

Clarification of elders' life orientation on the basis of self-restraint and aging perception and it's effect on life satisfaction of them

Toktam Tayebi

Master's degree graduated in psychology
Islamic Azad university of Karaj,Iran.
toktam.tayebi@gmail.com

Laya Abbasy

Master's degree graduated in psychology
Islamic Azad University of Karaj,Iran.
laya_abbasi70@yahoo.com

abstract

The increasing growth of aging population and prediction of the increase in their numbers in future years justifies the necessity of farsighted programming for problem control related to this group. The aim of this investigation is the scrutiny of aging attitude toward general assessment of the totality of self-life, aging process, the rate of emotion restraint and the ability of placate with mediation of optimistic and pessimistic temper. This is an applied research and is accomplished with correlational-descriptive research method. Under investigation society in it are the aging of the day care center of retirement home of Kahrizak karaj in 2017 that between them 120 persons has been selected with available sampling method. The tools of data collecting are consisted of: life satisfaction index of aging (LSI), aging perception questionnaire (APQ), self-restrain scale (SRS) and life orientation test (LOT). Current investigation has been tested with use of structural equation of modeling technique and descriptive statistics tests and Lisrel and spss soft wares .The results show that aging perception and self-restraint have negative and indirect relation with life satisfaction of aging (0/05) and on the other side life orientation has meaningful

relation with aging life satisfaction(0/05).

Keywords: life satisfaction. aging. aging perception. self-restraint. lifeorientation

Introduction

Life satisfaction is individual general judgment of life that is an equilibrium reflection between individual wills and his current condition [1]. How much the gap between the level of individual wishes and his objective condition became more, his satisfaction will decrease. Satisfaction consist of positive and good sensation toward life which entails growth and nurture of self, increasing of adoptability for skills utilization in emotions adjustment, acquiring the ability of problem solving and the ability for change of perspective toward acquiring the sense of pleasure and joy beyond events and situation of life. Life satisfaction includes individual general and positive attitude toward life. So life satisfaction is an arbitration process that individuals assess their life qualities according to their selected criterions [2]. Moreover psychology accompanied with the cure of mental disease, also should improve other aims in facilitation of better life and growth the talent and genius. Life satisfaction is one of the potencies and entails the heading of positive psychology that is resulted in personality and communication health. Life satisfaction is a comprehensive and stable concept that reflects the general sense and idea of people of the society to the universe that they live in it. Life satisfaction is the result of mental health and inheritance but with rise of age does not lead to life satisfaction stability and it is a sign of life satisfaction dynamism [3]. Funk and coworkers believe that inner satisfaction and

life satisfaction originate than social and individual growth and adoptive sources. Old age phenomenon is the result of time natural circulation that leads to physiological, social and mental changes [4]. But old age also includes social dimensions (like: education, marriage condition), economical (like: dependency ratio, activity rate, employment, unemployment), population (like: middle of age, sex ratio, old age coefficient, antiquity index)[5]. From Ericson point of view, take care is the fundamental power resulting from productivity in adolescence that is demanding think about others and guidance of the next generation. Ericson believes that if middle-aged people cannot or do not want to find the way out for productivity maybe involvement in impatience, latency and between individual poverty. Productivity is started at the first of adolescence, but more expanded when middle-aged confronted with mental conflict of productivity in front of latency [6]. "Oldness feel" is not a life natural process and may go after someone earlier than oldness and make the human excluded and reclusive. Oldness feel is in the meaning of nonfunctioning and immobility and lack of life enthusiasm by itself is a kind of illness, so from one side should prevent than this feel and the other side if affliction should cure it .Biren studies shows that aging who give to himself the old age identity and feel himself the old person has less tendency to take part in contacts and social activities and has more inclination to seclusion and lack of activity [7].

"Self-restraint" is one of the most important skills that are the qualification of individual normality and adoptability. The individuals who are capable to prioritize realistic aims and on the time of decision making balance between mental and affections, has the self-restraint skill .Self-restraint is indicator of the conformity rate of individual behavior characteristics with present condition. Self-restraint adequacy has relation with the concept of stress and impulsiveness and is the indicator of the inability in thinking to the

result of act. Thinking about the result, but act on the basis of immediate satisfaction will lead to without prediction behavior. The individuals when utilize self-restraint that they want to reach to a longer term goal. Adolescence continually and with various degree attempt in doing self-restraint and self-control [8].

