

A Scoping Review of Key Predictors of Happiness and Life Satisfaction in Older Adults

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ABSTRACT

In this study, we try to examine the most recent data regarding the various aspects of life satisfaction and happiness, with an emphasis on older adults. The pertinent keywords were used to search PubMed, Research Gate, and Google Scholar. A sequential process of screening the title, abstract, and full text resulted in the selection of papers that met the eligibility criteria and shared similar aspects. Studies pertaining to India and other Asian countries were lacking and necessary. Various factors were considered to be accountable for the happiness and life satisfaction among older adults. The various factors of happiness and life satisfaction among older adults are concluded to include acquiring good health, socioeconomic status, social support, physical fitness, cognitive health, culture, quality of life, self-esteem, life satisfaction, and various positive interventions. Happiness and sense of life satisfaction are largely due to numerous other factors. Happier people typically have longer lifespans, better physical and mental resilience, and better physical health. Analyzing and determining the main factors that correlate with happiness and life satisfaction while emphasizing the positive aspects of older adults is imperative.

KEYWORDS: *Happiness, Life satisfaction Older Adults, Systematic Review, Ageing Population*

INTRODUCTION

Given the growing number of older adults and the growing concern about an ageing population, it is important to recognize the significance of their health. Ageing is a natural stage of life development for everyone, and seniors can successfully manage their ageing process by making positive changes to their health and quality of life.

Globally, people are living longer. Most people today aim to live well into their sixties and beyond. Both the percentage and absolute number of older people in the population are rising in many of the world's nations. Rowe and Kahn agreed that both extrinsic and intrinsic factors played a role in successful ageing. While extrinsic factors are more concerned with lifestyle factors, intrinsic factors also include genetic components. If one adopts the simplistic view that ageing is determined primarily by genetics, extrinsic factors such as personal habits, diet, exercise, and psychosocial aspects of ageing are often overlooked. Every person's life has stages, and if they can successfully navigate these stages in their own lives, they can balance their health.

According to the Rowe and Kahn Model (1997), successful ageing focuses include avoiding illness and disability, maintaining high levels of physical and cognitive function, and engaging in social

and productive activities consistently. Ageing populations are a worldwide phenomenon. The improvement of the health and medical care system is correlated with an inevitable demographic reality. With declining fertility rates and longer lifespans, the population of older people (60 years of age and above) is growing faster than the global population overall. The last few decades have seen a significant shift in the population due to a large increase in the number of older people. India's senior population (those 60 and older) is expected to increase from 138 million in 2021 to roughly 194 million in 2031.

The affective and emotional state of happiness is defined by a sense of fulfilment and enjoyment. According to Miller (2004), ageing is frequently associated with positive attributes such as happiness, contentment, well-being, life satisfaction, successful ageing, quality of life, and leading a fulfilling life. One way to characterize happiness is as a critical evaluation of one's life. Sonja Lyubomirsky, a researcher in positive psychology, defined happiness as having a sense of good, meaningful, and worthwhile life along with feelings of joy, contentment, or positive well-being. The external standards of virtue and holiness are also the foundation of happiness. In addition to scientific knowledge, Aristotle listed other external measures like pride, friendliness, honesty, wittiness, intellectual virtue, and rationality in judgement.

Joy and contentment with a sense of significance are experiences that can be summed up as happiness. For older adults, cultivating meaningful living requires a great deal of inner happiness. Maintaining the physical health and mental well-being of older adults is crucial because ageing frequently brings with it disease, meaninglessness, energy loss, and a host of other external issues.

Life satisfaction is considered the best indicator of the quality of life. A broad and profound inner happiness that results from unique experiences in the outside world is known as life satisfaction. Stated differently, it conveys the person's optimistic outlook on life and conveys how they feel about their past, present, and future (Yeniaras, 2017). Higher life satisfaction in older adults appears to be associated with higher levels of health behaviour promotion (Vijaykumar, 2016). Global cognitive judgement of life quality is also measured by life satisfaction (Diener, 1985). According to Diener (1984), it is also regarded as a significant determinant of subjective well-being.

Given the significance of life satisfaction in an individual's life, it is pertinent to comprehend the correlates that contribute to life satisfaction. Elderly people are, as we all know, more vulnerable to a wide range of illnesses and other health-related issues. Taking this into account, a variety of reviews are gathered in order to identify the key elements influencing life satisfaction.

