



“Successful Aging as a Determinant of Life Satisfaction and Will to Live among Older Adults”

Saadia Zia: Department of Psychology, Institute of Southern Punjab, Multan

Manika Arbab: Department of Psychology, Institute of Southern Punjab, Multan

Andleeb Anjum: Department of Psychology, Sardar Bahadur Khan University Quetta

Qamar Hussain Babar: Department of Psychology, Institute of Southern Punjab, Multan

Received: May 12, 2024

Accepted: June 25, 2024

Published: June 30, 2024

KEY WORDS

**Successful Aging,
Life Satisfaction,
Will to Live, Older
Adults**

ABSTRACT

The study's objective was to determine how older adults' life satisfaction and will to live are affected by successful aging. The Institute of Southern Punjab employees in Multan, Pakistan, were the target population. The older individuals in the Multan region who were at least 55 years old were the target population. Purposive sampling was used to get a sample of individuals. Older people having at least an intermediate level of education met the inclusion criteria for the sample. The research design used for the study was correlational. A sample of 106 people was used to collect data. The method of surveying was used for collecting data. One of the tools utilized to gather data was the Successful Aging Scale. (Gary T. Reker, 2009), The Satisfaction with Life Scale (Diener, 1985) and the will-to-live (Sara Carmel, 2015). The acquired data was examined with the use of the Statistical Package for Social Sciences, (SPSS 23). All the variables showed a significant association, according to the results. Regression analysis and correlation were performed on the collected information using SPSS. The study's findings show that successful aging significantly improves older adults' life satisfaction and will to live. The results would be useful in conducting further research. This research will expand the body of knowledge on psychological studies including elderly people. It will result in an increased awareness of the significance of the aging phenomenon and its effects on older persons' psychological well-being.

1. Introduction

Aging is a widespread, overall term that designates proceeding through the life cycle, inauguration at birth and conclusion at death. Aging is universally used by the overall population to define the procedure of getting older (Lemoine, 2020). "Successful aging" refers to maintaining one's health, vigor, and resilience into old age (Nimrod, G., & Ben-Shem, 2015). Successful aging has been a giant concern in recent years of Pakistan's older adults. It's been on numerous occasions that people show less will to live when they grow old. When we talk about the effect of ageing well on life satisfaction is not up to the mark so causing many suicidal attempts to be held in Pakistan. It is a problem here because of the negativity that spreads out here after seeing an older adult complaining about his past life (Kinsella, K. G., & Phillips, D. R., (2005). In the same way, the psychosocial models emphasize the qualities that are necessary for psychometrics to accept such phenomena (Bowling, Dieppe, 2005): living satisfaction, well-being, social commitment, and personal possessions (Wagnild, 2003).

Another element to consider is that a modern model of successful ageing takes into consideration the reality that individual resources continuously change throughout life, based on our desire for advancement via 'graded education, work and job losses' arrangements (Mejia et al., 2017). Education and Finance reflect the socio-economic condition that has resulted in mild and negative health stress in the elderly (Kahana et al., 2012). Economic and social resources are essential for gaining insight into future happiness and quality of life (Kahana et al., 2012; Tovel & Carmel, 2014). However, a variety of internal resources that have been long known seem to have an impact on the capacity of older people to age powerfully and successfully as they

become older. As a result, external elements such as goods, education, and social assistance were frequently neglected in order to assist the elderly (Kahana et al., 2012; Mejia et al., 2017; Tovel & Carmel, 2014). Health, pleasure, and social sustainability are also important considerations at all stages of life, but particularly in the latter stages (Kahana et al., 2012; Tovel & Carmel, 2014). Individual resources are often represented by the extra indicator, which reflects the level of education and the amount of money (Mejia et al., 2017).

A variety of metrics have been used to evaluate Life Satisfaction, determination in life, pleasure, personal growth, and willingness to live. In addition to the estimate of cheerfulness, subjective welfare research analyses the positive movement of their elderly relative in the last two weeks during the two weeks (Tovel & Carmel, 2014). Furthermore, the successful ageing rates of study showed that effective ageing or management among older individuals was associated with will to live (Kahana et al., 2012; Tovel & Carmel, 2014). The daily psychological and physical activity of elderly men and women in India is substantially beneficial in terms of major changes and a healthy ageing process and improves their will to live (Jahan & Khan, 2014). Women have mentioned problems such as poor family connection, alcohol and verbal abuse, elder abuse and local violence as important concerns as well as obstacles in the area of willingness to live (Hatchett et al., 2001). The emotional support of those who were or depended on their adult children is likely to be poor and the social assistance may have a negative effect on self-worth in the longer term (Takagi & Saito, 2013). People experience a variety of unpleasant circumstances, which are, in some cases, disastrous, hurtful or tragic. It is an unsolved problem that has lasted to this day what gives individuals the will to live

in these circumstances. Those who claim to have been involved in livelihood activities have a number of reasons for their conduct (Grohol, J. 2009).