The concept of sense of harmony and optimism which is measured by "life orientation scale" at first had been used by Antonovsky , for referring to this matter that why some of individuals keep their health in confrontation with stressor condition but other individuals were involved in several problems. Throughout resent decades Antonovsky activities about salutogenesis perspective (the study about it is that what increase the health) and coordination feel theory has been affected extremely scientific various domains like medicine and health psychology [9]. Basically, people who obtain high marks in life orientation variable will have more personality coordination [10]. oldness is a natural process and a stage of life that experiencing it, can open the doors of uprightness sense, self-sufficient, self-sacrifice, benevolence and many unique human experiences to the man. But feeling oldness is the other thing that maybe is not even directly related to aging and can be called as a form of gradual suicide or welcoming death or early life's fall. Most important signs of aging are feeling of being at the end of the rope, losing enthusiasm of life, immobility, feeling illness, destruction relationship with partner, and granting life affairs to attendants. By detection and prevention of any of these factors can prevent the illness of feeling oldness [7].

Of course besides aging, there are problems like illness, disability, disruption of the sleep-wake cycle, financial problems, dispersion of children and difficulties like these, that all of these changes are part of human life's tableau in old age period. but the elder's reaction to old age period difficulties is so important. Increasing power and physical health,

patience and trust in god, psychological management, financial management, consultation and other's help are considered as the main strategies to deal with old age period issues. presence in public, joy and maintain spirit, reality acceptance, interpersonal respect are parts of important personality trait in elder's and their associations perspective. this finding, with reference to researches conducted by Ericsson and Pach , pointing out transcendence perspective among elders, emphasizes on the formation of mature sense of spirituality. Quality level of elder's life is directly related to factors such as marriage, income level, education level and age [11]. only persuading elders to productive and socially useful activities like transferring experiences is not enough for relieve their depression but considering other component in good and dynamic social relation such as rising confidence, good and positive self-imagination and also improving life quality should be considered [12].

nowadays agedness is considered as global phenomenon. Population's aging is an increasing phenomenon in Iran Also according to the center of statistics on population and housing of Iran, in year 1996, aged people formed 7.3 % of our population that the digit in year 2011 increased to 8.2 % and resolving the needs and problems of this population group is considered as a basic requirement .Among them, elder's life satisfaction, which reflects the balance between their wishes and their current stage and considered as major ingredient of mental well-being [13].

some studies suggest that the mental well-being, despite the decline in physical, cognitive, and social abilities in elders, doesn't reduce. This phenomenon is called "paradox of aging" [14]. Elder's life satisfaction can be affected by variables such as social support, physical health status, control resources (internal, external, chance), financial status and life events. Social support has a meaningful effect on feeling loneliness,

life satisfaction of elders and their general health. One of important factors in the welfare and vulnerable of individuals and specially elders is their personality traits that facilitate or damage the compliance process and psychological and physical conditions through influencing interpretations of environmental events [15].

The method of research

Four questionnaires are used in this investigation. The first questionnaire is Life satisfaction index of aging (LSIA) that was built by Neugarten and Havighurst in 1961 for general assessment of well fair perception of aging and successful antiquity realization. Neugarten believes that life satisfaction is different from mental well fair and criticizes single-dimensional approach that is used for measurement of life satisfaction. Neugarten and Havighurst achieve to five components of life satisfaction by study of the tools that before used for measurement of this structure. These five dimensions consist of: zest to life (in front of impassiveness), resolution and fortitude, congruence between desired and achieved goals, positive self-concept and mood tone.

Neugarten and Havighurst had reported the test score mean (on the basis of two degrees scoring) 12/4 (standard deviation4/4). Haris had reported the mean score of life satisfaction index with 18 questions (on the basis of two degrees scoring) 24/4 for a sample consists of 2797 aging above 65 years old.

