

A SYSTEMATIC REVIEW ON UNDERSTANDING CORRELATES OF LIFE SATISFACTION AMONG THE OLD AGED POPULATION

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Abstract

Life satisfaction is considered one of the most predominant factors that constitute subjective well-being and represents a significant measure in evaluating the quality of life in older adults. In this present study, we attempt to review the most recent evidence covering the different factors of life satisfaction focusing on older adults. Research Gate, PubMed, and Google Scholar were searched using the relevant keywords. Research papers fulfilling eligibility criteria and having similar aspects were selected through a sequential process of screening the title, abstract and full text. There was a dearth of relevant Indian studies on this area. Different contributory factors were identified relating to life satisfaction among older adults. This includes Physical and Psychological well-being, socio-demographic factors like age, Education, Financial Resources, Physical Health, Psychological Health, Social Support, Economic Satisfaction, Cognitive Health, Quality of life, Self Esteem, and happiness. Many other factors are also responsible for the life satisfaction of older adults. People with higher life satisfaction tend to live longer lives, enjoy better physical health, and enjoy greater psychological resilience. It is necessary to analyze and identify the major correlates of life satisfaction focusing on the positive aspects of older adults.

Keywords: Life satisfaction, old adults, systematic review, factors of life satisfaction, health

INTRODUCTION

Aging is a universal phenomenon including a wealth of experiences to shape our attitudes. It is a multidimensional event that includes social, psychological, economical, and demographical spheres of one's life. Their life experiences and attitude have landed them to what extent of life satisfaction the older people experience.

As we all know people in late adulthood play an important role in the world's population. The aging population is increasing not only at the personal, or experiential level but also at the global level because of the factors like demographic and socio-cultural trends. India is considered one of the developing countries going through a remarkable change. Sustained physical and cognitive decline and social loss lead them to physiological and psychological effects in old age.

Life satisfaction is considered the key factor for the successful aging of older adults. When it comes to the happiness of older adults, life satisfaction plays a prominent role. It helps to support physical and cognitive decline as well as social losses in old age. Life satisfaction is considered a subjective concept

that assesses several dimensions including health, social, and psychological in older people's lives, it could be an indispensable part of successful aging (Fertelli, 2020).

Life satisfaction among older adults is a crucial aspect of their well-being, reflecting their overall quality of life and subjective happiness. In the context of India, where the population is aging rapidly, understanding the factors influencing life satisfaction among older adults is of paramount importance. Life satisfaction is considered the best indicator of the quality of life. Satisfaction with life is a general and deep inner happiness that emerges from individual experiences from the outside world. In other words, it expresses the positive attitude of the person towards his life and reflects the individual's feelings about his past, present, or future (Yeniaras, 2017). Older adults having higher life satisfaction also seem to be at higher levels in promoting health behaviors (Vijaykumar, 2016). Life satisfaction also measures global cognitive judgment with the quality of life (Diener, 1985). It is also considered one of the important factors that determine subjective well-being (Diener, 1984).

However, it is difficult to reach higher levels of life satisfaction with increasing age and psychological and physical problems (Papi, 2019). The lifestyle of older individuals plays a crucial role in their overall satisfaction. It has been observed that economic, social, and cultural determiners affect the life satisfaction of older adults (Gholizadeh, 2010). Different satisfactory predictive correlates of older adults are social, psychological, and behavioral are dynamic. Success in late adulthood is not affected by individual genetic factors, but other factors such as the level of physical activity, social interaction, and social support (Seeman, 1998).

Understanding the importance of life satisfaction in one's life, it is relevant to understand the correlates responsible for the satisfaction of life. As we all know that older adults are more prone to various diseases and other health-related problems. Taking it into consideration, the various reviews are collected to understand the important factors responsible for life satisfaction.

REVIEW OF LITERATURE

In a study conducted by Lalitha Kumari et al. (2019), a descriptive research methodology was chosen to evaluate the life satisfaction and quality of life of 100 senior citizens in particular Tirupati neighbourhoods. There was a strong correlation found between their level of education, occupation, health, access to healthcare, and government programmes and their quality of life. Life satisfaction is linked to a person's health, family income, education, access to government programmes and services, non-governmental organisations, and medical assistance. The study's findings indicated that among older adults, life satisfaction and quality of life were positively correlated.

