

# Well-being in Ageing Societies: The Individual

Michael Eid

Freie Universität Berlin

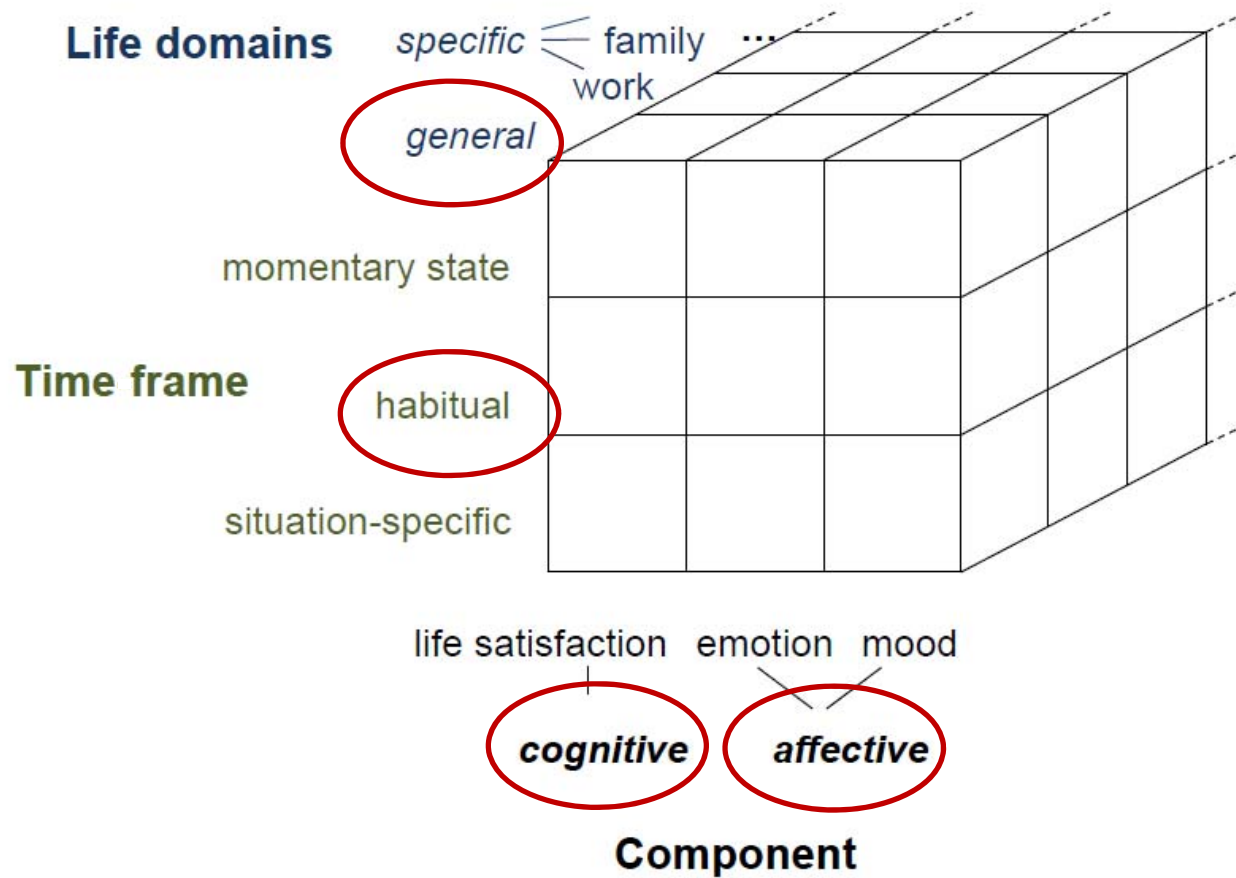
---

# Overview

1. Subjective well-being
2. Subjective well-being in Germany
3. Psychological factors affecting well-being
4. The role of culture
5. Future directions

