

Psychological Well-being by Late Adulthood People

**Elvira E. Symaniuk
Georgiy I. Borisov
Tamara B. Sergeeva
Anna A. Pecherkina
Olga V. Obvintseva**

Ural Federal University named after first President of Russia B. N. Yeltsin,
Yekaterinburg, Russia

Психологическое благополучие людей в период поздней зрелости

**Эльвира Э. Сыманюк
Георгий И. Борисов
Тамара Б. Сергеева
Анна А. Печеркина
Ольга В. Обвинцева**

Уральский федеральный университет имени первого Президента России Б. Н. Ельцина,
Екатеринбург, Россия

Corresponding author. E-mail: georgy.borisov@urfu.ru (Georgiy I. Borisov)

Abstract. There is a need to find resources for successful aging. So one of the significant personal and psychological characteristics reflecting the process of successful aging is psychological well-being. The purpose of study is to determine the personal factors of the psychological well-being of late adulthood people. The study involved 100 people at the age from 56 to 75 years: 31 men, 69 women. The following methods were used: the scale of psychological well-being by C. Ryff, the Big Five Personality Test by R. McCrae, the Coping Strategy Indicator by D. Amirkchan, The Personal Views Survey III-R by S. Muddi, the method of diagnosing the type of behavioral activity by L. I. Wasserman and N. V. Gumenyuk, the Life Orientation Test by C. Carver and M. Scheier, questionnaire on the socio-professional qualities definition of the subjects. The study identified the factors for achieving psychological

well-being by elderly people such as *Agency, Attitude to the world, Strategy for adaptation to old age, Meaning of life, Value*.

Keywords: *psychological well-being; late adulthood; agency; successful aging; adaptation strategies*

Аннотация. Существует потребность в поиске ресурсов, обеспечивающих успешное старение. Так, одной из значимых личностно-психологических характеристик, отражающих процесс успешного старения, является психологическое благополучие. Цель исследования заключалась в определении факторов достижения психологического благополучия людьми позднего возраста. В исследовании приняли участие 100 человек в возрасте от 56 до 75 лет: 31 мужчина, 69 женщин. Использовались следующие методики: шкала психологического благополучия К. Рифф, пятифакторный личностный опросник Р. Мак-Крае и П. Коста, опросник копинг-стратегий Д. Амирхана, тест жизнестойкости С. Мадди, методика диагностики типа поведенческой активности Л. И. Вассермана и Н. В. Гуменюка, тест диспозиционного оптимизма Ч. Карвера и М. Шейера, анкета по определению социально-профессиональных качеств испытуемых. В исследовании выявлены факторы достижения психологического благополучия людьми пожилого возраста, такие как *субъектность, отношение к миру, стратегия адаптации к старости, смысл жизни, ценность*.

Ключевые слова: *психологическое благополучие; поздняя взрослость; субъектность; успешное старение; стратегии адаптации*

Introduction

At the moment, the population of Russia is about 146 million people, among them 36 million are late adulthood people, which amounts a quarter of the total population of the country. In general, the image of a late adulthood person in our country, which is broadcasted by the mass media and exists in the everyday consciousness, is not very attractive. A late adulthood person is represented as unprotected, weak and unadapted to life.

Late adulthood is the final stage of human ontogenesis, which was initially seen as a period characterized by a deterioration in the psychophysiological sphere, however, in the second half of the 20th century, approaches and theories appear in Russian and foreign psychological science that consider this period from the perspective of development potential and unique positive newly-formed structures. As a result, late adulthood is started to be considered not only from the point of view of the negative changes associated with age, but also from the point of view of the resources of successful aging. The issues of the meaning of life in late adulthood, positive functioning and development in conditions of psycho-physiological change, a happy old age, professional self-preservation become significant (Zeer, Symaniuk, & Borisov, 2017).

The most interesting are the problems of a *happy old age* and *successful aging* as they integrate all other issues of development, functioning that determine the living of one's own late adulthood.

Successful aging is used as a synonym for happy aging and involves the constant efforts and the development of skills to cope with the conditions of aging, both external and internal (Boyd & Bee, 2015). Successful aging implies the preservation of one's own identity, the integrity of the person, despite the ongoing changes. First of all, the key aspect of successful aging is everyday, continuous effort. E. Erickson, describing ego-integration, as the main task of late maturity, singled out the achievements of ego-integration of a late adulthood person.

In his book *Vital Involvement in Old Age* E. Erikson made a conclusion on the basis of the analysis of the stories of people over seventy, that in order to maintain the integrity of one's individual self the human motivational system must continue to develop (Erikson, E., Erikson, J., & Kivnick, 1994). N. Kh. Alexandrova, considering subjective well-being, relates it to successful aging: "successful aging" is especially close to experiencing one's own social significance, experiencing one's own attitude to the life lived and to oneself" (Aleksandrova, 2000, p. 13).