In their study in 2019, Harpreet Kaur Vilkhur & Sudarsan Behera investigated life satisfaction and happiness of older adults in relation to their self-esteem in New Delhi. Using the purposive sampling technique, 150 older people in New Delhi were selected for the sample, 87 of whom were male and the remaining 63 were female. According to the results, there is a significant difference in the self-esteem, happiness, and life satisfaction of elderly people based on where they live, but there is no significant difference in these domains between male and female respondents. Happiness, life satisfaction, and self-esteem were found to be positively correlated, with self-esteem serving as a major predictor of both.

The study, Life Satisfaction and Health-Related Factors among Older Adults Living in Geriatric Homes: A Correlational Study, was conducted (2019) by Helalia Shalabi Mohammed and Faiza Abou-El-Soud.

There was a significant positive correlation found between low life satisfaction and both the presence of a chronic illness and low self-rated health; low self-esteem and functional status were also somewhat linked to lower life satisfaction. The length of stay in the assisted living facility was found to be statistically associated with a lower level of life satisfaction. Furthermore, there is a correlation between the presence of social support and family support, as well as the degree of life satisfaction among the elderly who maintain relationships with their family members. Life satisfaction is more significantly impacted by chronic illness and poor self-rated health. While low self-esteem and dependence among older adults were strongly associated with lower life satisfaction, poor self-rated health and chronic illness had a greater impact on life satisfaction. Additionally, this result suggests that low life satisfaction in old age was not significantly correlated with low family support, low social support, or the length of stay in a geriatric home. To increase or preserve these individuals' life satisfaction, these factors must be carefully considered when providing care.

Pallavi Banjare et al. (2015) conducted a study that examined the variables linked to life satisfaction in older rural residents of Odisha, India. The indicator of an individual's subjective well-being, life satisfaction has a direct correlation to an older adult's health and mortality. In total, 310 people responded. According to the findings, life satisfaction was most significantly influenced by cognitive health in both men and women. For both genders who live alone, have a disability, and score poorly on daily living activities, there was a significant decrease in perceived life satisfaction. Analysing and concentrating on the key elements that can raise older people's Life Satisfaction levels is crucial. Gaining more insight into these variables is beneficial. Gaining a deeper comprehension of these elements aids in dispelling the widespread fear of ageing in society.

Using data from a sample of older adults, Kamel Gana et al. (2013) conducted research to examine the simultaneous and cross-lagged effects between physical health (measured by self-reported diseases and self-perceived health) and life satisfaction (functioning as an enduring component of subjective well-being). There were about 899 participants in the study, ranging in age from 64 to 97. The structural equation model was used to focus and compute cross-lagged and simultaneous models. Life satisfaction did not predict the subsequent amount of health, but poor health significantly predicted the subsequent amount of life dissatisfaction, according to both cross-lagged and simultaneous coefficients.

Hong Li (2013) conducted a study with the socio-environmental theoretical framework as its main focus. This study looked at life satisfaction factors that older Chinese adults in rural communities experienced. The China Research Centre on Aging's 2000 Sample Survey on Aged Population in Urban and Rural China provided the data used in this study. 10,084 rural older adults from China's mainland were included in the study. 60.2% of older adults in rural areas reported being happy with their lives in this study. The findings showed that life satisfaction among older Chinese adults living in rural areas was correlated with a number of factors, including education, financial resources, self-rated health, financial support from children, satisfaction with that support, and babysitting for their offspring.

The research conducted by Hsu, H.C. (2012) aimed to determine the various life satisfaction trajectory groups among the elderly population in Taiwan and investigate the connections between life satisfaction and physical, mental, social, health, and economic factors. There were 2584 participants in total because those who completed at least three waves were included in the analysis. Four trajectories were observed

for life satisfaction: low (21.8%), middle (397.7%), rising (259.9%), and high-declining (12.5%). Higher life satisfaction was correlated with having a spouse, maintaining good physical and emotional health, and having higher economic satisfaction. Higher life satisfaction was also correlated with better education, psychological and physical health, social support, and economic satisfaction.

