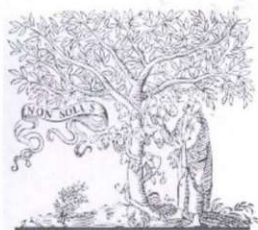


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Social and psychological factors of subjective wellbeing

Abstract: The object of the research is social and emotional wellbeing of the elderly people. The urgency of the work is that the organization of the aged 's activity affords to improve the level of their emotional wellbeing.

Keywords: elderly people, emotional sphere, social wellbeing, somatic, subjectiv.

Introduction

Sociologic researches on social feeling of older people, their part and position in society is also necessary to elaborate the strategy of social policy. The study into the feasibility of the elderly, their social rank, adaptive strategies should promote their emotional wellbeing. The issue is to find out how emotional and social wellbeing of older people promotes stabilizing the social relations. The aim of this work is to research social and emotional wellbeing of older people of advanced age and to develop its criteria.

Serious social problem of an old age is the loneliness. Married couples, if they even did not break up in young years, in old age lose one of their couple sooner or later. If children live separately with their parents, an old man or a woman has to live alone. No matter how often an old person is visited and is phoned, the loneliness falls the world on his/her shoulders making an elderly go deep into the past, mope, think of the inevitable: infirmity, helplessness, death alone.

Factors of subjective wellbeing

In the second half of the XX century a life quality system was formulated because of realizing "insufficiency of population living standard quantitative assessment determined by economic indicators"¹. In a general sense this system considers living conditions of people

and patients (in medicine), in particular, their somatic and mental disorders, the carried-out treatment, peculiarities of microsocial environment, adequate life perception, satisfaction with own physical and mental state, real-life situation, environment and so forth.

Subjective and objective life quality criteria are pointed out. The first group represents people own assessment of life quality. This is an emotional satisfaction with life, health, prosperity, recognition of their own certain level social wellbeing.

Today the notion "social wellbeing" is widely in common practice by scientists all over the world in social and psychological and sociological studies. Researchers import various meanings into this word.

According to the authors, the basic components of personality subjective wellbeing structure are: satisfaction with financial position, leisure, health and possibility of personal development. All these factors of subjective wellbeing are characteristic for all people, but the level of their significance is different for every person. It is influenced by the age of persons, their state of health, steady or on the contrary unsteady social status.

As a rule, people of young age (18-30 years) has high subjective wellbeing and life quality assessment, it is average at middle-aged persons (30-50 years) and it is marked down at persons more senior than 50 years [1].

It is possible to distinguish from factors of subjective wellbeing of the efficient age people having families: satisfaction with a social status, material welfare, professional prospects; relationship with administration, with colleagues, with friends; personal and family safety, rest, social environment.

As a wellbeing indicator in the material sphere, according to V.A. Khashchenko, the satisfaction of needs for safety and self-realization can be [2].

For persons who through the age and state of health, occur out of habitual situation, among significant factors of subjective wellbeing there will be feeling of loneliness, uselessness to society. The elderly are not only poor protected materially, with age they start being in need of ongoing physical and moral support.

Many a man cannot do simple things: to move, completely dress independently, especially to boot as they have to bend over. It is difficult for them to walk upstairs, to use public transport, to wait for their call in health centre, to stand in a queue in a shop, to carry products, to cook food, to clear the room, to launder and etc. Functional capacities of an organism are gradually lost, and it is also bad influence on emotional state.

Narrowing interests late in life is the adaptiveness directed on saving decreasing organism capabilities. Creative, educated people may not have recession of mental and creative activity.

The elderly carry over hard the adaptation at the high safety level of the accumulated knowledge and ability to use them.

When complex tasks are set for elderly persons, they feel at a loss as their habitual brainwork standard is broken and it may decline.

It is possible to draw a conclusion that creative and mental capacities last longer when a person is amid familiar surroundings: at favourite work, in the bosom of the family, etc.

The necessity to live at the close of life in social facility, among unfamiliar people and service men, to have the impossibility to spend the forces and emotions freely influences perniciously intelligence and creative potential of the person. Therefore life in a family, not in a retirement home but in own house, in own flat, and is much better among loving and understanding people, sustain life and emotional wellbeing in older age.