As such, it is imperative that we emphasize the benefits of ageing and turn this stage of life into a joyful one. A person's level of happiness is very important in their life. It can have a variety of positive effects on an older adult. Sustaining a high degree of happiness is regarded as the primary factor in positive ageing. An older adult who is happy is not only revitalized, but also has the resilience to handle challenges and hope for a better life. An older adult's ability to live a positive life is enhanced by happiness and an understanding of life's true purpose. Happy older adults are invaluable for their own and the community's overall social, familial, intellectual, and developmental needs.

REVIEW OF LITERATURE

Nazri & Vanoh (2020) conducted a study entitled Malnutrition, Low Diet Quality, and its Risk Factors among Older Adults with Low Socioeconomic Status: A Scoping Review. This paper focuses on the available literature to find the prevalence of malnutrition, poor diet quality, and its associated risk factors among older adults with lower socioeconomic status. Most of the studies (60%) included in this review used Body Mass Index as the tool to identify malnutrition, but none of the nutritional screening tools were considered to be the gold standard. Older adults with low socioeconomic status show a poor nutritional status and lack of good quality diet. Hence, it is important to establish nutrition-related programs and interventional studies among older adults to improve their health status as well as the quality of life.

In a study done in 2019, Harpreet Kaur Vilku & Sudarsan Behera aim to investigate elderly people's life satisfaction and happiness 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. Data was gathered. 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 old age populations. Happiness, life satisfaction, and self-esteem were found to be positively correlated, with self-esteem serving as a major predictor of both of these outcomes.

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 neighborhoods. There was a strong correlation found between their level of education, occupation, health, access to healthcare, and government programs and their quality of life. Life satisfaction is linked to a person's health, family income, education, access to government programs and services, non-governmental organizations, and medical assistance. The study's findings indicated that among older adults, life satisfaction and quality of life were positively correlated.

Tan and Abdin (2019) conducted a study titled Happiness and Cognitive Impairment among Older Adults: to investigate the roles of Depression, Disability, and Loneliness. This study demonstrates that there has been a neglect of the notion that older persons with cognitive impairment have lower levels of happiness. The study reveals the degree of happiness among senior citizens in Singapore and examines the possible mediating effects of loneliness, social contact frequency, depression, and disability in separating happiness and cognitive scores. Approximately 96.2% of the participants expressed feeling either moderately or extremely happy. According to the regression analysis, people with higher levels of education, married or cohabiting status, or Malay ancestry were more likely to report being unhappy. Higher cognitive scores were linked to increased disability, depression, loneliness, and frequency of friend contact after sociodemographic variables were taken into account. While the majority of older adults reported being fairly or extremely happy, previous studies on the cognitively impaired showed limited reversibility. It may be possible to lessen the level of unhappiness experienced by older adults with cognitive impairment by implementing interventions that target the comorbid conditions of depression, disability, and social isolation.

Mamta Chaudhary (2017) used data from the Strategic Advisory Group of Experts to investigate socio-economic gradients in frailty among older adults in India. This study closes the knowledge gap on the relationship between adult health and global ageing by using participants who are 50 years of age or older. The study's goal was to look at the relationship between frailty and socioeconomic status and how it differs by age group. The results show a negative correlation between the number of frail markers and socioeconomic status, with a decrease in the overage group, both when background traits, health-risk factors, and biomarkers were controlled for. Out of the participants, roughly 26%, 55%, and 20%, respectively, displayed 1-2 frail markers, 3-5 frailty markers, and no frailty marker. The total number of frailty markers was positively correlated with lower income and education levels in both the controlling and non-controlling groups.

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. Analyzing 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.

Research on the Factor Structure of the Centre for Epidemiological Studies-Depression Scale among older adults in Chennai, India was conducted in 2013 by Srinivasan Chokkanathan and Jayashree Mohanty. This study examines the psychometric qualities of the 20-item, and the data was gathered from 200 elderly residents of Chennai, India who were 65 years of age or older and lived in the community. For both the confirmatory and exploratory factor analyses, the data were randomly divided. Two factors—positive and depressed—were found by exploratory factor analysis on a subsample ($n = 200$). The overall scale and its subscales were found to have a higher internal consistency. The Centre for Epidemiological Studies Depression Scale's measurement qualities were found to be appropriate based on the results. Studies and research pertaining to older adults in India are scarce.

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.