Proceeding from the position on the conformity of well-being and successful aging, let us turn to positive psychology as a scientific field, which subject is well-being.

Let us consider the various approaches to psychological well-being. The first studies of psychological well-being are associated with the works of N. Bradburn (1969), where this characteristic was viewed as reflecting states of happiness or unhappiness, a feeling of satisfaction or dissatisfaction with life.

One of the most generally accepted approaches to psychological well-being as a phenomenon are hedonistic and eudemonic approaches, derived from the concepts of happiness in ancient philosophy. R. Ryan and E. Deci (2001) differentiated all theories of well-being into hedonistic and eudemonic. The hedonistic approach includes theories in which psychological well-being is characterized by a continuum of *satisfaction-dissatisfaction*, based on a balance of positive and negative effects. The eudemonic approach is derived from the ideas of humanistic psychology, it considers psychological well-being as personal growth, the development of one's own individuality.

The most popular is the concept of Carol Ryff, who considers psychological well-being as a complex characteristic of the positive functioning of a person. C. Ryff (1995) considers psychological well-being as a basic subjective construct that reflects the perception and evaluation of its functioning from the position of a person's maximum potential, in this case well-being implies the realization of a wide range of psychological possibilities and is a multidimensional process, but not a state.

This approach allowed us to summarize and highlight the components of psychological well-being: positive relations with others, autonomy, self-acceptance, environmental mastery, purpose in life, personal growth (Ryff & Keyes, 1995).

A popular approach to psychological well-being is the one proposed by T.D. Shevelenkova and P.P. Fesenko (2005). It is based on the theory of C. Ryff. These authors interpret psychological well-being as a holistic experience, characterized by a subjective feeling of happiness, satisfaction with one's own life and oneself and that it is associated with basic human values and needs.

In this work, we consider psychological well-being as a characteristic that determines the aging process of a person and whether it will be successful, it also determines one's success and a high level of life satisfaction.

The question of our study is which characteristics are capable of ensuring psychological well-being at late adulthood. Thus, the aim of our study is to determine personality factors that contribute to the achievement of psychological well-being at late adulthood.

The **objectives** of the study are:

- (1) Justification of the personal characteristics of late adulthood people's psychological well-being for the selection of methodological research tools.
 - (2) Identification of personality factors of late adulthood people's psychological well-being, using the maximum likelihood method.
 - (3) The study of the obtained factors of late adulthood people's psychological well-being.
- Let us consider personality characteristics that can affect psychological well-being.

In the process of studying the connection of psychological well-being with personal qualities, various models are used. However, in recent years, the five-factor personality model has been most popular. The five-factor personality model, or, as it is called, the *Big Five*, originates from the ideas of G. Allport, R. Cattell, and H. Eysenck. The model consists of the following factors: extraversion, agreeableness, conscientiousness, neuroticism, openness to experience (Goldberg, 2013). Studies show that late adulthood is characterized by a greater agreeableness and conscientiousness, but it has lower rates of openness to experience and extraversion compared with young people. In addition to this, there are results that indicate that the sense of purpose of life at this age is associated with rates of neuroticism, extraversion, and conscientiousness. Openness to experience, as one of the factors of the big five, is considered as the quality of the personality, which allows a person to age more successfully. Research results show that late adulthood people, who have higher rates of openness to experience, have better everyday functioning skills. At the level of characteristics, it was found that openness to ideas and meanings is correlated with successful aging (Merino-Tejedor, Hontangas-Beltrán, Boada-Grau, & Lucas-Mangas, 2015).

Another quality of personality that can determine psychological well-being is optimism. Optimism is the quality of a healthy, mature personality, focused on overcoming problems, and not on exaggerating, ignoring or avoiding their solving, which is considered to be a characteristic of a neurotic personality. Optimism is understood as a personality trait that allows people to perceive and control their life, which is associated with its well-being. In late adulthood, optimism contributes to a positive assessment of their future (Sychev, 2008). Without optimism, as the conviction that something good is waiting for a late adulthood person in the future, it is impossible to create a temporary perspective, which is necessary for psychological well-being at this age.

Another characteristic that may determine psychological well-being is hardiness. Hardiness is a set of personality attitudes that help in changing the perception of stressful circumstances. People with a high level of hardiness, perceive stressful circumstances not as a source of possible disturbances and difficulties, but as opportunities for personal development. The attitudes that make up hardiness are commitment, control, challenge (Maddi, 2004).

