

Well-being in Ageing Societies: The Individual

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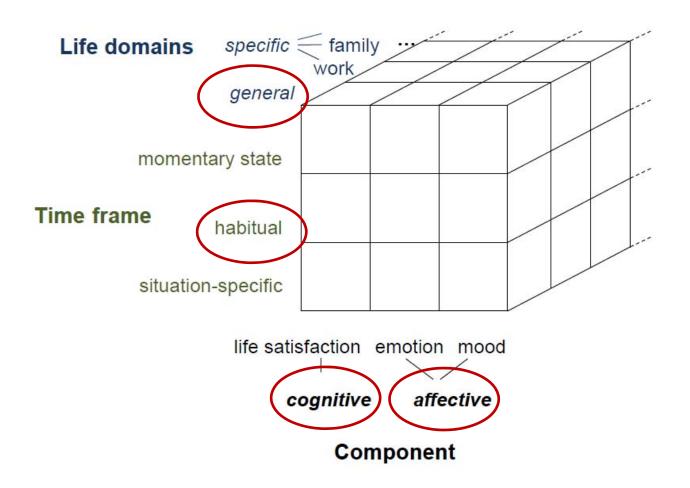


Overview

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



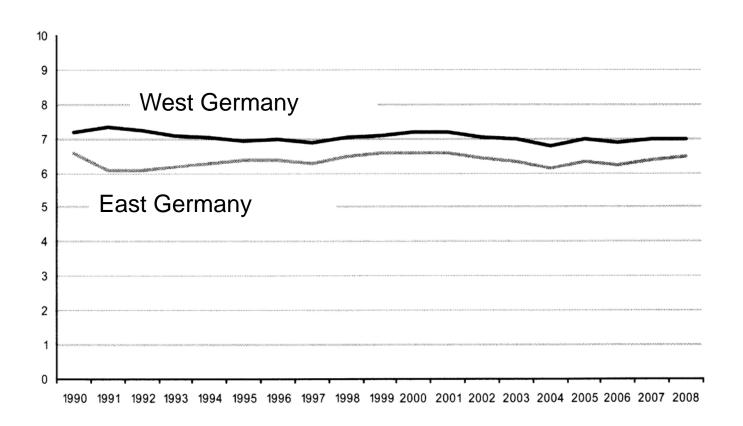
Subjective well-being: Framework model (Eid, 2008)





Life satisfaction: Germany

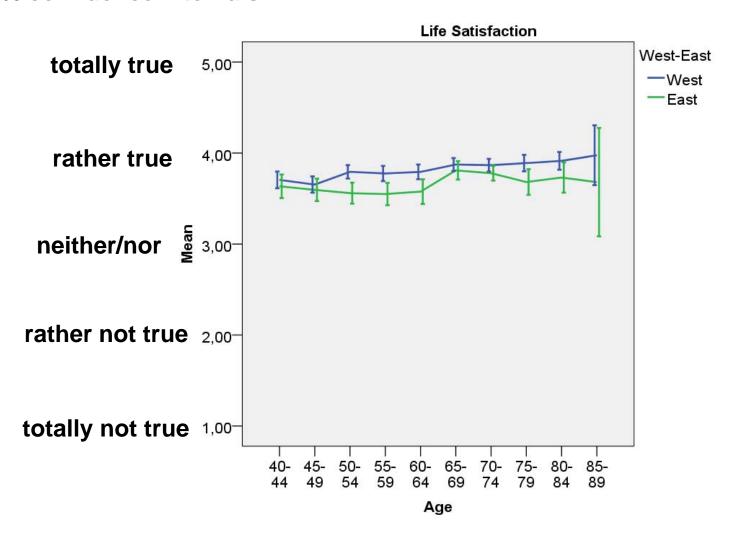
German Socio-economic Panel Study (Böhnke, 2010)