Reliability: internal correlation index of Wood's 13 statements volume had been 0/79. Stack and Ekan with a sample of 325 aging individuals reported 0/70 alpha and for 5 degrees scale 0/76 alpha. In an investigation in Spain alpha amounts for catatonic Spain volume was 0/75 and for castil Spain volume was 0/74. Retest reliability for LSIZ in three samples of chronic illness was variable than 0/80 to 0/90.

Validity: as life satisfaction index is built,

many investigations are measured its factor structure. Because of it that various investigations had used than LSI different subscales the interpretation becomes difficult and it seems that factor structure changes than the other sample. Adams specified 3 interpretable factors about 18 statements volume of life satisfaction index than a 508 samples of priority subjects, the results show a very important general factor (variance 0/34%) which is referred to mood tone. The second factor is according to general concept of zest to life. The third factor shows the congruence between desired and achieved goals. The fourth factor is ambiguous. And two questions are not related to any one of the factors. Liang analyses only 11 statements, and specifies 3 first degree factors (mood tone, zest to life, congruence between desired and achieved goals) and a second degree factor that shows the individual general well fair, also it is specified that the congruence factor changes in different age groups, while the other factors remain unchanged .comprehensive affirmative and discovery factor analysis is done by Hevit and (Krich, n= 2651) by use of 11 statements. The best model that they specified was a three factors model similar with the results of Adams: congruence, mood tone and optimism. Nep with use of multi variable regression analysis fined that various variable related demography and health predicts the score of each factor so multi -dimensional nature of scale is affirmed.

The name of the second questionnaire is Self-restraint scale that is a self-reporting tool with 30 statements that is investigated the rate of emotion restraint and suppression of anger ability. This test is prepared by Weinberger and Schwartz in 1990 and is considered as one of the Weinberger adaptation questionnaire scale. Self-restraint scale has a general scale and 4 subscales. Subscales of this test that are similar but isolated structure consist of: suppression of anger, impulse control, consideration of others and responsibilities. Subjects in 5 degrees likert scale express the

rate of agreement or disagreement with each of the statements and the score of subject is calculated by adding the statement score related to each subscale. related to the subscale. If subject have not responded to more than 25% of the whole statements, would not be able to count his/her .

Weinberger has reported the correlation coefficient of this scale in a sample of 386 people from urban student, 0.91. At the distance of 2 weeks retest reliability reported (n=49), 0.89, and also (n=337), 0.76 at the distance of 7 months (Weinberger, 1991). In another study, the internal consistency of the whole test has been equal to 0.58 to 0.88, and about the other subscales follow as, suppression of Anger: 0.79 to 0.82, impulse control: 0.66 to 0.69, consideration of others: 0.68, responsibility: 0.76 to 0.77 (Feldman and Weinberger, 1994).

The third questionnaire which was classified by Shier and Carver (1985) is the life orientation test, a brief self-report form for evaluating the natural optimism and revised it later (Shier and coworkers, 1994). the type of optimism that evaluate by life orientation test is a personality trait that it's characteristic is desired personal expectations in the future (Car, 2004, translated by Najafi zand and Pasha Sharifi, 2006).

Life orientation test included eight clauses. Four clauses represented optimistic mood and four clauses represented pessimistic mood. And the respondents were announced the degree of their agreement or disagreement with each of the sentences in a multi degrees scale. this test was mostly proper in psychometric characteristic view point and the only criticism about it was that optimistic and pessimistic statements of the test were not always at high internal consistency (Olivers,1994, Marshal and Lang, 1990). validity : repeated researches has shown that natural optimism and pessimism (both LOT and LOT-R questionnaires) are related with a wide range of related structures such as self-esteem, hopelessness and neuroticism (for example : Fantany and Jones, 1997; Shier and

Carver, 1985; Shier and coworkers, 1994) that it indicates convergent validity of the questionnaire.

in addition, the factor analysis of natural optimism and it's related structures has shown that natural optimism is an independent and distinct factor. (Shier and Carver, 1985; Shier and coworkers, 1994) this subject indicates the discriminate validity of this structure.

reliability : the reliability coefficient of this questionnaire using cronbach's alpha method obtained 0.74 that indicates the high reliability of the test.