Hardiness and optimism influence the strategy of coping with life's difficulties. Coping strategies are defined as cognitive and behavioral ways of overcoming specific external and internal requirements that are assessed by a person as significant or exceeding his capabilities. Many scientists, both domestic and foreign, emphasize that coping strategies for problem solving and social support are an important factor in psychological well-being at any age (Gordeeva, Osin, Rasskazova, Sychev, & Shevyakhova, 2010).

American researchers considered activity in the period of late adulthood as one of the factors of psychological well-being. So, J. Hayden, R. Cottrell, L. Green, F. Ames, and D. Ramsey (2008) describe their experiences of retirement age when returning to professional activities. Describing their experience, researchers offer two ways to further develop their professional careers: to work as a consultant on certain issues or work on a voluntary basis in an organizational or a presidential position. They also note, that in this case combining professional activity with leisure is appreciated.

According to P. Moem, it is important to acquire new meanings of life in order to turn living in late adulthood into successful aging (Carr & Komp, 2011).

Based on the analysis presented above, we identified the following potential characteristics that can form the factors of psychological well-being — these are various personal psychological characteristics, such as: openness to experience, optimism, hardiness, and coping strategies for solving problems and social support, meaning of life, balanced behavioral activity and social and professional status.

We have identified the following research **hypotheses**:

- (1) Activity, presence of life meaning, positive interaction with other people are factors of the psychological well-being of late adulthood people.
- (2) The resulting factors are related to each other and form a model of psychological well-being in late adulthood.

Methods

Sample

The study involved 100 people aged 59 to 75 years: 31 men, 69 women. A sample of the study was composed of members of leisure clubs for late adulthood people in Yekaterinburg. According to the statistical bulletin of the Russian Federation, at the beginning of 2018 in Russia the proportion of men among the population older than working age is 29.7 %, in the Sverdlovsk region it is 38 %. The age group of people aged from 60 to 75 years in the Sverdlovsk region is 660 528 of which 252 624 are men. It is also worth mentioning that the study was conducted on the basis of institutions that are mostly visited by women, this was reflected in the gender advantage of the sample. All the participants gave their informed consent before starting the study. The study was carried out in accordance with the Helsinki Declaration, protocol No. 21 (October 11, 2019) was approved by the Scientific Council of Ural Humanitarian Institute in Ural Federal University. The representativeness of the sample is ensured by the use of randomization (Druzhinin, 2000).

Methods

Questionnaire to determine the socio-professional qualities of the subjects. The questionnaire is aimed at identifying such qualities as the subjects' professional employment, professional experience, and reasons for continuing their professional activity.

The research method is psychodiagnostics, which was carried out using the following methods:

- Scale of Psychological Well-Being by C. Ryff (adaptation of T. D. Shevelenkova and P. P. Fesenko). This technique was used to assess psychological well-being.
- Coping Strategy Indicator by D. Amirkhan (adaptation of N. A. Sirota and V. M. Yaltonsky). Used to assess coping with difficulty.
- Big Five Personality Test by R. McCrae, P. Kosta (adaptation of A. B. Khromov). Used to assess the personal qualities of the subjects.
- The Personal Views Survey III-R by S. Muddi (adaptation of E. N. Osina and E. I. Rasskazova). Used to assess the resilience of the individual and the attitudes of its constituents.
- Methods for Diagnosing the Type of Behavioral Activity by L. I. Wasserman and N. V. Humenyuk. Used to determine the activity characteristics of late adulthood people.
- Life Orientation Test by C. Carver and M. Scheier (adaptation by T. O. Gordeeva, O. A. Sycheva, E. N. Osina). Used to determine the positive, negative expectations of the subjects.

Procedure

After providing the informed consent, a participant received a questionnaire containing the research methods, which he/she filled in at home. Since the questionnaire contained several time-consuming techniques, the participant was asked to fill it in in a staged manner with breaks of one or two days.

The first section of the questionnaire contained the following methods: Questionnaire for determining the social and professional qualities of the subjects, Scale of Psychological Well-Being by K. Riff, Coping Strategy Indicator by D. Amirkhan.

The second section contained the following methods: Big Five Personality Test by R. McCrae, P. Kosta, The Personal Views Survey III-R by S. Muddy.

The third section contained: Methods for Diagnosing the Type of Behavioral Activity by L. I. Wasserman, N. V. Gumenyuk, Life Orientation Test by C. Carver and M. Scheier.

The questionnaires were completed within seven days and returned to the leisure club, where they were then transferred to the research team. The study used only fully completed questionnaires. After completing the study, the participants were thanked and presented the results individually.

Empirical data processing was performed using the maximum likelihood estimation and varimax rotation method.