The impact of physical health, sociodemographic factors, and psychological well-being on life satisfaction was examined by Juan C. Melendez et al. (2008). 181 retired men and women who lived in Spain's Valencian Community made up the sample. Dimensions of psychological well-being and life satisfaction are significantly positively correlated, as are physical conditions and life satisfaction. The level of life satisfaction gradually declined with age. Life satisfaction was also found to be positively correlated with educational attainment. The first result showed that life satisfaction was greatly influenced by both psychological and physical well-being, while the second result showed that sociodemographic variables had little effect on life satisfaction and mostly functioned to maintain either physical or psychological well-being. Age and gender were perceived in an oblique way.

The goal of Oswald, F. & Wahl, H. W. (2004)'s study was to gather up-to-date information on housing and health in old age, with a focus on geropsychological and gerontological research. First, an introduction was completed regarding the relationship between housing and health. Eventually, an analytical scheme was integrated with the theoretical models that were utilised to gain a deeper understanding of the relationship between housing and health-related outcomes. Health-relevant micro- and meso-environmental indicators, such as housing type, neighbourhood conditions, or urban-rural differences, as well as retrofitting and housing hazards are among the objective functional housing aspects. Subjective housing aspects include meaning of home, control beliefs related to housing, and residential satisfaction. Direct health-related outcomes, such as physical and mental illnesses, are the main focus. The primary focus encompasses both indirect health-related outcomes like well-being or satisfaction as well as direct health-related outcomes like physical and mental illnesses and functional limitations.

These studies examine the factors influencing life satisfaction and quality of life among older adults across diverse settings. Key determinants include health status, self-esteem, education, and access to healthcare and social support. Chronic illnesses, poor self-rated health, and functional limitations negatively affect life satisfaction, while cognitive health, social support, and financial stability play significant roles in improving well-being. These studies emphasize the importance of psychological and physical well-being in predicting life satisfaction, with sociodemographic variables having varying effects. Collectively, these studies highlight that enhancing social, economic, and health-related supports is essential for improving life satisfaction in aging populations.

METHODOLOGY

The literature review was undertaken based on original research studies and articles on finding the correlates of life satisfaction among older adults in India and other Asian countries. The studies and articles were explored using Research Gate and Google Scholar. The strategies for the search were used effectively and sequentially to obtain the studies available in the database. The phrase factors of happiness among old age was used frequently as an effective search strategy. The extensive search process decisively narrowed down to selecting around fifteen studies. The inclusion criteria for the

selection of the studies focused on the correlates of life satisfaction, and how other factors are responsible for the life satisfaction of older adults. Studies which were not fulfilling the inclusive criteria were excluded. Research and studies extracted were full-text papers focusing on Asian countries and the reference period of the study was the past 10 years. The quality of the research studies was assessed based upon the research design, inclusion-exclusion criteria, sample size, systematic definitions, and sampling strategies.

RESULTS

Following a review of two hundred research papers and articles, 15 studies which met the inclusion criteria of the study were shortlisted for investigation. The study sample, year of study, author, journal name, and title are all listed in the table below. The key correlates of life satisfaction are revealed by the research studies. The researchers reviewed government policy, books, research papers, and scholarly journal articles in addition to the literature.

