18	55,84	2.790	10.080,500 $\alpha=0.007$
Autonomy	51.79	53.08	1.078	8.847,500 $\alpha=0.401$
Environmental mastery	50.71	54.49	3.219	10.080,000 $\alpha=0.008$
Personal growth	49.68	53.62	3.336	10.448,500 $\alpha=0.001$
Purpose in life	51.13	55.65	3.470	10.126,500 $\alpha=0.005$
Self-acceptance	50.74	55.59	3.500	10.501,000 $\alpha=0.001$
Total score	306.22	328.25	3,741	10.581,500 $\alpha=0.001$

According to the results presented above, it is possible to confirm that seniors with lower level of desolation ( $\bar{X}_{pr}=55.84$ ) have more positive relations with others than the seniors with higher level of desolation ( $\bar{X}_{pr}=52.18$ ). There is no significant difference in autonomy of those with higher ( $\bar{X}_a=51.79$ ) and those with lower ( $\bar{X}_a=53.08$ ) levels of desolation. Seniors with lower level of desolation ( $\bar{X}_e=54.49$ ) are better in environmental mastery than those with higher level of desolation ( $\bar{X}_e=50.71$ ). Personal growth and self-acceptance is higher for the first group of respondents ( $\bar{X}_{pg}=53.62$ ;  $\bar{X}_s=55.59$ ;  $\bar{X}_{pl}=55.65$ ;  $\bar{X}_t=328.25$ ), who have more purpose in life and higher total score of psychological well-being, than for the second group of respondents ( $\bar{X}_{pg}=49.68$ ;  $\bar{X}_s=50.74$ ;  $\bar{X}_{pl}=51.13$ ;  $\bar{X}_t=306.22$ ).

**Daily activity.** The means for the 6 indexes of psychological well-being and its total score for the respondents who have daily relationships and those who have other daily activities were compared. The data are presented in Table 2.

**Table 2.** The psychological well-being of respondents with different daily activities (n=325)

Index	$\bar{X}$		Tests	
	1 <sup>st</sup> group (relationships)	2 <sup>nd</sup> group (other activity)	t, $\alpha=0.05$ , crit. value=1.97	U, $\alpha=0.05$
Positive relations	55.46	54.76	0.580	9.794,500 $\alpha=0.456$
Autonomy	52.69	52.79	0.091	10.339,500 $\alpha=0.986$
Environmental mastery	53.86	53.57	0.271	9.833,000 $\alpha=0.488$
Personal growth	53.82	52.35	1.362	8.965,500 $\alpha=0.064$
Purpose in life	56.40	53.73	2.245	8.488,000 $\alpha=0.013$
Self-acceptance	55.93	53.92	1.590	8.914, 000 $\alpha=0.055$
Total score	328.16	321.12	1.307	8.999,500 $\alpha=0.071$

According to the results presented above, there is no significant difference in positive relations, autonomy, environmental mastery, personal growth, self-acceptance, and total score of psychological well-being of those seniors who have daily relationships ( $\bar{X}_{pr}=55.46$ ;  $\bar{X}_a=52.69$ ;  $\bar{X}_e=53.86$ ;  $\bar{X}_{pg}=53.82$ ;  $\bar{X}_s=55.93$ ;  $\bar{X}_t=328.16$ ) and those who perform other daily activities ( $\bar{X}_{pt}=54.76$ ;  $\bar{X}_a=52.79$ ;  $\bar{X}_e=53.57$ ;  $\bar{X}_{pg}=52.35$ ;  $\bar{X}_s=53.92$ ;  $\bar{X}_t=321.12$ ). More purpose in life is typical for those elderly who practice the relationships on a daily basis ( $\bar{X}_{pl}=56.40$ ) than for those who perform other daily activities ( $\bar{X}_{pl}=53.73$ ).

**The actual opportunity to communicate with friends.** The means for the 6 indexes of psychological well-being and its total score for the respondents with different communication capabilities were compared. The data are presented in Table 3.