Results

Using the maximum likelihood estimation, we obtained a five-factor model for the achievement of psychological well-being by late adulthood people. Factor loadings of variables are presented in brackets.

The first factor possesses 20 % of the total variance, at one extreme we have the variables: *Commitment* (−0.62); *Positive expectations* (−0.43); *Absolute vocation* (−0.43); *Person as an open system* (−0.38); *Self-control of behavior* (−0.36), at the other extreme there are variables: *Emotional stability — emotional instability* (0.81); *Depression — emotional comfort* (0.76); *Emotional lability — emotional stability* (0.70); *Curiosity — reality* (0.53); *Tension — relaxation* (0.50); *Anxiety — carefreeness* (0.48); *Extroversion — introversion* (0.42); *Sociability — isolation* (0.36).

The first factor is called *Agency*. This is due to the fact that at one extreme there is a variable *Involvement*, which has a high load (−0.62), which means the desire to overcome difficulties through activity, emotional involvement in the outside world, which implies activity. The other extreme has a maximum load on the variable *Emotional instability* (0.82), which means inability to control one's emotions, increased impulsiveness, lack of a sense of responsibility, evasion from reality, capriciousness.

The second factor possesses 12 % of the total variance, at one extreme there is a variable *It's necessary to work somewhere* (−0.58), at the other extreme the variables *Respect others — self-respect* (0.86); *Responsibility — irresponsibility* (0.82); *Artistry — no artistry* (0.78); *Understanding — misunderstanding* (0.74); *Cooperation — rivalry* (0.71); *Affection — indifference* (0.68); *Perseverance — lack of perseverance* (0.60); *Expressiveness — practicality* (0.54); *Search for social support* (0.52); *A person as an open system* (0.52); *Positive relationships with others* (0.51); *Activity — passivity* (0.49); *Dominance — subordination* (0, 41); *Sensitivity — insensitivity*; *Anxiety — carefreeness* (0.41) are presented.

The second factor is called *Attitude*. At one extreme of the factor, most of the variables that characterize attitudes towards other people and the world in general, the ability to sympathize with both people and fictional characters are presented. Besides, the variables *Responsibility* (0.82) and *Activity* (0.49) are presented there. At the other extreme there is a variable *We need to work somewhere* (−0.58), this may mean that the source of relationships for a person is the formal space of professional activity.

The third factor possesses 6 % of the total dispersion, at one extreme we have the variables *Plasticity — rigidity* (0.82); *Curiosity — conservatism* (0.64), *Search for impressions — avoidance of impressions* (0.53), *Personal growth* (0.47), *Expressiveness — plasticity* (0.47), *Type of behavioral activity A1* (0.41), *Sociability — isolation* (0.41), *Extroversion — introversion* (0.40), *Display — avoidance of sense of guilt* (0.37), at the other extreme there is a variable *Negative expectation* (0.49).

The third factor is called the *Adaptation strategy for old age*. At one extreme the presented variables are *Plasticity* (0.82), *Curiosity* (0.64), *Search for impressions* (0.53), which means cognitive and behavioral flexibility, the desire to gain new knowledge and experi-

ences. At the other extreme there is a variable *Negative expectation* (-0.49), which means that a person does not expect anything good from his future.

It also allows an elderly person to feel the consistency of his/her development, to experience a feeling of fulfilment and to change in accordance with new ideas and knowledge.

The fourth factor possesses 5 % of the total variance, at one extreme there are the following variables: *Purpose in life* (0.81), *Environmental mastery* (0.78), *Challenge* (0.70), *Problem solving* (0.65), *Search for impressions — avoidance of impressions* (0.58), *Type of behavioral activity of AB* (0.56), *Autonomy* (0.53), *Domination — subordination* (0.50), *Positive expectations* (0.49), *Commitment* (0.45), *Display — avoiding feeling of guilt* (0.42), *Accuracy — carelessness* (0.39), *Worked 10 years in retirement* (0.34), at the opposite extreme we have *Effect balance* (-0.78), *Negative expectations* (-0.61), *Type of behavioral activity B1* (-0.59), *Self-criticism — self-sufficiency* (-0.44).

The fourth factor is called *The meaning of life*. This is connected with the fact, that at one extreme the *Purpose in life* variable (0.81) has the greatest load. That means that there are life goals and a sense of orientation, as well as an understanding that past and present life possesses meaning. An elderly person clings to convictions which are the basis of his/her life goals, and has plans for the future life. At the other extreme, the *Effect balance* (-0.78) and *Negative expectations* (-0.61) variables have the greatest load, which can mean negative self-esteem, dissatisfaction with real life circumstances, a sense of one's own helplessness and powerlessness, and the lack of positive expectations from the future.