Iranian validity and reliability : this test is validated by Khodabakhshi in 2004, in Iran. The results based on retest and cronbach's alpha method indicates high reliability of optimism scale. concurrent validity coefficients between optimism scale and depression and self- domination seeking obtained 0.649 and 0.725 as order. the analysis of optimism's scale factors showed that this scale has been formed of both future hope and positive attitude towards the events factors.

The last questionnaire is Aging perception questionnaire that is made by Barker and coworkers in year 2007. This questionnaire is a self-report tool that measures the individual's evaluation of aging process modality. this test consists of two parts : the first part contains 32 statements and subject should specified his/her amount of agreement or disagreement with each of these statements in a 5-points Likert scale. this part including

7 subscales : rapid/gradual timeline, periodic timeline, emotional effects, positive control, negative control, positive consequences and negative consequences.

in the second part there are 17 questions about the changes related to health situation, subject most first determine that whether he/she has experienced these changes and secondly if the answer was positive, determine whether knows the aging as the main reason of experienced changes or not?

this part has a subscale as objective scale that evaluates number of aging changes. generally aging perception questionnaire has 8 subscales. this test has good reliability. validity : Wilcoxon's grading signs test approved structural difference between two total score of changes related to experienced health subscale and total age-related health's changes.(2 domain, $z=30.402$, $p<0.0001$) and this, reflects test construct validity. Subjects in this study had mentioned all 17 instances of changes mentioned in age perception questionnaire, that, this confirms the validity of subscale domain of this test. health's changes that were most prevalence, include: drowse (71%), vision changes (45.4 %) and drowse (44.5%), the changes which were reported less than all is depression (14%). subjects were attributed most of changes to aging:the change which attributed to aging more than all, was drowse (4.65%) and the change which attributed to aging less than all was depression (7.7%).

Findings:

The table1- descriptive statistical indexes of under investigation variables:

Standard	mean	Maximu	mini	Subscales
3.29	13.03	02	4	Zest to life
3.65	13.79	91	5	Resolution and fortitude
2.86	12.68	91	5	Congruence between wills
3.42	14.44	02	4	Hypochondriasis believes

3.26	13.62	02	4	Positive self-image
3.23	14.03	02	5	Mood tone
3.43	13.71	02	5	Suppression of anger
3.47	13.58	02	4	Impulse control
3.35	13.54	91	5	Consideration of others
3.50	13.28	02	4	Responsibility
3.11	13.12	19	1	Optimistically orientation
5.05	90.00	20	1	Pessimistic orientation
18.75	61.00	961	32	Aging perception

The table 2- correlation matrix between under investigation variables

** ./11	** ./6	** ./04	** ./06	** ./40	* . ./27	** ./46	** ./40	** ./41	** ./26	** ./48	** ./66	1	Zest to life
./16	** ./62	./12	./4	** ./46	** ./16	** ./60	** ./4	** ./47	** ./17	** ./64	1		Congruence and tolerance
06* ./	26 ./6	26 ./	23 ./	* 02 ./	** ./03	** ./47	** ./24	** ./03	./23 .	1			Congruence between wills
04 ./-	** 41 ./	09 ./	** 26 ./	* 09 ./	** ./99	** ./62	** ./43	** ./62	1				Hypochondriasis believes
** 04 ./	** 47 ./	* 46 ./	27 .	* 40 ./	96 .	** ./60	** ./44	1					Positive self-concept
** 04 ./	** 28 ./	* 97 ./	24 .	24 ./	26 .	06* ./	1						Mood tone

The diagram of structural equation model (standardized indexes)

The table 3- indirect effect of variables and rout index in total model without enforcement of error measurement

Meaningful level	Clarified variance	t amount	Emount estimation	Indirect effects of variables
p<0/05	0/24	3/75	0/26	Effect of aging perception on life satisfaction
p<0/05	0/21	4/12	0/25	Effect of self-restrain on life satisfaction
p<0/05	0/28	4/87	0/31	Effect of life orientation on life satisfaction

On the basis of the data of above table about the direct relation of aging perception effect On life satisfaction the amount of rout index is equal with ($p \beta 26/0 = <0/05$) , and the value of t is equal with 3/75. it means that there is meaningful correlation between aging perception and life satisfaction

About a direct relation of self-restrain effects on life satisfaction rout index amount is equal with ($\beta=0/25$ and $p<0/05$), and the value of t is equal with 4/12 it means that there is a

meaningful relation between self-restrain and life satisfaction.