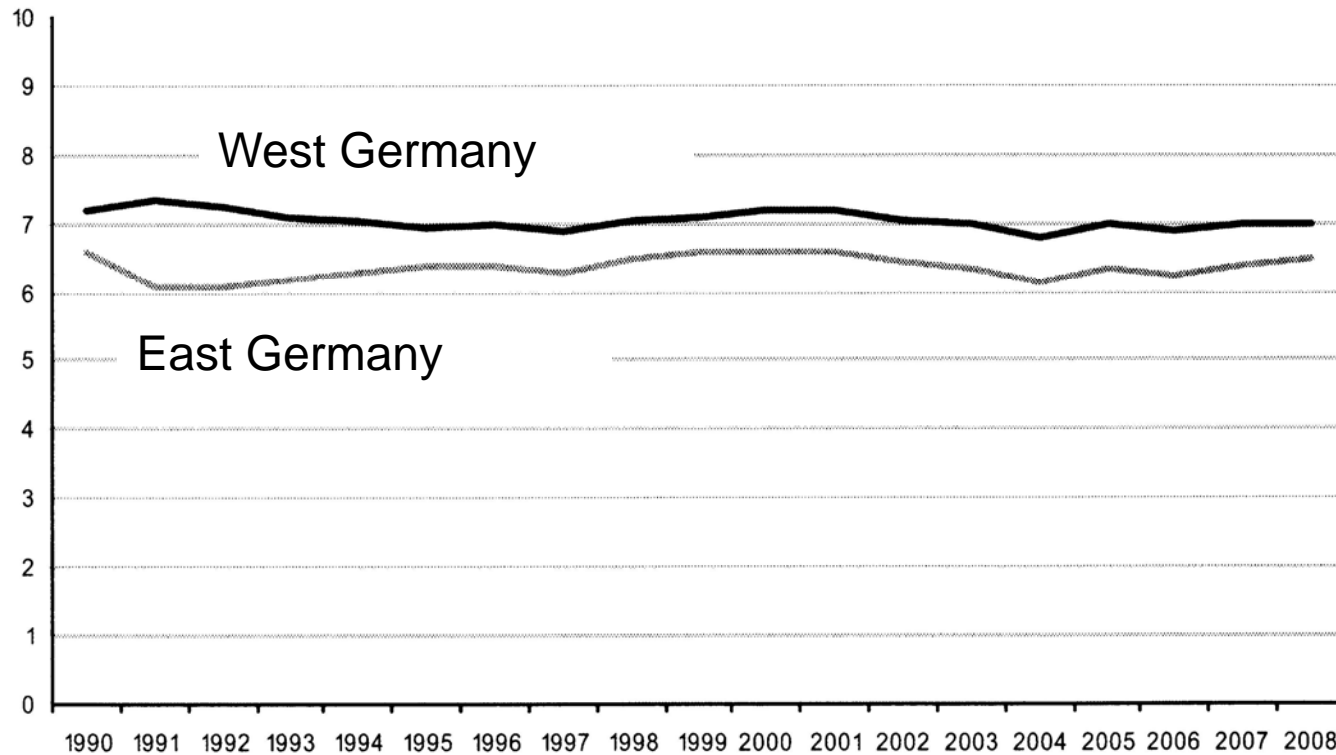
# Subjective well-being: Framework model

(Eid, 2008)