The fifth factor possesses 4 % of the total variance, at one extreme it has the variables *Gullibility — suspiciousness* (0.71), *Positive relations with others* (0.48), *It is necessary to work somewhere* (0.43), *Tension — relaxation* (0.38), *Sensitivity — insensitivity* (0.36), *Sociability — isolation* (0.35), at the other extreme it has *Interest as the reason to continue professional activity* (0.41).

The fifth factor is called *Value*. The leading variables at one extreme are *Credibility* (0.71) and *Positive relations with others* (0.48), which may mean a person's trust in close people, the ability to make concessions, the ability to take care of another person, to form close relationship and not be afraid of attachment. At the other extreme there is interest as a cognitive need.

Discussion and Conclusion

The purpose of this study is to determine the personal factors that contribute to the achievement of psychological well-being by late adulthood people. As a result of the empirical research, we identified the following factors: a manifestation of one's own agency, a positive attitude towards other people and the outside world, striving for personal development, the presence of life meaning, the value of interaction.

The factor *Agency* is characterized by the fact that late adulthood as a whole can be represented as a critical life period (Liders, 2000), in which in the conditions of social and psychological transformation, an application of activity and a manifestation of one's

own agency to adapt to a new situation are required. That is the formation of an adequate vision of this new world and one's place in it and what good can be expected from it; developing a form of behavior that will adequately meet the new situation. At the same time, the non-manifestation of one's own agency causes disadaptation and, as a result, isolation from the outside world and oneself, which causes negative emotional reactions, such as anxiety and depression, emotional instability, a sense of one's own helplessness and inability to live in a new situation.

The identification of subjectivity as a manifestation of activity as a factor in psychological well-being is consistent with the study by F. Guillen and J. Angulo (2016), the results of which showed that physical activity in late adulthood promotes optimism and hope and, in general, the achievement of psychological well-being. A study by A. Delle Fave and colleagues (Delle Fave, Bassi, Boccaletti, Roncaglione, Bernardelli, & Mari, 2018) examined the effects of two programmes of adapted physical activity on psychological well-being in late adulthood. The results showed that in addition to improving the physiological state, the participants observed the use of more adaptive strategies for regulating emotions after trainings. The results of another study show that not only physical, but also leisure activity has a positive effect on psychological well-being in late adulthood (Han & Shibusawa, 2015).

The second factor can be represented as an *attitude* to the world in general. A new situation in late adulthood requires a new attitude to it (Ermolaeva, 2000). Understanding that the formation of a new attitude depends only on the person himself/herself and requires activity, perseverance, an ability to resist the prevailing external factors, willingness to learn new things allows the person to create a trustworthy attitude to the world where the respect of another person is significant, and the elderly person can empathize with other people, interact with them flexibly, understand various social phenomena. In addition, a trustworthy attitude to others allows a late adulthood person not to be afraid of seeking help in case of difficulties. At the same time, narrow-mindedness, obsession with already adopted formal relations prevent an elderly person from creating new systems of relations.

The positive attitude towards other people as the ability to establish and maintain them is consistent with the study by V. Bedan (2015), which was conducted on groups of "lonely" and "not lonely" people. The results of the study showed that the ability of the lonely group to establish and maintain trusting relationships is too low. This group is also characterized by conformism, lack of formulated life goals, a feeling of inability to change or improve their life, personal stagnation, negative self-awareness, dissatisfaction with some characteristics of one's own human nature, abstract nature of future prospects, which indicates a low level of psychological well-being. The representatives of the not lonely group demonstrate positive self-esteem, determination, empathy, openness and flexibility in communication, independence, creative thinking, an ability to achieve the desired, the desire for self-development, a sense of purpose of life, self-confidence and confidence in one's own strength, openness to some new experience.

Third factor has the name *Adaptation strategy for old age*. There are two strategies for adaptation to ageing. The first is "closed loop", which is characterized by a reduc-

tion in the interests of the individual, his/her focusing on survival, since the existing conditions become hostile to the person, he/she no longer expects anything good from the future (negative expectations). The second strategy involves adaptation to ageing through the development of personality by means of the realization of one's capabilities, the manifestation of one's individuality. This adaptation strategy allows a person to respond flexibly to the environment, to be curious about everything new, to seek and experience new impressions. The behavior of a late adulthood person, in this case, is characterized by activity, assertiveness, purposefulness, focusing on the outside world and consistency. It also allows a late adulthood person to feel the consistency of his/her development, to experience a feeling of fulfilment and to change in accordance with new ideas and knowledge (Ermolaeva, 2004).