About a direct relation of life orientation effects on life satisfaction rout index amount is equal with ($\beta=0/31$ and $p<0/05$), and the value of t is equal with 4/87 it means that there is a meaningful relation between life orientation and life satisfaction.

The amounts of indirect effects of external variables with life satisfaction is illustrated in the bellow route analysis model.

The table 4- indirect effect of variables and rout index in total model without enforcement of error measurement

Meaningful level	Clarified variance	t amount	Indirect effects of variables
p<0/05	0/26	0/29	the effect of aging perception on life orientation and life satisfaction
p<0/05	0/38	0/41	the effect of self-restrain on life orientation and life satisfaction

With attention to the results of above table about the indirect effect of investigation variables on life satisfaction , there is a meaningful correlation between aging perception and life orientation and life

satisfaction. And also the effect of aging perception on life orientation and life satisfaction.

Conclusions

In clarification of these results it is clear that with increasing of aging perception and self-restraint in elders the level of life satisfaction is decreased in them. Because as it is said in the part of life satisfaction , it includes the individual general judgment of life and that is a reflect of the balance between individual wishes and present condition of them. So how much elders have more aging perception and as a result of this the amount of self-restraint or matching rate of individual behavioural characteristic decreased in present condition, the rate of life satisfaction is decreased in elders. In the middle of the variables related to life satisfaction includes zest to life, resolution and fortitude, congruence between wills, achieved goal, positive self- image and mood tone, the most amount of mean is related to mood tone 14/03 and the most standard deviation is related to resolution and fortitude 3/65. In the middle of the variables related to self- restraint scale include suppression of anger, impulse control, considering of others and responsibility the most mean is related to impulse control 13/58 and the most standard deviation is related to responsibility 3/50.

So with attention to this matter that when the aging perception that is equal with disability and sedentary and loss of zest to life ,that itself is a kind of illness ,is increased in elders excessively, and as a result of that elders have less intention to social activities and contacts, they will have more tendency to inactivity and isolation . and this matter lead to decrease of life satisfaction and as a result of that good and positive sensation to life , the ability of changing point of views in the direction of gaining happiness and leisure is decreased too in many situations of elders life.

In this investigation life orientation of elders on the basis of self -restraint ,aging perception and it's effect on life satisfaction of them is considered. The results show that there is negative and indirect relation between aging perception and self- restraint with life satisfaction of elders. Life orientation or the

sense of congruence and pessimistic orientation have meaningful relation with life satisfaction of elders. In the middle of life orientation scales optimistic mood have more mean in comparison to pessimistic mood.

So with teaching self -restraint skill to elders the rate of their impulse control and anxiety will increased. moreover teaching of this skill will lead to increasing of thinking to consequences of their actions. Also with prevention of aging perception and strengthen morality of elders by means of participation in group activity such as elders day care centres could prevent of their isolation that would lead to loosing their ability and doing daily activities by themselves and also going toward Alzheimer and dementia.

People who can prioritize realistic goals and decide on the balance between emotions and reason have more ability to adopt and greater power of self- restriction and therefore more satisfaction of their life. One of the aspects that distinguish individuals including elders, from each other is the degree of control that they think have on life events. Locus of control that refers to peoples' belief about environment control manner is a system of beliefs which a person evaluates his successes and failures according to that. According to Rutter opinion people who think they can control their destiny believe in "inner control" and those who think their destiny is controlled by external factors, believe in "external control". The elders who believe in external control resource are more nervous, hatred full, mistrust and irritable while elders who believe in inner control have the opposite situation. Decision also has different strategies among them, so that elders who believe in inner Locus of control tend to maintain good strategies and put aside strategies that will result in failure.

In explaining the content it can be inferred that old age period is accompanied with numerous problems such as chronic diseases, psychological disorders such as dementia, and depression, reduced life expectancy, set of losses includes the loss of the partner,

degradation of the economic situation declining physical health and overall loss of independence and individual dependency.