METHODOLOGY

The original research studies and articles on determining the correlates of happiness and life satisfaction among older adults in India and other nations were taken into consideration for the literature review. Research Gate and Google Scholar were used to search for and examine the studies and articles. To find the studies that were available in the database, the search strategies

were applied efficiently and in a sequential manner. Old age factors of life satisfaction were often employed as a successful search tactic. After reviewing more than five hundred research papers, we selected some for our investigation. The studies that met the inclusion criteria were chosen based on their examination of the relationships between various factors and life satisfaction in older adults. Excluded studies were those that did not meet the inclusive criteria. Full-text research and studies with an emphasis on India and other nations were extracted. The research design, inclusion-exclusion criteria, sample size, systematic definitions, and sampling strategies were used to evaluate the quality of the research studies.

RESULTS

Following a review of the numerous research papers and articles, a noteworthy list of studies was created that was specifically focused on our investigation. The study sample, year of study, author, journal name, and title are all listed in the table below. The key correlates of happiness and life satisfaction among older adults are revealed by the research studies.

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
Malnutrition, Low Diet Quality, and its Risk Factors among Older Adults with Low Socioeconomic Status: A Scoping Review	Nazri & Vanoh	Nutrition Research review	2020	Above 60 years
A Study on Happiness and Life-Satisfaction among Elderly in Relation with Self-Esteem	Harpreet Kaur Vilkhu & Sudarsan Behera	The International Journal of Indian Psychology	2019	60 and above
Assessment of Quality of Life and Life Satisfaction among Senior citizens in Selected Areas of Tripuri	T. Lalitha Kumari et al	International Journal of Health Science and research	2019	Above 60 years

Happiness and Cognitive Impairment Among Older Adults: Investigating the Mediation Roles of Disability, Depression, Social Contact Frequency, and Loneliness	Tan and Abdin	International Journal of Environmental Research and Public Health	2019	60 and above
Age and socioeconomic gradients in frailty among older adults in India	Mamta Chaudhary	Journal of Public Health	2017	Above 50 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
Factor structure of the CES-D scale among older adults in Chennai, India	Srinivasan Chokkanathan and Jayashree Mohanty.	Aging and Mental Health	2013	65 and above
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	60 and above

After reading through a number of research papers, we came to the conclusion that happiness and life satisfaction has a number of significant correlates and is important for everyone's life, but it is especially important for older adults. For happiness and life satisfaction, the reviews concluded that physical and psychological well-being, socio-demographic variables, education, financial resources, physical health, psychological health, social support, self esteem, cognitive health, and quality of life are the significant factors responsible for it. Depending on the population and other demographic variables, there may be more variables. One can age successfully as an older adult if the various correlates are in balance.

Table 2: Various factors for the happiness and life satisfaction among old aged population

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

DISCUSSION AND CONCLUSION

Our present study focused on the correlates of happiness and life satisfaction among older adults. Numerous literature reviews show that various factors are responsible for the satisfaction in life and happiness among older adults. Reviews also reveal that several determinants are accountable for life satisfaction and happiness particularly in older adults. Among the various factors, physical and psychological health played a prominent role in an older adult's life. The various correlates of life satisfaction includes:

Physical and Psychological Well-Being

The physical and mental health of older adults is a major factor in their life satisfaction. Maintaining physical well-being lowers the chance of internal health issues and preserves one's capacity for independent living. It also lowers the chance of developing diabetes, cancer, high Blood pressure, and coronary heart disease.

Nutritious food, clean clothes, cozy housing, restful sleep, good health, improved sanitation, work adjustment, sufficient income, leisure, and reliable transportation are among the physiological needs.

Socio-Demographic Variables (Age)

Numerous sociodemographic factors are linked to older adults' life satisfaction. Age is a significant correlate because it offers a wealth of life experience and self-awareness. They support people's constructive growth. They also offer friendship and emotional support to all the other family members.

Education

Studies have shown that older adults with higher levels of education had fewer increases in signs of brain degeneration than older adults with lower levels of education. Even in old age, a quality education and lifelong learning are beneficial in many ways. Education helps older adults gain confidence in addition to imparting knowledge. Making the best decisions for oneself and fostering personal development are aided by it.