The desire for development as a factor of psychological well-being in late adulthood is also considered in the studies of J. Choy and V. Lou (2016), where they show that a problem-oriented coping strategy reduces symptoms of depression and increases life satisfaction for late adulthood people. The adoption of a new social role as grandparents is a form of personal growth and has a positive impact on psychological well-being (Taubman-Ben-Ari, Ben Shlomo, & Findler, 2018).

Fourth factor. We have called this factor *The Meaning of life* because the presence of the meaning of life is one of the most important conditions for "successful aging", as it gives a late adulthood person a sense of orientation, allows to integrate all stages of a person's life and to have positive expectations for the future. This is externalized in behavior in the ability to manage one's own activities, find and create opportunities to realize one's own needs, be involved in the real world and perceive all difficulties that occur as a source of development. It means harmoniously combine various types of activity and leisure, while at the same time striving to achieve one's own life goals, without submitting to other persons' opinions and external circumstances. The absence of the meaning of life leads to negative self-esteem and a feeling of one's own helplessness and uselessness. Only something negative is expected from the future because of the one's tendency toward excessive self-criticism and too rational conviction that life does not make sense.

The meaning of life as a factor of psychological well-being is highlighted in a study by M. Mohseni and colleagues, where they show that the presence of a meaning in life has a positive effect on mental, physical and social well-being (Mohseni, Iranpour, Naghibzadeh-Tahami, Kazazi, & Borhaninejad, 2019). A study by C. P. Freitas and colleagues (2018) show that the meaning of life mediates the influence of the pursuit of development and well-being of all ages.

One of the key elements of leading activity of late adulthood people is emotionally charged communication with other people. Meeting this need allows them to feel the emotional richness of life, which protects them from a feeling of loneliness, which can later lead to depression. Moreover, interest as a cognitive need for psychological well-being no longer has its former significance, a shift of rationality to the emotional sphere is observed here.

Let us turn to the theory of postformal thinking by J. Labouvie-Vief, the stage of cognitive development that occurs in late adulthood. This stage of cognitive development

occurs in late adulthood, after the stage of formal operations. The stage of formal thinking is characterized by logical operation with abstract categories. Besides logic, postformal thinking includes a subjective and emotional component, so that many phenomena acquire greater relativity. Interest, as a cognitive need, does not have so much significance for the well-being of a late adulthood person as it had at earlier age stages (Stuart-Hamilton, 2010).

A study by C. Noriega and colleagues (2017) shows that value-based behavior has a positive effect on psychological well-being.

The resulting factor structure can be represented as stages of psychological well-being. The first stage is associated with the manifestation of one's agent activity in a crisis situation, when psycho-physiological and social changes occur. The manifestation of activity and involvement in what is happening around will allow to change this crisis, to develop a new adequate form of behavior and image of the situation, to discover not only the shortcomings, but also the merits of one's position. That is, the basis of the psychological well-being of late adulthood people is agency.

For a new situation, a new system of relations is required, which will be formed with an understanding of one's own responsibility for what is happening around and one's own future, generates activity that is aimed at developing a new attitude towards people and the outside world, besides, a late adulthood person must show sufficient perseverance and even dominance to resist social negative influence. As a result, a late adulthood person achieves respect and forms the ability to empathize, understand other people and the outside world, rather than focusing only on oneself, which allows him/her to turn to other people for help in a situation when his/her own strength and capabilities are insufficient.

A new attitude to the world determines the strategy of adaptation to old age through personal development, because there is an image of the world and environment that is not dangerous, and the person will have positive expectations from his/her future and, as a result, strive to realize his/her potential in accordance with new conditions.

The strategy of adaptation through development allows a late adulthood person to find a new meaning of life and, as a result, to acquire a temporary perspective, that very quality, without which it is impossible to achieve psychological well-being in late adulthood.

Attainment a new meaning of life allows you to form the value of interaction and communication. Because it is communication and interaction in late adulthood that allow you to feel the emotional fullness, the feeling of a full life. It can even be assumed that the meaning of life is not aimed at achieving a specific goal, but at the realization of some kind of joint activity.

However, the flip side of this process remains: what happens to a late adulthood person who at some stage failed to adequately express his/her agency, form a new system of relations, adapt to his/her age through development, find a new meaning of life and realize the value of interaction.

Passivity at the first stage causes a feeling of worthlessness and helplessness, a state of depression. The failure to understand that it is a person himself/herself who forms his/

her own attitude towards the world and that this requires taking certain actions, forces a person to focus on formal systems of relations that existed in the past and do not correspond to the present-day reality. A late adulthood person who perceives the outside world as incomprehensible and hostile, adapts to it by narrowing his/her needs and interests and gradually begins to focus only on the preservation of his/her individual properties. As a result, a person is not able to find any meaning for his life, he/she is guided only by the past and rationalizes that he/she is weak and helpless. Even if a person subsequently shows any interest in the world around, it does not give any emotional satisfaction, since all of this seems to be relative to a person.

