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LIFE SATISFACTION, DEPRESSION AND SPIRITUALITY FOR KOREAN ELDERLY PEOPLE

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Aim: The purpose of this study was to assess Korean elderly people's residential condition with or without cohabitants, spouse and children, and to analyze their depression, spirituality and life satisfaction depending on residential condition.

Methods: 160 subjects were randomly selected from one of religious organizations, Suwon City, Kyonggi Do, South Korea. The participants were divided into Group 1 (the elderly living alone: $n=74$, Mean Age=72.45, SD=6.78) and Group 2 (the elderly living with spouse and/or children: $n=86$, Mean Age=72.12, SD=6.82). The subjects participated in the survey forms of spiritual well-being, life satisfaction, and depression. It was hypothesized that the elderly living alone (Group 1) had lower scale in the areas of spiritual well-being, life satisfaction and higher scale in depression.

Results: The t-test on the mean of each scale for the Group 1 and Group 2 was significant: Korean elderly people, who were living alone without family support, were less satisfied ($p < .001$), more depressed ($p < .0001$) and their spiritual well-being scale was lower ($p < .001$). For the total participants ($n=160$), there was a positive correlation between spiritual well-being and life satisfaction ($\rho = .56$, $p < .001$). There was negative correlation between depression and spiritual wellbeing ($\rho = -.67$, $p < .0001$); depression and life satisfaction ($\rho = -.78$, $p < .0001$).

Conclusion: For the mental health professionals, including psychiatrists and gerontologists, it is important to understand the elderly people's residential situation, emotional support as well as to assess their life satisfaction and spiritual well-being in terms of quality of life measurement.