Successful aging and will to live is positively associated and will to live is described in literature as a wish to preserve one's own life, typically connected with potential, hopes or the future development of one's life. When we are trying to understand why we are doing all we can to maintain our companies' prosperity, the will to live is an essential notion that has to be considered and taken carefully into account. This may be associated with everybody's survival battle on the edge of death, or with someone who is simply determined to find a purpose for living (Shrira, A., Carmel, S., 2019).

2. Methodology

2.1. Participants and Instruments

Educated Older adults were selected for the research survey. Through the use of the purposeful sampling technique, participants were chosen. The ideal number of respondents for the survey was determined utilizing the G-Power software.

The Successful Aging Scale (SAS): In understanding the complex structure of effective ageing, four of the numerous models played a major contribution. These include Ryff's (1989), Baltes and Baltes (1990) SOC (Primary and High School) (1996) control models, Schulz and Heckhausen (1996), and Rowe and Kahn disease and cognitive functional patterns (1997). Each model has made a lot of contribution, but none of the major components could capture it. Effective measuring of ageing is the same. The measurement includes components representing the unique characteristics of each model. As our understanding of effective ageing has been clearly shaped by each model, we require a more comprehensive tool which covers all

essential components in a single dimension. The SAS was established to fulfil this goal.

Conceptual Development of the SAS: On the basis of 4 famous ageing models, the Successful Ageing Scale (SAS) was created. Rowe and Kahn's models include the following: No. 5, 7, 8, 9 and 13 that show disease and disability prevention. Models of baltes include items 2, 10 and 12, which are selected, optimized and reimbursed. Schulz and Heckhausen Model items 1, 3 and 11 (Primary and Secondary Control). Ryff's model includes items no 4, 6 and 14 that show Psychological Well-Being. The scoring includes 1 and 11: SA=1 A=2 MA=3 U=4 MD=5 D=6 SD=7 and for remaining items: SA=7 A=6 MA=5 U=4 MD=3 D=2 SD=1.

The Satisfaction with Life Scale (SWLS): Diener created the Satisfaction with Life scale in 1985. It's a five- stuff scale. In the 7-point scale of 7, which significantly differs from 1, the participants indicate that they either approve or disagree with each of the five statements 1. Satisfaction with the whole life of the respondent has been evaluated via the lifetime scale of content (SWLS). SWLS is an effective and trustworthy way to achieve Life Satisfaction that is suited for applications and a wide range of age groups. Interviews time and resources savings may be compared to various Life Satisfaction measures (Pavot, W. G., & Diener, E. 1993). While the measurement must be continuously maintained (summaries of each item), certain cut-offs are here to measure. 31 – 35 Very happy, 26 – 30 happy, 25 content, 21 unhappy, 15 – 19, very unhappy, 10 – 14 miserable and 5 – 9 very unhappy and very sad.

The will-to-live (WTL): The desire to live was established by Sara Carmel and Mutran in 1997 and updated in 2015. A WTL-Scale of six points was developed with the help of previous qualitative and quantitative investigations in a longitudinal study of a random sample of 868 individuals aged 75+. All questions concern the self-assessment of WTL's strength,

including a wide vision of WTL and its strength.

2.2 Data Analysis

The software used to examine the information gathered from the questionnaire was Statistical Package for Social Sciences Package (SPSS 26). Older adults who are at service or retired could take part in this study. The study was a correlational research design with survey method. Participants were surveyed and their responses will be recorded on individual response sheets. First, descriptive statistics were used to assess the distribution of Successful Aging, Satisfaction with Life Scale, and will to live. Second, we conducted correlational analyses to illustrate interrelationships between each of the variables.