The notion of subjective wellbeing of a person appeared in the 60th of XXth century. As S.V. Yaremchuk notes, "the understanding of subjective wellbeing as the wide term reflecting difficult psychological construct during this time has established" [3].

Various theoretical concepts of subjective wellbeing appeared, for instance, Multiple discrepancies theory (A.C. Michalos) [4].

On October 1, 2013 to determine the life and welfare quality of the elderly population the Global AgeWatch index was accepted to use [5]. It includes key components of older people wellbeing: health status, enabling environment, income security, employment and education.

Material welfare is a main factor of subjective wellbeing. At any age material welfare is a basis of social wellbeing. For older people, more often incapable to maintain their economic welfare independently (besides retirement pension), economic welfare is a keystone. It is not only maintaining living standard, but also medicine and leisure.

Health status is can be named as the next factor. For one old men the status of their health is a main factor of subjective wellbeing, for others it follows economic factor as it is not often the cause, but a consequence. For most of citizens in Russia, except those whom the state provides medicine free (oncological diseases, diabetes, mental illnesses), the cost of medicine is so high that it has to be chosen which of them should be refused not in extensive health damage and which have to be replaced with cheaper analogues.

The third factor can be an emotional wellbeing. It comes out of economic wellbeing, of good health status, of good relationship between relatives, of ability to find the niche in limited opportunities of age, any hobby, friends understanding all and likeminded people circle.

Economic wellbeing or ill-being cannot almost be changed in the conditions of the third age. It is easier to lose health, than to get it, and no tablets and procedures will save from organism aging. As for emotional wellbeing, it depends on many factors.

Firstly, losses of relatives at this age are unavoidable. There is no escaping them anywhere, and an elderly person has to bear with it, after all even s/he will become a loss sooner or later for someone. близкие люди

Secondly, it is loneliness, even if close people live in the same city. The need to earn money, to keep families forces employable young people to spend at work actually all free time except sleeping.

Thirdly, facts of our time life are as follows, each family lives separately from others. There is no former extensive communication among neighbours.

Thus, social and psychological factors of subjective wellbeing in the period of the third age are the following: material welfare, state of health, emotional wellbeing as a result of the first two factors and other reasons.

Social and psychological determinants of the elderly people emotional sphere features

At the end of the XXth century such notion as emotional intelligence was spread. According to A. A. Pankratova, the emotional intelligence is an ability to operate own emotions and emotions of other people [6], i.e. ability to act, to understand the relations of the personality expressed in emotions, to manage emotional sphere on the basis of the intellectual analysis and synthesis, to control efficiently.

Individuals with a high development level of emotional intelligence have the evident abilities to understand their own emotions and emotions of others as well as to manage the emotional sphere that causes higher adaptability and efficiency to communicate [7].

The development level of emotional intelligence of a person influences that fact that intellectually developed people of late age are more capable to control their negative emotions than people with low emotional intelligence.

The emotional state of older people is influenced particularly over to the attitude of people around and the policy pursued by mass media.

Thus, the emotional sphere of people of late age considerably changes under the influence not only diseases, brain aging, but also life circumstances. But the development of emotional intelligence is an important factor of adapting, optimizing interpersonal interaction, opportunity to control the negative emotions, to adjust to the established ways of living.

Conclusion

Social, economic and medical problems of a person are considerably growing at late age. Unavoidable diseases and infirmity of ageing organism are very dangerous when a personality has to be alone. There is no any necessity to hurry to work, to be responsible for affairs, to be constantly active and ready to do targeted.

Physical and mental ageing of human organism is individual as a character and temperament of people, their mental and creative capacities. On the other hand, the emotional sphere of people at late age considerably changes under the influence of age and diseases. Many old people keep interest to active life, want to be in collective and take an active part in its life.

Social significance, viability, psychical and physical health, permanent interest contacts, pleasure from communication, reasonable labor activity, physical activity are factors of subjective wellbeing at the late age. A person can have all these if she does creative work, does favourite thing with coevals.

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