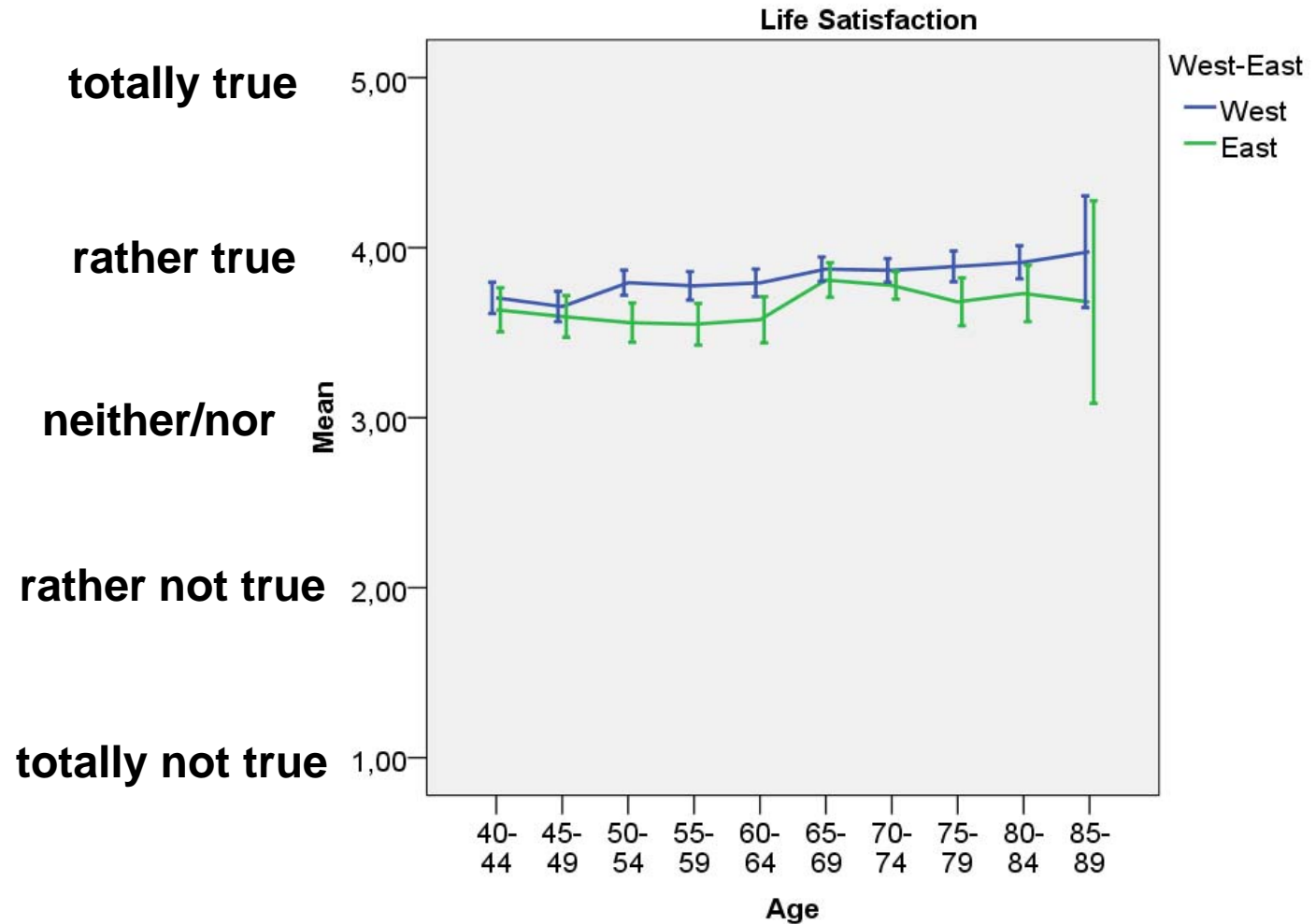
# Life satisfaction: Germany

German Socio-economic Panel Study (Böhnke, 2010)



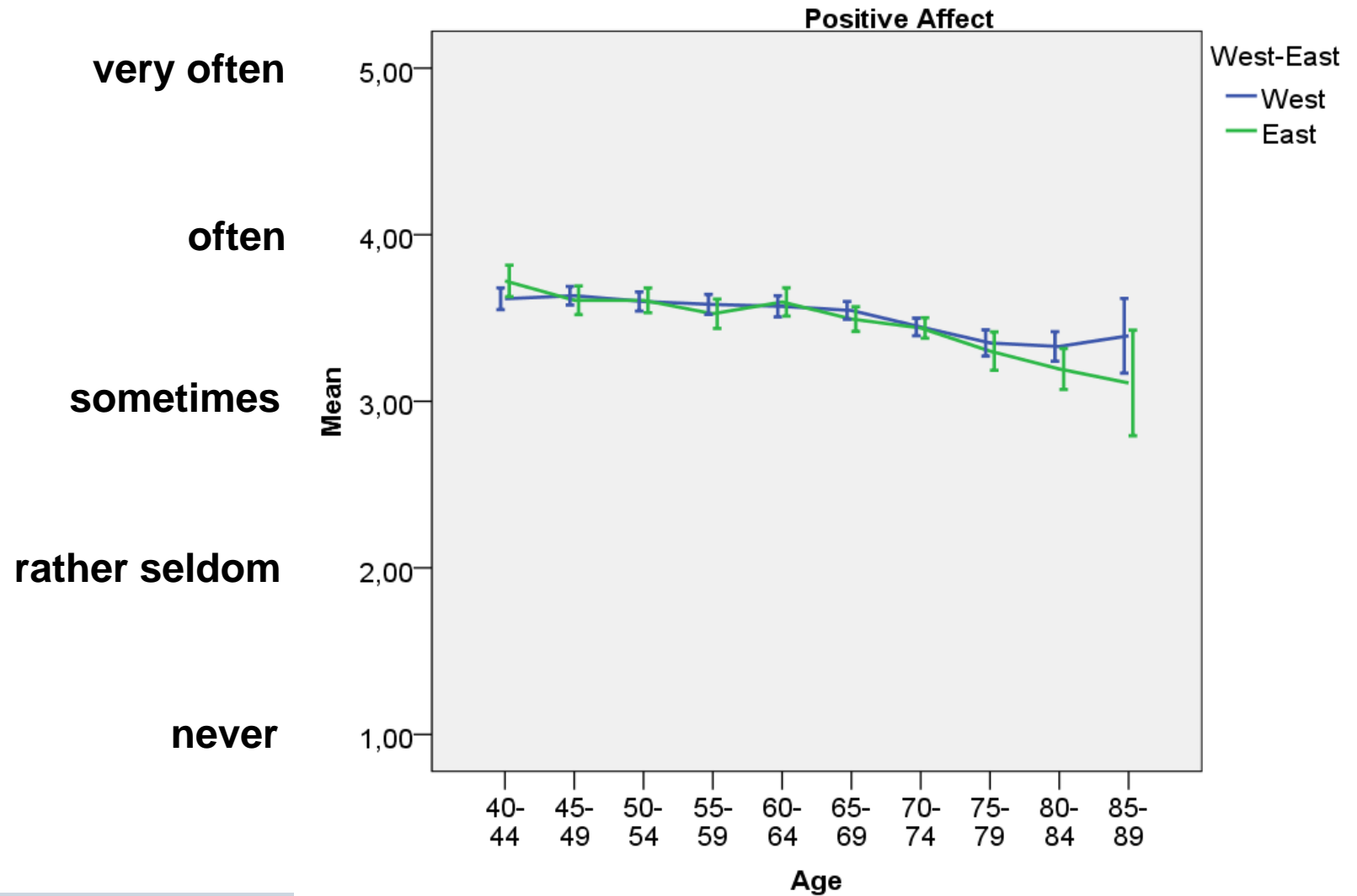
# Life satisfaction: German Ageing Survey 2008