The resulting model in the context of the theory of aging is consistent with the theory of activity (Havighurst, 2009). This theory understands the aging process as the constant maintenance of one's activity to achieve one's goals and to resist attempts to exclude oneself from society. Also, the resulting model is consistent with the theory of the third age, where the post-retirement period is characterized as the time of personal self-realization, which is promoted by decrease of social responsibility and the presence of goals (Laslett, 1987). However, it does not address aspects of the development of new social roles and the impact of life on the aging process.

A further perspective of our research is the study of the psychological well-being of late adulthood people in the context of professional activity. In the context of pension reform, the study of psychological resources that ensure the preservation of psychological health, support efficiency and contribute to personal development, acquire particular importance and relevance. Another perspective is the validation of the stages of achieving psychological well-being in late adulthood.

Acknowledge

The study was carried out with the financial support of the Russian Foundation for Basic Research in the framework of the scientific project No. 19-013-00431 "Personal Mobility as a Means of Predicting and Maintaining Professional Health in Old Age."

References

- Aleksandrova, N. Kh. (2000). Peculiarities of human subjectivity at the late stages of ontogenesis. (Abstract of Doctoral dissertation). Moscow: Psychological Institute of the RAE. Retrieved from http://irbis.gnpbu.ru/Aref_2000/Aleksandrova_N_X_2000.pdf [In Russian]
- Bedan, V.B. (2015). Experience of loneliness as a factor of psychological well-being. *Science and Education*, 10, 121–126. Retrieved from https://scienceandeducation.pdpu.edu.ua/doc/2015/JRN_10/23.pdf [In Ukrainian]
- Boyd, D. R., & Bee, H. L. (2015). *Lifespan development* (7th ed.). Upper Saddle River, NJ: Pearson Prentice Hall.
- Bradburn, N. M. (1969). *The structure of psychological well-being*. Chicago, Illinois: ALDINE Publishing Company.

- Carr, D. C., & Komp, K. S. (2011). *Gerontology in the era of the third age: Implications and next steps*. New York, NY: Springer Publishing Company.
- Choy, J. C. P., & Lou, V. W. Q. (2016). Effectiveness of the modified instrumental reminiscence intervention on psychological well-being among community-dwelling Chinese older adults: A randomized controlled trial. *The American Journal of Geriatric Psychiatry*, 24(1), 60–69.
- Delle Fave, A., Bassi, M., Boccaletti, E. S., Roncaglione, C., Bernardelli, G., & Mari, D. (2018). Promoting well-being in old age: The psychological benefits of two training programs of adapted physical activity. *Frontiers in Psychology*, 9, 828. <https://doi.org/10.3389/fpsyg.2018.00828>
- Druzhinin, V. N. (2000). *Experimental psychology* (2nd ed.). Saint Petersburg: Piter. [In Russian]
- Erikson, E. H., Erikson, J. M., & Kivnick, H. Q. (1994). *Vital involvement in old age*. New York, NY: W. W. Norton & Company.
- Ermolaeva, M. V. (2000). *Practical psychology of old age*. Moscow: EKSMO-Press. [In Russian]
- Ermolaeva, M. V. (2004). *Psychology of mature and old age in questions and answers*. Moscow: Publishing House of the Moscow Psychological and Social Institute. [In Russian]
- Freitas, C. P. P., Cankaya, E. M., Damásio, B. F., Haddad, E. J., Kamei, H. H., Tobo, P. R., & Koller, S. H. (2018). Personal growth initiative and subjective well-being: The mediation role of meaning in life. *Acción Psicológica*, 15(2), 39–50. <https://doi.org/10.5944/ap.15.2.22002>
- Goldberg, L. R. (2013). An alternative “description of personality”: the big-five factor structure. *Journal of Personality and Social Psychology*, 59(6), 1216–1229. <https://doi.org/10.1037//0022-3514.59.6.1216>
- Gordeeva, T. O., Osin, E. N., Rasskazova, E. A., Sychev, O. A., & Shevyakhova, V. Yu. (2010). Diagnostics of coping strategies: Adaptation of the COPE questionnaire. In T. L. Kryukova, M. V. Saporovskaya, & S. A. Khazanova (Eds.), *Psychology of Stress and Coping Behavior in Modern Russian Society* (pp. 195–197). Kostroma, Russia: Kostroma State University named after N. A. Nekrasova. [In Russian]
- Guillen, F., & Angulo, J. (2016). Analysing positive personality traits and psychological well-being in elderly exercise practioners vs non-practitioners. *Revista Iberoamericana de Psicología del Ejercicio y el Deporte*, 11(1), 113–122. [In Spanish]
- Han, W. J., & Shibusawa, T. (2015). Trajectory of physical health, cognitive status, and psychological well-being among Chinese elderly. *Archives of Gerontology and Geriatrics*, 60(1), 168–177. <https://doi.org/10.1016/j.archger.2014.09.001>
- Havighurst, R. J. (2009). Successful aging. In R. H. Williams, C. Tibbitts, & W. Donohue (Eds.), *Processes of aging: Social and psychological perspectives* (Vol. 1, pp. 299–320). New Brunswick, London: Aldine Transaction, A Division of Transaction Publishers.
- Hayden, J., Cottrell, R., Green, L., Ames, E., & Ramsey, D. (2008). Professional development in retirement: The top rung on the career ladder. *Health Promotion Practice*, 9(3), 232–236. Retrieved from <http://www.jstor.org/stable/26736516>
- Laslett, P. (1987) The emergence of the third age. *Ageing & Society*, 7(2), 133–160. <https://doi.org/10.1017/S0144686X00012538>
- Liders, A. G. (2000). The crisis of old age: A hypothesis about its psychological content. *Psychology of Maturity and Aging*, 2, 6–11. [In Russian]
- Maddi, S. R. (2004). Hardiness: An operationalization of existential courage. *Journal of Humanistic Psychology*, 44(3), 279–298. <https://doi.org/10.1177/0270022167804266101>