Table 1: Various Review of Literature

It includes the Title, Author, Name of the Journal, Year of the Study and Study Sample

Title	Author	Name of the journal	Year of the study	Study sample
Housing and health in later life	Frank Oswald & Hans Werner Wahl	Reviews of Environmental Health	2004	Above 60 years
Psychological and physical dimensions explaining life satisfaction among the elderly: A structural model examination	Juan C Melendez et al.	Archives of Gerontology and Geriatrics	2008	65-94 years
Trajectories and covariates of life satisfaction among older adults in Taiwan	Hui-Chaun Hsu	Archives of Gerontology and Geriatrics	2012	Above 60 years
Life satisfaction of older Chinese adults living in rural communities	Hong Li et al.	Journal of Cross-Cultural Gerontology	2013	Above 60 years
Relationship between life satisfaction and physical health in older adults: A longitudinal test of cross-lagged and simultaneous effects	Kamel Gana et al.	Health Psychology	2013	64-97 years
Factors associated with the life satisfaction amongst the rural elderly Odisha, India	Pallavi Banjare et al.	Health and quality of life outcomes	2015	Above 60 years
Assessment of Quality of Life and	T. Lalitha	International	2019	Above 60 years

Life Satisfaction among Senior citizens in Selected Areas of Tripuri	Kumari et al	Journal of Health Science and research		
A Study on Happiness and Life-Satisfaction among Elderly in Relation with Self-Esteem	Vilkhu. H.K, & Behera S.	The International Journal of Indian Psychology	2019	Above 60 years

Looking at the various research papers we concluded that there are various important correlates of life satisfaction which plays a vital role in the life of every individual focusing more on the older adults. For life satisfaction, the reviews concluded that physical and psychological well-being, socio- demographic variables, education, financial resources, physical health, psychological health, social support, economic satisfaction, cognitive health, quality of life, self-esteem and happiness are the significant factors responsible for it. There can be other factors depending upon the population and other demographic factors. The dynamic interaction of these correlates can enhance the quality of life among older adults.

Table 2**Various factors for the life satisfaction among old aged population**

Correlates of Life Satisfaction	
Physical and Psychological Well-Being	Socio-Demographic Variables (Age)
Education	Financial Resources
Physical Health	Psychological Health
Social Support	Economic Satisfaction
Cognitive health	Quality of life
Self-Esteem	Happiness

DISCUSSION

Our present study focused on the correlates of life satisfaction among older adults. Numerous literature reviews show that various factors are responsible for the satisfaction in life. Reviews also reveal that

several determinants are accountable for life satisfaction particularly in older adults. Among the various factors, physical and psychological health and happiness played a prominent role in an older adult's life. The various correlates of life satisfaction includes:

Physical and Psychological Well-Being

Both physical and psychological well-being plays a vital role in the life satisfaction of older adults. Physical well-being help to maintain the ability to live independently and reduce the risk of internal bodily problems. It also decreases the risk of coronary heart disease and developing high blood pressure, cancer, and diabetes.

The physiological needs include nutritious food, clean clothing, comfortable housing, sound sleep, good health, better sanitation occupational adjustment, adequate income, leisure, and good transportation service.

Socio-Demographic Variables (Age)

Many socio-demographic variables are connected to life satisfaction of the older aged people. Age is an important correlate as it provides lots of experience and understanding of self. They help people to grow positively. They also provide emotional support and friendship to all the other members of the family.

Education

According to the studies, older adults with an academic background showed lower signs of brain degeneration than those who were less educated. Good education and lifelong learning goes upto old age and help in many different ways. Education not only provides knowledge but also helps to build up confidence among older adults. It helps to develop personal growth and take the right decisions for themselves.

Financial Resources

Socioeconomic status provides a good quality of life and other life attributes help to enhance life satisfaction among older adults. Socio-economic status affects the psychological health of the older aged population. Mamta Chaudhary & Ravindra Chowdhary (2019) did a study named Age and socioeconomic gradients in frailty among older adults in India Older adults with frailty and lower socioeconomic status are endangered to morbidity and early mortality. The objective of the research was to find the relation between frailty with socioeconomic status and how this relationship varies across different age groups. Frailty measure was positively associated with the lower-income and education level in the event of controlling and not controlling for confounders. The results showed that socio-economic status plays a major role in older adults.