## Means and 95% confidence intervals



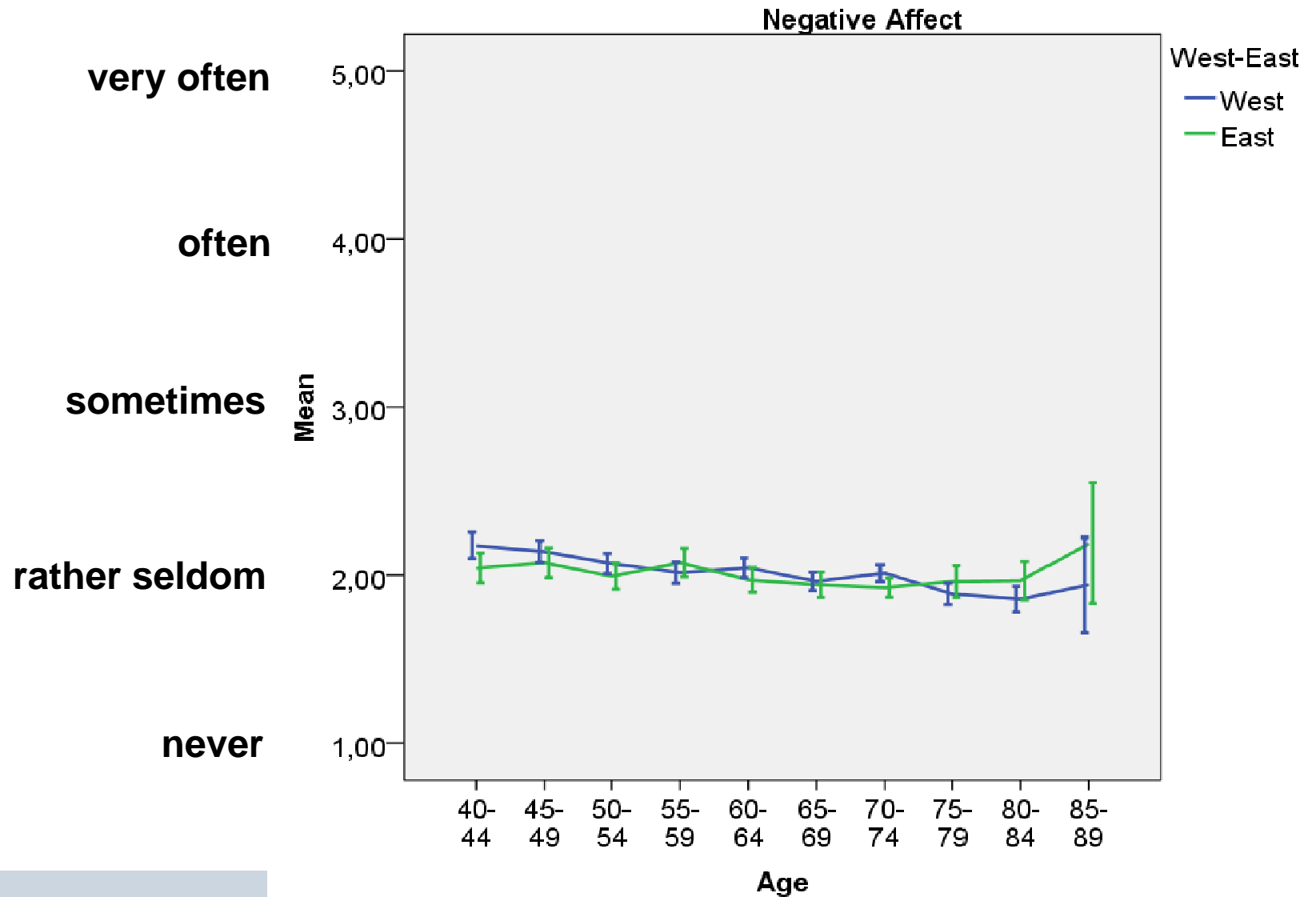
# Positive affect: German Ageing Survey 2008