The process of increase in the elderly population in the world, and consequently in our country and fading attention to this group could affect causing or accelerating psychological disorders. Thus by raising the level of life satisfaction in the sense of improving elder positive attitude to life and also teaching the self-restraint skills to elder that is indicator of the amount of compliance of behavioral features with the existing conditions, can be reminded to the elder the harmony sense and optimism and in fact the right orientation in life, to not only have the major satisfaction of the honor, esteem and dignity of these ages but also with a joyful spirit and healthy body, assure their home and family members.

Acknowledgement

We would like to thank than all of the administrators of Kahrizak charity institute specially professor Shahsavary, Mrs Dehghan, Mrs Kord and all the elders who cooperate with us in this investigation.

References:

- [1]-Ghadery najaf abady, Maryam. Soleimany najaf abadi, Rasul. Morady soroush, Mohammad. Habib allahy, Saeed.(2016). Instruction efficiency of mindfulness on life orientation, life satisfaction and acceptance and commitment in addicted women. Behavioural science investigation journal. 14(1). 41-49.
- [2]-Sheikhy,Mansureh. Human, Heidar ali. Ahady, Hasan. Sepah Mansur, Moghgan.(2010). Psychometric characteristic of life satisfaction. The noveles of organizational industrial psychology journal. 1(4). 7-24.
- [3]- Seligman, M. E. P., & Csikszentmihalyi, M. (2000). Positive psychology: An introduction. American Psychologist, 55(1), 5-14.
- [4]-Azizi, Amir . Sepahvandy, Mohammad amir.Peyda, Negin. Mohammadi, Javad. (2015). Survey an effective approach to aging: study data grounded theory. Journal of Research paper.10(4). 88-100
- [5]-Ghesaryan, Eshagh.(2009).investigation of economic social dimensions of aging phenomenon in Iran.69(70). 1-28.
- [6]-Erickson, Erick.H. Ericson, john.M. Eivnik, Helen.Q.(1994). Vital involvement in old age. W. W. Norton & Company; reissue ed .
- [7]- Ahmadi, Ali Asghar. (2016). Feeling old life's early fall. 2016, Journal of development of educating school counselor. 3. 7-8
- [8]- Alizadeh, Hamid. (2005). Theoretical explanation of attention deficit disorder / hyperactivity disorder: the pattern of behavioral restriction and self- control nature. 2005, Research on Exceptional Children. 3(5). 323-348.
- [9]- Antonovsky, A. (1996). The salutogenic model as a theory to guide health promotion. Health Promotion International. 11(1). 11 – 18.
- [10]-Keshavarz, Nasrin. Salehy, Moslem. Gholtash, Abbas. (2014). The relation of life orientation with organizational citizenship behavior and job performance of female teachers. Woman and society journal. 5 (20). 1-18.
- [11]-Berk, E.Laura. (2019). Developmental psychology. Pearson higher ed .USA.
- [12]-Musapur, Saeed. Sadat hoseiny, Mahbubeh. Mirmahdy, Sayed reza. (2014). The effect of transferring experiences of the elderly woman on amount of depression, feelings of aging and physical changes among (elder) residents of Arak rehabilitation charity. 2014, scientific-studious Journal of the Faculty of Medical Sciences of Arak. 17(10). 82-84.
- [13]- Sadeq moghadam, Leyla. Delshad noghaby, Ali. Farhady,Akram.Nazary, Shima. Esgghy zade,Maryam.Chupan vafa, Fahimeh. Niazy ury, Mohadese (2015). Elder's Life satisfaction: The Role of Perceived Social Support , 2015, Journal of Medical Sciences, Sabzevar.22(6). 1043-

1051.

[14]- Nakahara J. (2013). Effects of social activities outside the home on life satisfaction among elderly people living alone. *International Journal of Psychological Studies*. 5(1).

[15]-Dastjerdy, Reza. Farzad ,Valiollah. Kadivar, Parvin. (2011). The role of five big personality factors in psychological welfare prediction. *Scientific journal of Birjand medical science university*. 18(2). 126-133