

Doctoral student: Wojciech Gulin

Title of doctoral dissertation: Temporal and socio-emotional correlates of subjective well-being in late adulthood

Supervisor: dr hab. Barbara Cizkowicz, prof. UKW

SUMMARY

Subject and aim of the research: Ageing of the population is associated with multiple challenges, solution of which should be prioritized. Creating favorable conditions to pursue self-reliant and active late adulthood in health and well-being will have individual, social and economic benefits. The implementation of practical measures should, however, be preceded by multidimensional study of the determinants of a fulfilling life in late adulthood. Relevant knowledge can be provided by psychological research on well-being, which in the literature is equated with optimal functioning and experiencing reality.

The subject of the study was the multidimensional relation between the time perspective and the subjective well-being of people in early old age. The aim of the research was to establish the relation between the time perspective and subjective well-being of people in early old age, taking into account intermediary variables of socio-emotional nature: a sense of loneliness, activity, stress coping style, subjective health status and selected sociodemographic variables.

Method: Selection of respondents of the study was done using the snowball method. $N = 363$ representatives of early old age (aged 60–75) with physical and mental efficiency enabling independent functioning were examined. The average age of respondents was 66 ($SD = 4,98$). Seven self-report scales were used: *Zimbardo Time Perspective Inventory*, *Satisfaction with Life Scale*, *de Jong Gierveld Loneliness Scale*, *Coping Inventory for Stressful Situations*, *Subjective Health Status Scale*, self-designed *Elderly Activity Scale*, adapted *Scale of Positive and Negative Experience* and *Metric* to measure sociodemographic variables.

Results and conclusion: Time perspective dimensions proved to be significant predictors of subjective well-being of the elderly, whereby explaining greater part of variance of life satisfaction (32,8%) than positive (25,0%) and negative (18,3%) affect. In the view of the obtained results, high level of negative past and fatalistic present can be considered

threatening, whereas a high level of positive past and hedonistic present as conducive to subjective well-being of the elderly. The future – as it appeared – is a significant predictor of life satisfaction, whereas it is not substantial for the emotional well-being of seniors. A profile of balanced time perspective, the most favourable from the point of view of subjective well-being of people in early old age, was determined. The obtained levels of time perspective dimensions for persons in early old age differs from that indicated for the general population within the time perspective theory. On this basis it can be concluded that the properties of psychological temporal sphere change with ageing. Considered variables, such as: sense of loneliness, activity, stress coping style, and subjective health status were found to be significant mediators of some relations between selected dimensions of time perspective and components of subjective well-being of the elderly.

Relations of sociodemographic variables, such as: chronological age, gender, education, being in a relationship, chronic illnesses, occupational situation and assessment of economic status, both with dimensions of time perspective and components of subjective well-being, were determined. Four of the considered sociodemographic variables (chronological age, gender, being in a relationship and assessment of economic status) proved to be moderators of six relations between selected time perspective dimensions and cognitive or affective component of subjective well-being of early old aged persons.

The obtained results concerning temporal determinants of subjective well-being in late adulthood may become the basis for organizing specific, psychological affects optimizing the functioning of the elderly. It is possible to create optimal – from the point of view of subjective well-being – system of the time perspective dimensions. As a consequence of applying the measures, there should be a beneficial change in the level of time perspective dimensions, positively associated with subjective well-being of older people.

The result of the presented work in the methodological aspect is the provision of two self-descriptive questionnaires with satisfactory psychometric properties. The construction works on the *Elderly Activity Scale* to measure the type and level of activity undertaken by elderly people were finalized, and the cultural adaptation of the *Scale of Positive and Negative Experience* were carried out on the Polish sample of elderly people.

Keywords: time perspective, subjective well-being, sense of loneliness, activity, stress coping style, subjective health status, late adulthood.