## Means and 95% confidence intervals



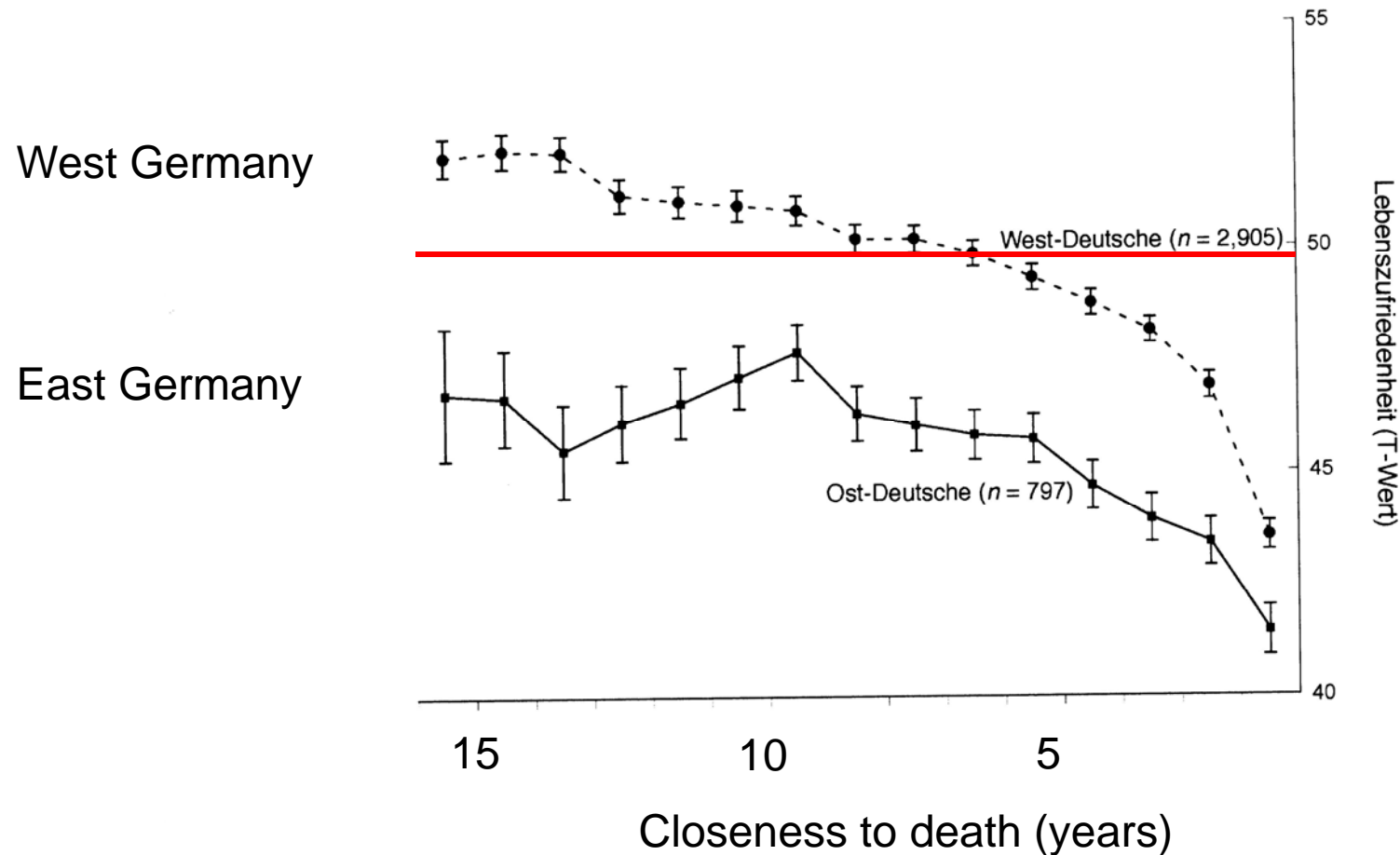
# Negative affect: German Ageing Survey 2008