- Merino-Tejedor, E., Hontangas-Beltrán, P.M., Boada-Grau, J., & Lucas-Mangas, S. (2015). Hardiness as a moderator variable between the Big-Five Model and work effort. *Personality and Individual Differences*, 85, 105–110. <https://doi.org/10.1016/j.paid.2015.04.044>
- Mohseni, M., Iranpour, A., Naghibzadeh-Tahami, A., Kazazi, L., & Borhaninejad, V. (2019). The relationship between meaning in life and resilience in older adults: A cross-sectional study. *Health Psychology Report*, 7(2), 133–138. <https://doi.org/10.5114/hpr.2019.85659>
- Noriega, C., Velasco, C., Pérez-Rojo, G., Carretero, I., Chulián, A., & López, J. (2017). Quality of life, well-being and values in older people. *Revista Clínica Contemporánea*, 8(1), 1–13. [In Spanish]
- Ryan, R.M., & Deci, E.L. (2001). On happiness and human potentials: A review of research on hedonic and eudaimonic well-being. *Annual Review of Psychology*, 52, 141–166. <https://doi.org/10.1146/annurev.psych.52.1.141>
- Ryff, C.D. (1995). Psychological well-being in adult life. *Current Directions in Psychological Science*, 4(4), 99–104. Retrieved from <http://www.jstor.org/stable/20182342?origin=JSTOR-pdf>
- Ryff, C.D., & Keyes, C.L. M. (1995). The structure of psychological well-being revisited. *Journal of Personality and Social Psychology*, 69(4), 719–727. <https://doi.org/10.1037//0022-3514.69.4.719>
- Shevelenkova, T.D., & Fesenko, P.P. (2005). Psychological well-being of the individual (Review of the basic concepts and research methodology). *Psychological Diagnostics*, 3, 95–129. [In Russian]
- Stuart-Hamilton, J. (2010). *The psychology of aging* (4th ed.). Saint Petersburg: Piter. [In Russian]
- Sychev, O.A. (2008). *Psychology of optimism: A teaching aid to the special course*. Biysk: BSPU named after V.M. Shukshin. [In Russian]
- Taubman–Ben-Ari, O., Ben Shlomo, S.B., & Findler, L. (2018). The transition to grandparenthood: A chance to promote well-being and personal growth in later life. In M. Demir & N. Sümer (Eds.), *Close relationships and happiness across cultures. Cross-cultural advancements in positive psychology* (Vol. 13, pp. 87–113). Springer, Cham. https://doi.org/10.1007/978-3-319-89663-2_6
- Zeer, E.F., Symaniuk, E.E., & Borisov, G.I. (2017). Psychological factors of vitality of an old-aged person. *News of the Russian Academy of Education*, 1(41), 86–97. [In Russian]

Original manuscript received March 20, 2021

Revised manuscript accepted August 16, 2021

First published online October 25, 2021

To cite this article: Symaniuk, E.E., Borisov, G.I., Sergeeva, T.B., Pecherkina, A.A., & Obvintseva, O.V. (2021). Psychological Well-being by Late Adulthood People. *Lurian Journal*, 2(3), pp. 17–30. doi: 10.15826/Lurian.2021.2.3.3