**Table 3.** The psychological well-being of respondents with different level of actual opportunity to communicate with friends (n=312)

Index	$\bar{X}$		Tests	
	1 <sup>st</sup> group (fewer opport.)	2 <sup>nd</sup> group (more opport.)	t, $\alpha=0.05$ , crit. value=1.97	U, $\alpha=0.05$
Positive relations	51.71	56.30	3.804	12.204,500 $\alpha=0.000$
Autonomy	51.96	53.09	1.034	10.339,000 $\alpha=0.329$
Environmental mastery	50.38	54.89	4.193	12.648,500 $\alpha=0.000$
Personal growth	49.51	53.98	4.118	12.510,000 $\alpha=0.000$
Purpose in life	50.96	56.05	4.253	12.350,000 $\alpha=0.000$
Self-acceptance	50.86	55.91	3.945	12.148,500 $\alpha=0.000$
Total score	305.38	330.22	4.598	12.425,000 $\alpha=0.000$

According to the results presented above, there is no significant difference for the autonomy of the elderly with higher ( $\bar{X}_a=53.09$ ) and the elderly with lower ( $\bar{X}_a=51.96$ ) levels of the opportunity to communicate with friends. However, it has been found that the elderly who have more opportunities to communicate with friends ( $\bar{X}_{pr}=56.30$ ) also have more positive relations with others than those with fewer opportunities ( $\bar{X}_{pr}=51.71$ ). The results of the first group of respondents ( $\bar{X}_e=54.89$ ;  $\bar{X}_{pg}=53.98$ ;  $\bar{X}_s=55.91$ ;  $\bar{X}_{pl}=56.05$ ;  $\bar{X}_t=330.22$ ) are higher for environmental mastery, personal growth, self-acceptance; these respondents have more purpose in life and higher total score of psychological well-being than the second group ( $\bar{X}_e=50.38$ ;  $\bar{X}_{pg}=49.51$ ;  $\bar{X}_s=50.86$ ;  $\bar{X}_{pl}=50.96$ ;  $\bar{X}_t=305.38$ ).

**Activity in social life.** The means for the 6 indexes of psychological well-being and its total score for respondents with different levels of social life activity were compared. The data are presented in Table 4.

**Table 4.** The psychological well-being of respondents with different levels of social life activity (n=325)

Index	$\bar{X}$		Tests	
	1 <sup>st</sup> group (active)	2 <sup>nd</sup> group (not active)	t, $\alpha=0.05$ , crit. value=1.97	U, $\alpha=0.05$
Positive relations	58.45	53.06	5.031	8.088,500 $\alpha=0.000$
Autonomy	53.89	52.15	1.800	10.551,500 $\alpha=0.068$
Environmental mastery	56.34	52.19	4.290	8.682,500 $\alpha=0.000$
Personal growth	55.04	51.50	3.594	8.940,000 $\alpha=0.000$
Purpose in life	57.96	52.55	5.043	8.197,500 $\alpha=0.000$
Self-acceptance	57.46	52.84	4.016	9.097,500 $\alpha=0.000$
Total score	339.13	314.29	5.156	8.037,500 $\alpha=0.000$

According to the results above, there is no significant difference in the autonomy of socially active ( $\bar{X}_a=53.89$ ) and socially inactive ( $\bar{X}_a=52.15$ ) seniors. More positive relations with others, more purpose in life, and higher total score of psychological well-being ( $\bar{X}_{pr}=58.45$ ;  $\bar{X}_{pl}=57.96$ ;  $\bar{X}_t=339,13$ ) are more typical for those who are more active than for inactive seniors ( $\bar{X}_{pr}=53.06$ ;  $\bar{X}_{pl}=52.55$ ;  $\bar{X}_t=314.29$ ). The first group of respondents ( $\bar{X}_e=56.34$ ;  $\bar{X}_{pg}=55.04$ ;  $\bar{X}_s=57.46$ ) also has higher levels of environmental mastery, personal growth, and self-acceptance than the second group of respondents ( $\bar{X}_e=52.19$ ;  $\bar{X}_{pg}=51.50$ ;  $\bar{X}_s=52.84$ ).

**Living conditions.** The means for the 6 indexes of psychological well-being and its total score for respondents with different living conditions (those who live with relatives or alone) were compared. The data are presented in Table 5.



**Table 5.** The psychological well-being of respondents with different living conditions (n=291)

Index	$\bar{X}$		Tests	
	1 <sup>st</sup> group (with relatives)	2 <sup>nd</sup> group (alone)	t, $\alpha=0.05$ , crit. value=1.97	U, $\alpha=0,05$
Positive relations	55.99	52.37	2.576	8.607,500 $\alpha=0.004$
Autonomy	53.32	51.95	1.096	7.840,000 $\alpha=0.163$
Environmental mastery	54.17	52.00	1.700	7.747,500 $\alpha=0.159$
Personal growth	53.65	50.00	2.869	8.346,500 $\alpha=0.015$
Purpose in life	55.57	52.60	2.104	8.072,500 $\alpha=0.049$
Self-acceptance	55.44	51.70	2.515	8.458,500 $\alpha=0.008$
Total score	328.14	310.62	2.750	8.730,500 $\alpha=0.002$