## Means and 95% confidence intervals



# Life satisfaction: Closeness to death

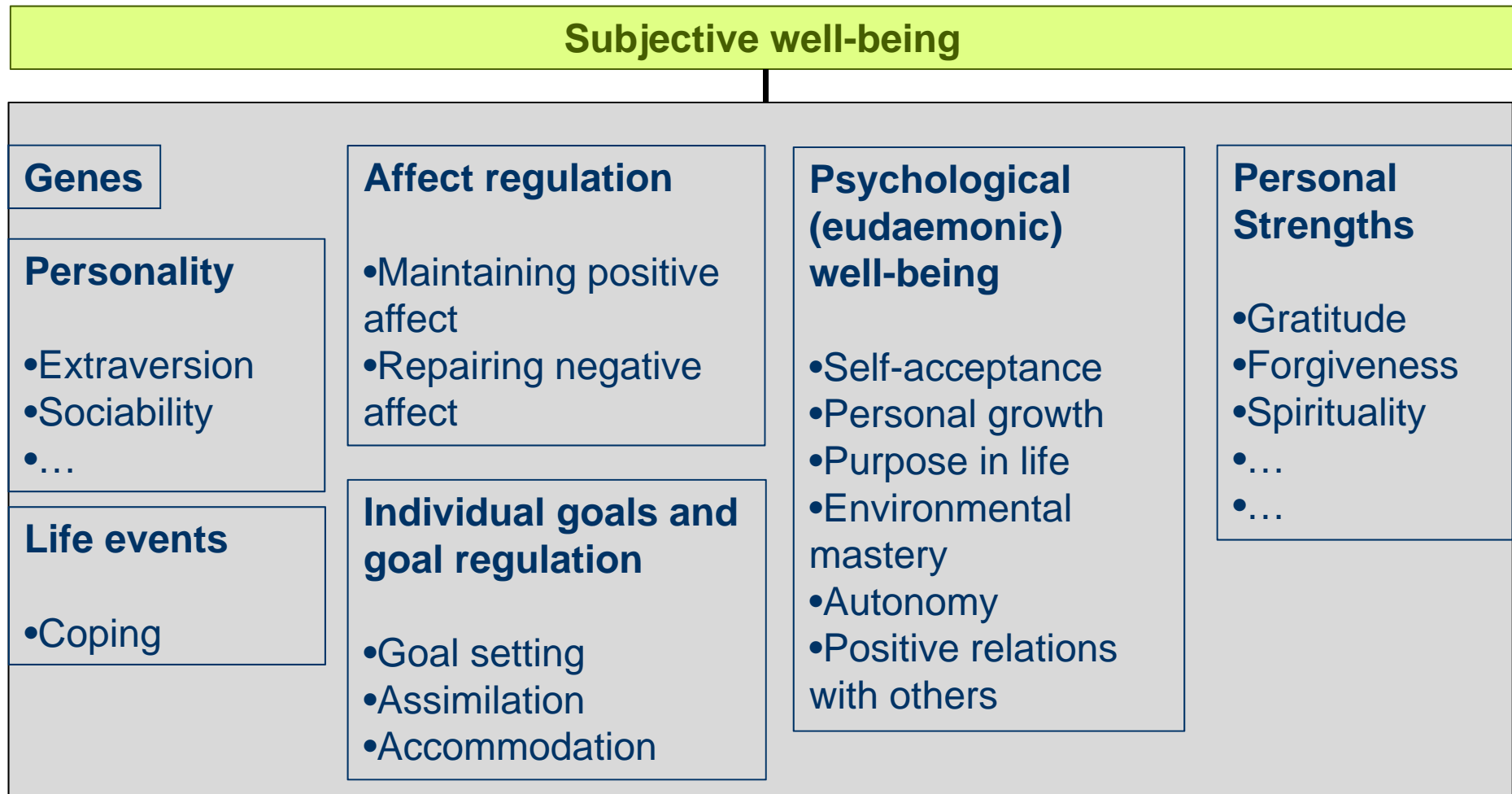
German Socio-economic Panel Study (Gerstorff & Wagner, 2010)