3. Results

Table 1. Correlation between Successful Aging, Life Satisfaction and Will to Live. Findings showed that successful aging, Life Satisfaction and will to live were significant and positively correlated with each other. Table 2 showed regression analysis to assess prediction of will to live from successful aging. It is shown that successful aging was a positive and significant predictor of the will to live. Moreover, table showed that successful aging explained 15% variance in will to live with $F(1, 104) = 19.87, P < .001$. F value was significant which showed that overall model was significant. Table 3 showed regression analysis to assess prediction of will to live from Life Satisfaction. The table shows that Life Satisfaction was a positive and significant predictor of the will to live. Moreover, table showed that successful aging explained 8 % variance in will to live with $F(1, 104) = 10.61, P < .001$. F value was significant which showed that overall model was significant. Table 4 showed regression analysis to assess prediction of will to live from Life

Satisfaction. Table shows that Life Satisfaction was positive and significant predictor of will to live. Moreover, table showed that successful aging explained 8 % variance in will to live with $F(1, 104) = 136.56, P < .001$. F value was significant which showed that overall model was significant. The research design used for the study was correlational. A sample of 106 people was used for collecting data. The process of surveying was used to gather data. The tool utilized to gather data was the Successful Aging Scale (Gary T. Reker, 2009), The Satisfaction with Life Scale (Diener, 1985) and the will-to-live (Sara Carmel, 2015). With the use of the Statistical Package for Social Sciences (SPSS 26), the acquired data was examined. The results revealed a significant correlation between all the variables.

Table 1. Pearson Correlation between, Successful Aging, Life Satisfaction and Will to Live

	Successful aging	Life satisfaction	Will to live
Successful aging	1	.753**	.400**
Life satisfaction		1	.304**
Will to live			1

Note: **. Significant at the 0.01 level (2-tailed).

Table 1 shows the co-relation between successful aging and life satisfaction is (.75). this is strong positive correlation. The correlational value between Successful aging and will to live is (.40) it is also positive correlation. Life satisfaction has association with the value of (.304). Findings showed that will to live, successful aging and Life Satisfaction are significant and positively correlated with each other.

Table 2.
Standard Regression Model showing impact of Successful Ageing on Life Satisfaction among older adults

Predictors	B	Std. Error	Beta	t	p
(Constant)	13.389	1.986		6.741	.000
Successful ageing	.312	.096	.304	3.257	.002**

$R^2 = 0.093$, Adjusted $R^2 = 0.084$, ($F 10.611$)

The above table shows that the p-value of (0.002), is less than (0.05). Hence, we say there is a significant relationship between our independent variable, i.e., Successful aging, and the dependent variable, i.e., Life satisfaction. F value was significant which showed that the overall model was significant. The above table shows regression analysis to assess the prediction of the will to live from Life Satisfaction. The table shows that Life Satisfaction was a positive and significant predictor of the will to live. According to the above table, the R-square value is (.093), which shows that our independent variable, i.e., Will to Live causes a (09.3%) change in the dependent variable i.e., Life Satisfaction.

Table 3.
Standard Regression Model showing impact of Successful Ageing on Will to live among older adults

Predictors	B	Std. Error	Beta	t	p
(Constant)	-2.899	1.961		-1.478	.142
Successful ageing	.590	.050	.753	11.686	.000***

$R^2 = 0.568$, Adjusted $R^2 = 0.564$, ($F 136.5$)

Table 2 showed regression analysis to assess prediction of will to live from successful aging. The table showed that successful aging was a positive and significant predictor of the will to live. According to the above table, the R-square value is (.568), which shows that our independent variable, i.e., Successful aging causes a (56.8%) change in the dependent variable i.e., Will to Live. The table is showing the coefficient result as

showing that the beta value is (.753) which means that the change in the independent variable, i.e., Will to live by one unit, will bring about the difference in the dependent variable, i.e., Life satisfaction. Beta value is positive, which means the positive relationship between Will to live and Life satisfaction.

Table 4. Analysis of t.test in terms of Gender

	Levene's Test for Equality of Variances		t-test for Equality of Means						
	F	Sig.	t	df	Sig. (2-tailed)	MD	Std. Error Difference	95% Confidence Interval of the Difference Lower	Upper
SA	327	.568	-.089	102	.929	-.124	1.395	-2.891	2.642
			-.088	92.802	.930	-.124	1.408	-2.921	2.672
LS	1.128	.291	-.325	102	.746	-.355	1.090	-2.516	1.807
			-.318	85.728	.752	-.355	1.117	-2.574	1.865
WTL	.161	.689	.021	102	.983	.022	1.081	-2.121	2.166
			.021	97.215	.983	.022	1.079	-2.119	2.164

Note. *EVA (Equal variances assumed)
*EVNA (Equal variances not assumed)
SA – Successful Aging; LS – Life Satisfaction;
WTL – Will to Live; F– F value; Sig – Significance; t – t value; df – Degree of Freedom; MD – Mean Deviation

There is no statistically significant difference in the scores of successful aging, life satisfaction and Will to live among older adults in terms of gender differences.