Financial Resources

For older adults, socioeconomic status contributes to a high quality of life as well as other aspects of living that contribute to life satisfaction. Social and economic standing has an impact on the mental well-being of the elderly population. Age and socioeconomic gradients in frailty among older adults in India is the title of a study conducted in 2019 by Mamta Chaudhary and Ravindra Chowdhary. Frail older adults from lower socioeconomic backgrounds are more vulnerable to morbidity and early death. The study's goal was to determine the relationship—and how it differs among age groups—between frailty and socioeconomic status. When confounders were controlled for and not, there was a positive correlation found between the fragility measure and lower income and education levels. The findings demonstrated that among older adults, socioeconomic status plays a significant role.

Physical Health

Maintaining our health helps to reduce persistent pain from ailments like pinched nerves and arthritis. In terms of longevity, good health enhances our immune system, lowers blood pressure, increases metabolism, and keeps us from acquiring diseases like diabetes and obesity. Sakamoto and Okumiya's (2016) study, "Health and Happiness among community-dwelling older adults in Domkhar Valley, Ladakh, India," The survey included 117 individuals in Domkhar who were 60 years of age or older, and Japanese individuals based on their age and sex were also included. It was discovered that, despite experiencing more difficulty with everyday tasks, Domkhar residents had a higher subjective quality of life than Japanese controls.

Psychological Health

The ability to concentrate, recall, and filter out unpleasant memories is a function of cognitive health. Their thought processes and ways of looking at the world enable them to control their emotions and have a positive outlook on life. A study titled Hypertension and Cognitive Health Among Older Adults in India was carried out by Farron & Kabeto et al. (2020). This study assesses the prevalence of both diagnosed and undiagnosed hypertension in older adults in India, as well as the relationship between it and cognitive function. Poor cognitive test performance was linked to older age, female sex, lower education, widowed status, low consumption, and underweight.

Social Support

Depression, anxiety, and stress can all be lessened with social support. It also fosters active awareness and the development of social skills in senior citizens. People who are happy with their lives also take better care of their health and share what they know about it with others. A higher quality of life is significantly promoted by social factors that are linked to life satisfaction.

Self Esteem

It is important to dispel negative stereotypes, and maintaining a healthy balance in life fosters the growth of self-esteem in older adults. The research paper, Predictors of happiness among older Korean women living alone: Kim & Song et al. (2019), can be found here. The psychological and physical well-being of older adults determines their degree of happiness. Finding the factors that predict happiness is the main goal of this research. The demographic factors observed included health-related information, self-esteem perception, and depressive symptoms as independent variables predicting happiness. Multivariate analysis and descriptive statistics were

Cognitive Health

Many of our mental and cognitive capacities begin to deteriorate as we age. These comprise deficits in processing speed, short-term working memory, memory retrieval, attention, and other problem-solving techniques. Normal ageing includes a gradual decline in both physical and psychological functioning. For this reason, an older adult's physical fitness is more crucial. Improving memory, cognitive function, and response time can have a significant impact on older adults' cognitive health.

Quality of Life

For older adults, especially those coping with significant life changes and other chronic illnesses, a high quality of life is crucial. For someone to be happy on the inside and out, they must feel needed or useful, and one way to achieve this is by engaging in creative mental activities. A study conducted in Kerala, India by Deshmukh & Dongre et al. (2015) was titled "Role of Social, Cultural, and Economic Capitals in Perceived Quality of Life Among Old Age People." The purpose of this study was to investigate the relationship between a population's collective social, economic, and cultural characteristics and the elderly population's perceived quality of life. All three capitals significantly viewed the environment and psychological health domains as troubled.

As one ages and experiences more losses, it's critical to maintain growth-related objectives to enhance life satisfaction rather than concentrating solely on setbacks. The aforementioned result demonstrates the variety of factors influencing older adults' life satisfaction. Physical and mental health, education, financial resources, social support, economic satisfaction, cognitive health, quality of life, self-esteem, and happiness are among the various factors. A person's level of life satisfaction may be influenced by a variety of factors.

After analyzing the research and literature, it is clear that older people can benefit from appropriate positive interventions, which can improve their psychological well-being and help them age gracefully.

Being old isn't just about how old you are; it's also about how much fun you've had and how well you've lived your life. People's opinions no longer easily fluster them. We learn to feel at ease in our own flesh. In one's life, having a purpose and maintaining relationships have different positive effects. Therefore, it is up to the individual to age well. Important happiness supplements that support older adults in leading positive lives include social relationships, self-esteem, well-being, quality of life, life satisfaction, health, work status, positive thinking, economical needs, and forgiveness. All it takes to make the elderly happy is a little respect and consideration.

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