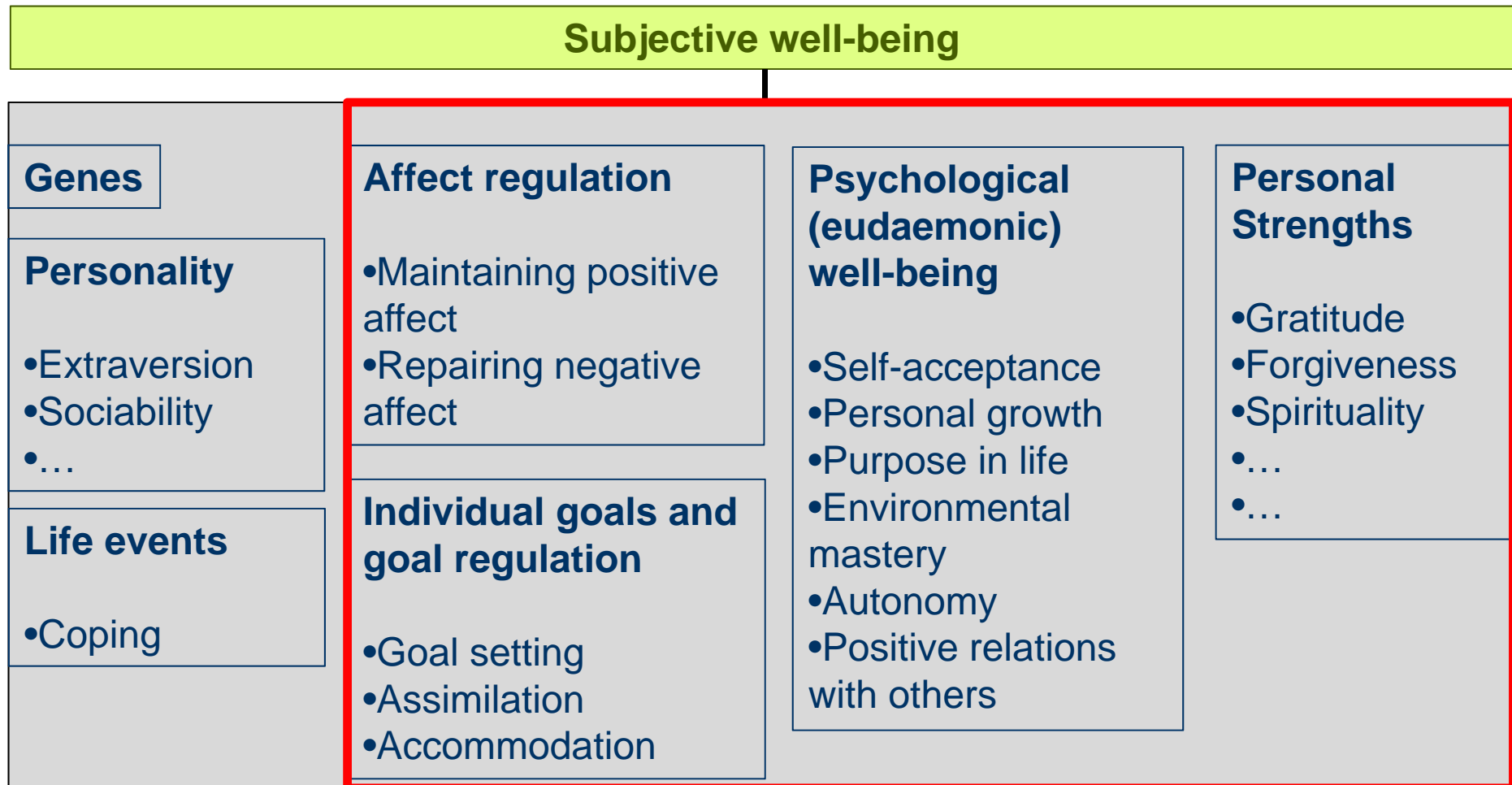


# Important factors affecting well-being

(e.g., Brandstädter, 2011; Eid & Larsen, 2008)



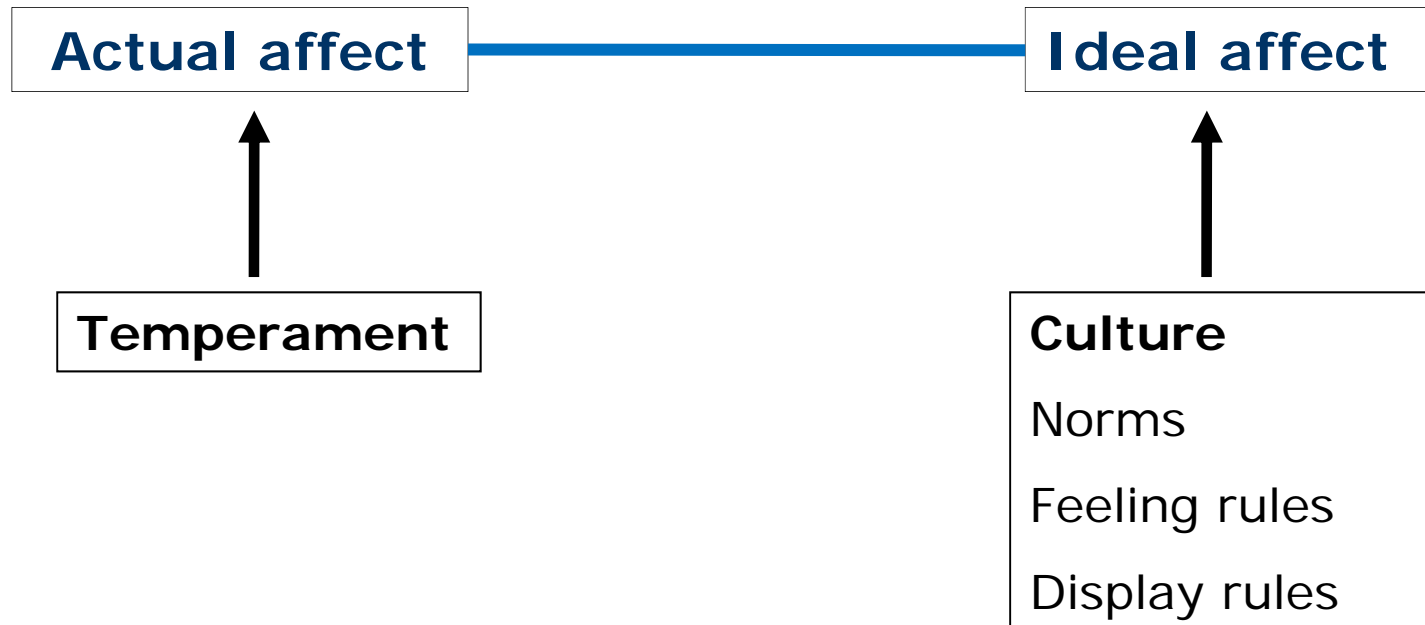
# The role of culture?