Discussion

The analysis revealed significant positive correlations between all variables, indicating that higher levels of successful aging were associated with increased life satisfaction and a stronger will to live among the participants. The study's positive correlations indicate that older people's overall well-being and view on life are significantly influenced by their opinions of successful aging. The employment status may have contributed positively to participants' perceptions of successful aging, as it provides opportunities for social engagement,

intellectual stimulation, and financial security, all of which are important components of successful aging. These results are consistent with earlier studies on successful aging, life satisfaction, and the will to live among older adult populations. These findings align with previous research on successful aging, life satisfaction, and the will to live among older adult populations (Shrira, A., Carmel, S., 2019). It is important to acknowledge that the subjective experience of aging and its impact on well-being can be influenced by cultural variables, social norms, and economic conditions. As such, context-specific research is necessary. The positive associations observed in this study have several practical implications for promoting the well-being of older adults in Multan and similar regions. Interventions aimed at enhancing successful aging should focus on empowering older adults to maintain active lifestyles, cultivate social connections, and engage in meaningful activities.

Based on data analysis, we believe that the majority of Pakistan's older population, regardless of age, rates their life satisfaction as good or very good. This aligns with the results from Wang et al. and Li et al., who likewise found no significant differences in life satisfaction between older people and the general population in Pakistan. The fact that the elderly have much more emotional discomfort, even if they are evaluating better in old age, might explain this paradoxical conclusion. Elderly ladies have been far more contented with life than elderly males. Regression and analysis of variance were used to evaluate the prediction of "will to live" from successful aging. The table indicated that a positive and substantial predictor of the will to live was successful aging. This indicates that among Pakistan's elderly, self-assessed health status is a critical predictor the will

to live. There would be an impact of successful aging on life satisfaction among older adults.

Policymakers and healthcare professionals can use these findings to inform the development of age-friendly policies, programs, and services that support older adults' holistic well-being and quality of life. Workplace initiatives that recognize and value the contributions of older employees can also play a significant role in fostering successful aging and employee satisfaction.

4.1 Conclusions and Suggestions

The current study provided insights into the relationship between successful aging, life satisfaction and will to live among older adults. The Institute of Southern Punjab employees in Multan, Pakistan, were the target population. The older people in the Multan region who were at least 55 years old were the target population. Findings show there is a positive correlation between successful aging, life satisfaction and the will to live. For instance, multiple sources could be considered when assessing elders and old people adjustment, but the voices from the old people should be especially valued. This indicates that as individuals perceive themselves as aging successfully, their reported life satisfaction tends to be higher and a stronger will to live. All participants were employees in an educational institute so, being employed may have contributed positively to the participants' perception of successful aging, potentially enhancing their life satisfaction and will to live. This suggests that continued engagement in meaningful activities, such as employment, can have beneficial effects on the well-being of older adults.

Based on the positive relationship found in the study, it is recommended to promote programs and initiatives that focus on enhancing successful aging among older adults in Multan and other

cities of Pakistan. Country like Pakistan elders are dependent on their children and there are a few old age homes. In addition, efforts should be made to enhance life satisfaction among older adults, which may involve providing opportunities for social interaction, access to healthcare services, and support for fulfilling leisure activities. Recognizing the importance of the will to live in older adults, interventions should be designed to support individuals in finding meaning and purpose in life.

Despite the significant findings, It is important to realize the various limitations of this study. Cause and effect analysis is restricted by the cross-sectional design, and response biases may be introduced by using self-report measures. Additionally, the sample was restricted to older adults employed at a single institution, which can restrict how broadly the results can be applied.

Future studies should employ longitudinal designs to explore the temporal relationships between successful aging, life satisfaction, and the will to live. Qualitative studies can provide deeper insights into the subjective experiences and perceptions of successful aging among older adults in diverse cultural contexts.