According to the results presented above, there is no significant difference for autonomy and environmental mastery of those living with relatives ( $\bar{X}_a=53.32$ ;  $\bar{X}_e=54.17$ ) and respondents living alone ( $\bar{X}_a=51.95$ ;  $\bar{X}_e=52.00$ ). More positive relations with others, more purpose in life, and higher total score of psychological well-being ( $\bar{X}_{pr}=55.99$ ;  $\bar{X}_{pl}=55.57$ ;  $\bar{X}_t=328.14$ ) are more typical for the elderly who live with relatives than for those who live alone ( $\bar{X}_{pr}=52.37$ ;  $\bar{X}_{pl}=52.60$ ;  $\bar{X}_t=310.62$ ). The results of the first group of respondents ( $\bar{X}_{pg}=53.65$ ;  $\bar{X}_s=55.44$ ) are also higher for personal growth and self-acceptance than the results of the second group of respondents ( $\bar{X}_{pg}=50.00$ ;  $\bar{X}_s=51.70$ ).

The obtained data were compared for the respondents with different living conditions, features of daily and social activities, levels of desolation and the actual opportunity to communicate with friends across the scales. It was found that the socially active elderly have the highest results across the scales. The elderly with low opportunities to communicate with friends have the lowest results of positive relations, environmental mastery, personal growth, purpose in life scales, as well as total scores. The lonely elderly people have the lowest scores on the indicators of autonomy and self-acceptance.

### Discussion on the results of the research

Psychological well-being in the elderly is not definitely related to the features of one's daily activity. However, the understanding of present and past life is higher for those who spend their time in communication and caring for others. Such comprehension and understanding of aims is mainly possible due to the process of direct communication with relatives, friends and acquaintances.

Those seniors who do not feel lonely and have enough opportunities to communicate with other people and be involved in social life have higher level of psychological well-being, when compared with lonely, lacking in communication and socially inactive seniors.

It can be attributed to the fact that seniors with a higher level of psychological well-being have more trusting relationships with others. They are more interested in them, they also accept positive and negative aspects of their own personality. They use the circumstances

to improve their lives in a more effective way. They have certain aims to rule their lives, they are more open to new experiences and strive to fulfill their capacities. Generally, seniors who do not feel lonely, have enough opportunities to communicate with others and are involved in social life are more positive about their life and appreciate it more. These factors are associated with interpersonal communication. Communication is important for seniors, it allows a person to solve life demands and predetermines one's positive functioning (Kovalenko, 2016). The ability to meet their own standards in behavior regulations is not related to the feeling of desolation, the ability to communicate with others, or to the participation in social life for this age.

Higher psychological well-being is typical to those seniors who live with their families, and not to those who live alone. Such well-being is determined by a number of factors, such as higher ability to compromise and express sympathy and compassion toward others; a personal sense of growing and comprehension of different stages of one's life; more positive attitude toward different sides of one's personality. The abilities to oppose social pressure and to influence everyday life do not correlate with the type of one's residence in the elderly.

According to the study results, the elderly have a low level of psychological well-being. It can be determined by their personal and age-related psychological factors. Namely, the difficulties in the expression of positive emotions; preoccupation in shortcomings; weakening of the internal locus of control; deterioration of self-esteem and the lack of proper ways to compensate it; decrease of self-confidence and increased feeling of unfitnes; self-doubts toward the abilities to change anything; lack of opportunities to demonstrate the abilities; loss of interest in life and lack of life satisfaction; focus on a narrow social space; desire to change one's own life together with the reluctance of real actions; negative attitude to the internal changes, etc.

A low level of psychological well-being of the seniors is a result of different social factors, such as retirement and loss of employment. Another factor is isolation from friends and relatives, as well as from social environment. The state of health, timeframe and will of other people, as well as objective circumstances (such as distance) do not allow a senior person to communicate and be comfortable with others. The income status of the majority of seniors prevents them from life satisfaction and life fulfilment. They are also really concerned about the political situation in Ukraine and globally.

### **Conclusion**

Psychological well-being in the elderly is the complex personal phenomenon that is formed in the process of life activity and in the system of real relationships with others. Among its aspects, life satisfaction, feelings of happiness and meaning of life should be mentioned. For the seniors psychological well-being is determined by a number of factors, such as personal (subjective age, self-regulation, self-realization, etc.), cognitive (general intelligence, etc.), emotional (depression, neuroticism, self-compassion, etc.), social factors (constructive relationships, level of adaptability to social environment, isolation, etc.), and others.