Life satisfaction: German Ageing Survey 2008

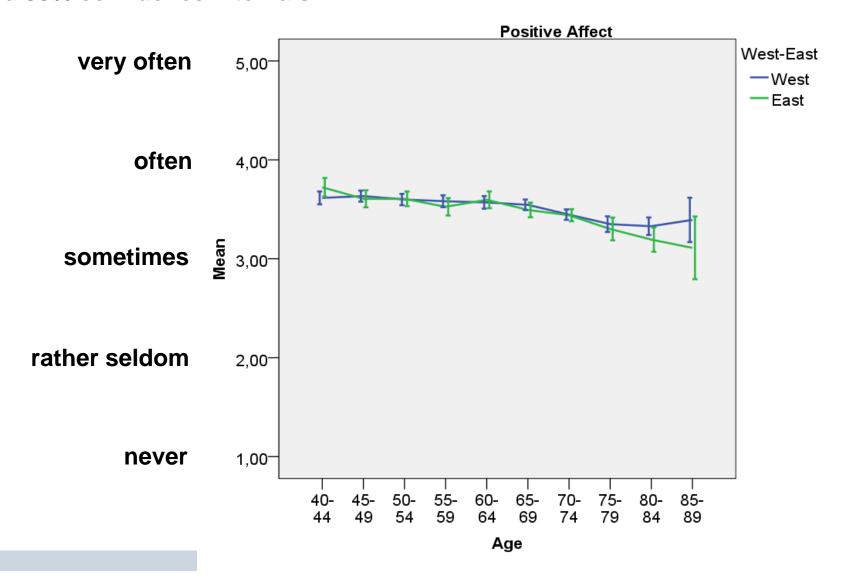
Means and 95% confidence intervals





Positive affect: German Ageing Survey 2008

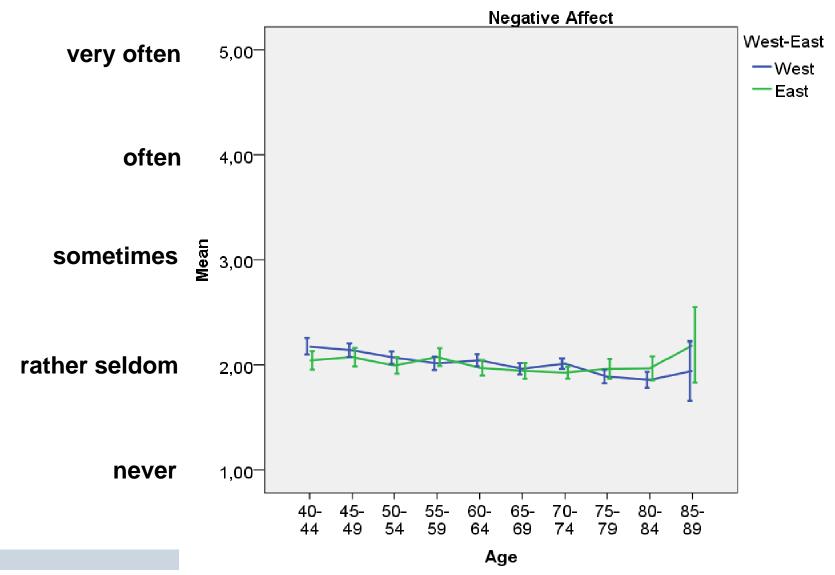
Means and 95% confidence intervals





Negative affect: German Ageing Survey 2008

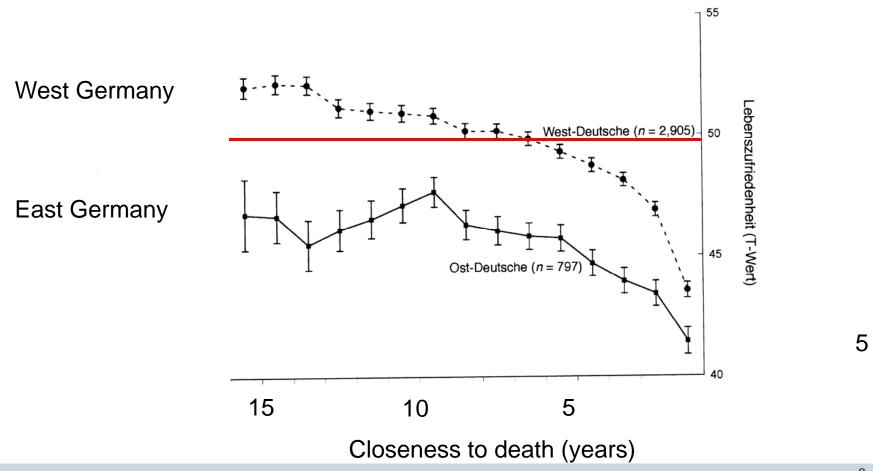
Means and 95% confidence intervals





Life satisfaction: Closeness to death

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





Important factors affecting well-being

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

Subjective well-being

Genes

Personality

- Extraversion
- Sociability

•...

Life events

Coping

Affect regulation

- Maintaining positive affect
- •Repairing negative affect

Individual goals and goal regulation

- Goal setting
- Assimilation
- Accommodation

Psychological (eudaemonic) well-being

- Self-acceptance
- Personal growth
- Purpose in life
- •Environmental mastery
- Autonomy
- Positive relationswith others

Personal Strengths

- Gratitude
- Forgiveness
- Spirituality
- •...
- •...



The role of culture?

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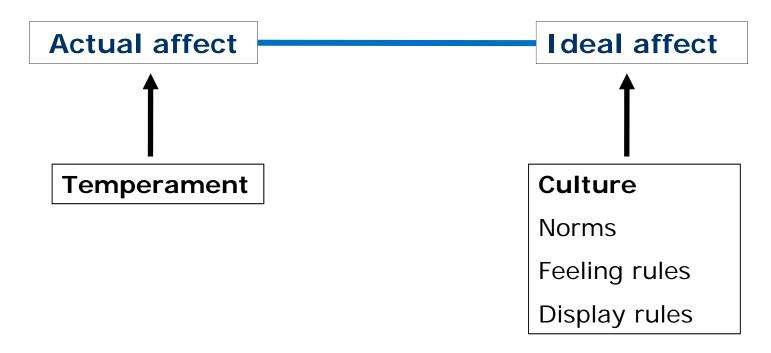


Role of Culture: Norms for Emotions

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

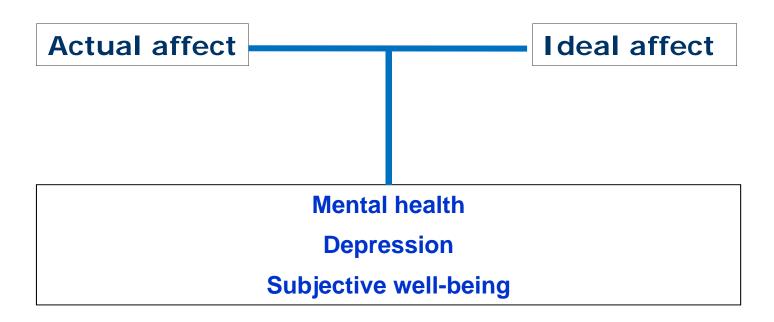


Affect Valuation Theory (Tsai et al., 2006)





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, enthusiam)
- 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 Westren 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