References

- Au, A., Ng, E., Garner, B., Lai, S., & Chan, K. (2015). Proactive aging and intergenerational mentoring program to promote the well-being of older adults: Pilot studies. *Clinical Gerontologist*, 38(3), 203-210.
- Baltes, P. B., & Baltes, M. M. (1990). *Psychological perspectives on successful aging: The model of selective optimization with compensation*.
- Bowling, A. and Dieppe, P. (2005). What is successful ageing and who should define it? *BMJ*, 331, 1548–1551
- Bowling, A. (2007). Aspirations for older age in the 21st century: what is successful aging? *International Journal of Aging and Human Development*, 64, 263–297
- Carmel, S., & Mutran, E. (1997). Wishes regarding the use of life-sustaining treatments among elderly persons in Israel: An explanatory model. *Social science & medicine*, 45(11), 1715-1727
- Carpentieri, J. D., Elliott, J., Brett, C. E., & Deary, I. J. (2017). Adapting to aging: Older people talk about their use of selection, optimization, and compensation to maximize well-being in the context of physical decline. *Journals of Gerontology Series B: Psychological Sciences & Social Sciences*, 72(2), 351- 361.
- Colvin, A. D., & Bullock, A. N. (2016). A review of the biopsychosocial aspects of caregiving for aging family members. *Journal of Family Social Work*, 19(5), 420-442.
- Crowther, M., Parker, M., Achenbaum, W. A., Larimore, W., & Koenig, H. (2002). Rowe and Kahn's model of successful aging: Spirituality—The forgotten factor. *The Gerontologist*, 42(5), 613–619.
- Diener, E. D., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The satisfaction with life scale. *Journal of Personality Assessment*, 49(1), 71-75.
- Grohol, J. (2009). The Power of the Will to Live. Psych Central.
- Heckhausen, J. (1997). Developmental regulation across adulthood: Primary and secondary control of age-related challenges.

- Developmental psychology*, 33(1), 176
- Hatchett, B. F., Garcia, L., & Marin, C. (2001). Significance of family involvement for older Mexican American women: Implications for practice. *Journal of Family Social Work*, 6(2), 55-68.
- Jahan, M., & Khan, S. (2014). Psychological well-being: Spirituality and successful aging. *Indian Journal of Health & Wellbeing*, 5(7), 68-71.
- Kinsella, K. G., & Phillips, D. R. (2005). *Global aging: The challenge of success* (Vol. 60, No. 1, p. 3). Washington, DC: Population Reference Bureau.
- Lemoine, M. (2020). Defining aging. *Biology & Philosophy*, 35(5), 46.
- Lang FR and Heckhausen J (2001) *Perceived control over development and subjective well-being: Differential benefits across adulthood*. *Journal of Personality and Social Psychology* 81: 509–523.
- Lopez, S. J., Pedrotti, J. T., & Snyder, C. R. (2018). *Positive psychology: The scientific and practical explorations of human strengths*. Sage Publications
- Pavot, W., & Diener, E. (2009). Review of the satisfaction with life scale. In *Assessing well-being* (pp. 101-117).
- Preschl, B., Maercker, A., & Wagner, B. (2011). The working alliance in a randomized controlled trial comparing online with face-to-face cognitive-behavioral therapy for depression. *BMC Psychiatry*, 11(1), 1-10.
- Reker, G. T., & Woo, L. C. (2011). Personal meaning orientations and psychosocial adaptation in older adults. *Sage open*, 1(1), 2158244011405217.
- Ryff, C. D. (1989). Beyond Ponce de Leon and Life Satisfaction: New directions in quest of successful ageing. *International journal of behavioral development*, 12(1), 35-55.
- Nimrod, G., & Ben-Shem, I. (2015). Successful aging as a lifelong process. *Educational Gerontology*, 41(11), 814-824.
- Shrira, A., Carmel, S., Tovel, H., & Raveis, V. H. (2019). Reciprocal relationships between the will-to-live and successful aging. *Aging & Mental Health*, 23(10), 1350-1357.
- Strawbridge, W. J., Wallhagen, M. I., & Cohen, R. D. (2002). Successful aging and well-being: Self-rated compared with Rowe and Kahn. *The Gerontologist*, 42(6), 727-733.
- Takagi, E., & Saito, Y. (2013). A longitudinal analysis of the impact of family support on the morale of older parents in Japan: Does the parent's normative belief in filial responsibilities make a difference? *Ageing & Society*, 33(6), 1053-1076.
- Tovel, H., & Carmel, S. (2014). Maintaining successful aging: The role of coping patterns and resources. *Journal of Happiness Studies*, 15(2), 255-270.
- Wagnild, G. (2003). Resilience and successful aging. Comparison among low and high income older adults. *Journal of Gerontological Nursing*, 29, 42–49.