It has been revealed that a low level of psychological well-being is typical in the elderly. Well-being is not definitely related to the features of one's daily activity: it does not matter whether the seniors have the relationships on a daily basis or not. However, the relationships provide the persons with an opportunity to have purpose in life. Seniors who do not feel lonely, have enough opportunities to communicate with others and are socially active have higher level of psychological well-being. However, the levels of feeling desolation, opportunity to

communicate with friends, social activity are not related to their autonomy and independence. Higher psychological well-being is typical for those seniors who do not live alone. However, the same persons also have problems with their autonomy and in managing environmental factors and everyday activities. Those seniors who are socially active have the highest level of psychological well-being. The lowest level of well-being is typical for lonely seniors and those whose real opportunities to communicate with friends are low. Therefore, social and psychological services can reduce the feeling of desolation of seniors, improve their communication and promote social activity.

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## PSYCHOLOGICAL WELL-BEING OF ELDERLY PEOPLE: THE SOCIAL FACTORS

### *Summary*

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This paper presents the social factors of psychological well-being in the elderly. Psychological well-being is a personality phenomenon. It forms during the human activity in the system of real relationships with surrounding objects. There is a number of aspects, such as evaluative well-being, hedonic well-being, and eudemonic well-being. Psychological well-being is important in human development in the late age. The shaping of the well-being is determined by personal, cognitive, communicative and other psychological and non-psychological factors.

The article presents the results of an empirical research aimed at discovering the social and socio-psychological factors of psychological well-being of elderly people, such as feeling of desolation, daily activity, opportunity to communicate with friends, social life activity, living conditions.

The study analyzed 325 persons aged from 57 to 86 years, average age is 67.2 years. All of them are residents of Poltava region. Some participants lived alone (61 persons); 230 participants lived with their relatives; 34 participants did not indicate this issue. 85 participants mentioned that they have relationships with other people; 240 participants did not mention communication and relationships with others while analyzing their day. 118 people are active in social life; 207 participants are not socially active. Among the participants, 67 persons assessed the level of their desolation below zero, 245 participants assessed it above zero, and 13 persons did not assess it. 84 participants stated that their capability is not sufficient, 228 participants stated that they have enough capability to communicate, and 13 participants did not answer. The adapted Ukrainian version of “The Scales of Psychological Well-Being” (SPWB) questionnaire by Ryff was used in the study. The data about respondents’ age, living conditions, features of daily activity, social activity in public life, level of desolation, and level of the actual communication capability were also recorded. Research data were processed with the mathematical statistics: descriptive statistics, Mann-Whitney U test and Student’s t-test.

The study has showed that psychological well-being in the elderly is not definitely related to the features of one's daily activity. However, the understanding of present and past life is higher for those who spend their time in communication and caring for others. Such comprehension and understanding of aims is mainly possible due to the process of direct communication with relatives, friends and acquaintances.

Those seniors who do not feel lonely and have enough opportunities to communicate with other people and be involved in social life have higher level of psychological well-being, when compared with lonely, lacking in communication and socially inactive seniors.

It can be attributed to the fact that seniors with a higher level of psychological well-being have more trusting relationships with others. They are more interested in them, they also accept positive and negative aspects of their own personality. They use the circumstances to improve their lives in a more effective way. They have certain aims to rule their lives, they are more open to new experiences and strive to fulfill their capacities. Generally, seniors who do not feel lonely, have enough opportunities to communicate with others and are involved in social life are more positive about their life and appreciate it more. These factors are associated with the interpersonal communication. The communication is important for seniors, it allows a person to solve life demands and predetermines one's positive functioning. The ability to meet their own standards in behavior regulations is not related to the feeling of desolation, the ability to communicate with others, or to the participation in social life for this age.

Higher psychological well-being is typical to those seniors who live with their families, and not to those who live alone. Such well-being is determined by a number of factors, such as higher ability to compromise and express sympathy and compassion toward others; a personal sense of growing and comprehension of different stages of one's life; more positive attitude toward different sides of one's personality. The abilities to oppose social pressure and to influence everyday life do not correlate with the type of one's residence in the elderly.

The elderly have a low level of psychological well-being. It can be determined by their personal and age-related psychological factors, namely, the difficulties in the expression of positive emotions; preoccupation in shortcomings; weakening of the internal locus of control, etc. A low level of psychological well-being of the seniors is a result of different social factors, such as retirement and loss of employment. Other factors are isolation from friends and social environment, the state of health, timeframe and will of other people, the income status, etc.

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