

## **Happy pensioners: psychological model of subjective well-being in late adulthood**

As a quantitative indicator, “primary index” (Ryan, Deci 2001) of happiness subjective well-being (SWB) is widely studied nowadays, together with objective facts taken into account while defining life quality index. Experiencing happiness is connected with “flow” activity (Csikszentmihalyi 1990) that accords person’s abilities, delights and leads to personal potential realization. However, for moving on the way of personal growth one needs to have enough resource which likewise uncloses through SWB experiencing. SWB is handled as an attitude to life composed of both cognitive and affective components. It is a predisposition and a result of this attitude’s behavioral fulfillment through self-growth and self-realization.

In late adulthood this fulfillment is somewhat specific due to many changes – health, interaction, financial, changes of social roles, activity changes etc. On the one hand, the changes may be thought to be negative and to cause low life quality. On the other hand, late adulthood period is not scarce – this is the highest stage of maturity where special moral resource appears and uncloses a perspective of highest forms of personal realization – Ego-integration. Thus, happiness has no age limits but among pensioners it is connected to somewhat different characteristics than before and the aim of the study was to define those peculiarities.

260 pensioners (age 60-88, N=260) were involved in the study of their content of SWB experiencing (measured with E. Diener Satisfaction with Life Scale and N. Bradburn Affective Balance Scale) and its correlations with amount of personal traits and social functioning characteristics. Discriminant analysis has shown that the most important factors for the differences in SWB level are such traits as high emotional intelligence (N. Hall EQ Self-evaluation Test) and low depression level (W. Zung Depression Scale). Thus, SWB in late adulthood is mainly dependent on the personal peculiarities that ensure inner harmony, understanding of person’s feelings and other people’s emotions. For being happy, pensioner needs to be emotionally mature and ready for social interaction.

Using factor analysis 5-factor model of SWB determination was created. Besides described emotional maturity, hardiness (S. Maddi Hardiness Test) is very important. It mainly works through emotional component of SWB and correlates with frequent communication with relatives. According to C. Ryff (1989) interaction with the closest is the main factor of happiness among elderly people. One more serious factor was found to be physical health but not a passport age. Pensioners also pay big attention to their social status (education level, amount of social benefit) that mainly influences on cognitive aspect of SWB. Finally, financial independence is important: if a person has an opportunity to avoid material support of relatives, this makes him/her feel younger. On the other hand, such identification with late age stereotypes reduces both cognitive and affective well-being.

Such finding should be used while developing socio-psychological accompaniment programs for pensioners and for prevention of undesirable psychological difficulties of adaptation to retirement for those who soon will reach old age.