Physical Health

Keeping ourselves healthy helps to relieve chronic pain from conditions like arthritis and pinched nerves. With respect to old age, being healthy helps in preventing us from developing diseases such as obesity and diabetes, improves our metabolism, lowers blood pressure, and strengthens our immune system. The study titled Health and Happiness among community-dwelling older adults in Domkhar Valley, Ladakh, India by Sakamoto & Okumiya (2016). The survey of 117 people aged 60 years or old in Domkhar, and age- and sex-specific Japanese were taken into consideration. It was found that the subjective quality of life of the people of Domkhar was higher in comparison to Japanese controls despite a higher rate of difficulty in the basic activities of daily living. We should not only consider

prevention, treatment, and care for disease and disability but also for the loneliness of older adults.

Psychological Health

Cognitive health is responsible for focusing and remembering the positive events and leaving behind the negative ones. Mental process help to regulate emotions letting them view their life in a positive manner. Farron & Kabeto et al. (2020) conducted research entitled Hypertension and cognitive health among older adults in India. This research evaluates the prevalence of diagnosed and undiagnosed hypertension and its association with cognitive function in older adults in India. Factors associated with poor cognitive test performance were Older age, female sex, less education, being widowed and being underweight.

Social Support

Social support helps in reducing stress, anxiety, and depression. It also helps to develop interactional skills and create active awareness among older aged people. When people are satisfied with their lives, they care about their health and utilize their health related knowledge with other people as well. Life satisfaction is associated with social factors, promoting a better quality of life.

Cognitive health

As we age, many of our cognitive and mental abilities start to decline. These include impairments to short-term working memory, processing speed, retrieval of memories/information, attention, and other problem-solving practices. Gradual decline physically and psychologically as you age is a part of the normal aging process. That's the reason physical fitness is more important for an older adult. Better memory, cognitive function and reaction time can be important results to seek the cognitive health of older aged people.

Quality of life

Good quality of life is important for older adults mainly the ones dealing with major life changes and other chronic illnesses. One must feel useful or needed and keeping themselves mentally active which is a creative task to make them people happy. Deshmukh & Dongre et al. (2015) did a study with the title role of social, cultural, and economic capitals in perceived quality of life among elderly people in Kerala, India. This study was done to find the relationship between collective social, economic, and cultural properties of a population on the perceived quality of life among the elderly. The psychological health domain and environment domain was seen troubled by all three capitals significantly. But, the social relation domain was significantly affected only by cultural capital. Hence, the strategies for elderly people is to value cultural and social norms along with the economic interventions for better palliative care.

Self-Esteem

Negative stereotypes should be removed and maintaining balance in life help to develop self-esteem among older adults. The study entitled Predictors of happiness among older Korean women living alone: Predictors of happiness by Kim & Song et al. (2019). The happiness level of older adults is based on their psychosocial and physical health. This study focuses on identifying the predictors of happiness. Health-related information, perceived self-esteem, and depressive symptoms as independent variables predicting happiness were the demographic factors seen. Descriptive statistics and multivariate analysis were applied. While checking the result, 154 participants were recruited. They showed a moderate level

of happiness. Even, happiness was negatively related to comorbidities, presence of pain, and depressive symptoms but positively correlated with self-esteem.

Happiness

Happiness is an affective and emotional state which is characterized by the feeling of enjoyment and satisfaction. When we talk about aging, it is often equated or linked with morale, contentment, well-being, life satisfaction, successful aging, quality of life, and the good life (Miller, 2004). Happiness can be defined as a cognitive assessment of one's life. Positive psychology researcher Sonja Lyubomirsky focused on happiness as being the experience of joy, contentment, or positive well-being, in combination with a sense that one's life is good, meaningful, and worthwhile.

CONCLUSION

In old age, where the losses are frequent it becomes important to continue the growth-related goals for promoting life satisfaction, rather than focusing totally on losses. The above finding shows the multiple factors responsible for the life satisfaction of older adults. The different factors are physical and psychological well-being, education, financial Resources, physical health, psychological health, social support, economic satisfaction, cognitive health, quality of life, self-esteem, and happiness. There can be various other factors responsible for life satisfaction of an individual.

After reviewing the literature and research, evidence shows that appropriate positive interventions can be applied to the older population leading to better life satisfaction psychologically and adopting successful aging.

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