PREDICTING SUBJECTIVE WELL-BEING OF COMMUNITY-DWELLING OLDER ADULTS

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Objectives: This research aims to explore a causal model of subjective well-being predictors in a cross-cultural older population.

Methods: Measures were completed using a variety of culturally appropriate methods, including mail-outs, self-administration and interviews. For the purposes of this study, the Positive and Negative Affect Schedule (PANAS), the Satisfaction with Life Scale (SwLS), the Adjustment to Aging Scale (ATAS) one measure of cognitive functioning - the Mini-Mental State Examination (MMSE) and demographics, were included. All variables had fewer than 1% missing values and complete data were available for 709 older adults (M = 82.4, SD = 6.45, (range 74-102)) from eight different nationalities. Structural equation modeling was used. Controlling for age, gender and country of origin, we assessed the level of subjective well-being of elderly people, and its predictors.

Results: Subjective well-being is predicted, not only by age progression, but also by adjustment to aging, among other variables. Age was significantly associated with cognitive impairment (β = .387; p = .003) and perception of health (β =- .172; p = .004). All estimates were statistically significant ($p<.01$).

Conclusions: Subjective well-being appears to be a catalyst to attitudinal markers of maturity and internal development, across cultures. This study highlights the predictors of subjective well-being in older age, warranting further study across cultures among frailer populations over time. Recommendations for future research on older adults' well-being measures and clinical practice are also presented.

Key Words: Predictors, structural equation modeling, older adults, subjective well-being, adjustment to aging.