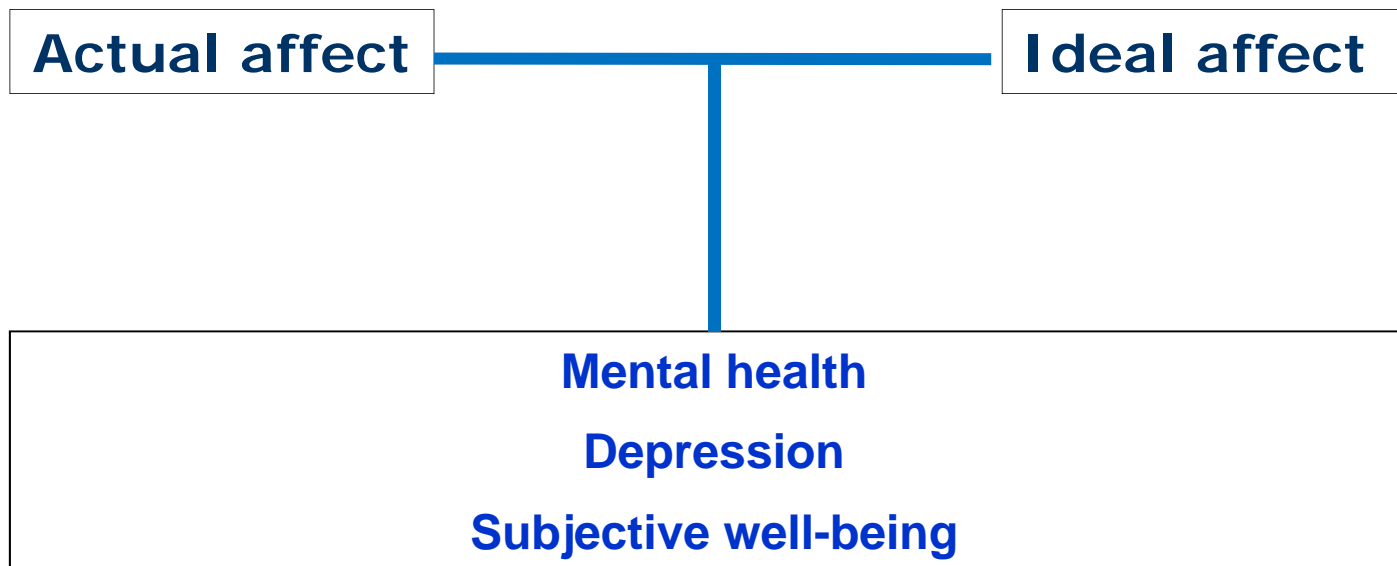
# Role of Culture: Norms for Emotions

1. Feeling rules (Hochschild, 1979)
2. Display rules (Ekman & Friesen, 1975)
3. Ideal affect (Tsai et al., 2006)

# Affect Valuation Theory (Tsai et al., 2006)



# Affect Valuation Theory (Tsai et al., 2006)



# Ideal affect / Desirability of emotions

(Eid & Diener, 2001; Tsai, 2007; Scheibe et al., 2012)

- Western cultures favor high-arousal positive affective states (e.g., excitement, enthusiasm)
- Eastern cultures favor low-arousal positive affective states (e.g., calm, peacefulness)
- Western cultures generally favor positive emotions
- Eastern cultures do not favor pride and contentment so much
- Eastern cultures favor negative emotions such as guilt, shame and sadness more than Western cultures
- Eastern cultures favor emotional neutrality more than Western cultures
- Eastern cultures are more heterogeneous with respect to emotional norms

## Future directions

- Cross-cultural research
  - Inter- and intracultural differences
- Norms for ideal well-being and ideal ageing
- Interactions between culture and the individual