

Relationship between Meaning in life, Psychological Wellbeing, and Depression in Elderly

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ABSTRACT: *The current study aims to know the relationship Meaning in life, and Psychological Wellbeing and Depression in Elderly. The study sample consisted of (70) males and females, (35 females, 35 males) and their age ranged between (60 to 75) years with an average and a standard deviation 66.2 ± 4.4 years. The years of education ranged between (8-15) years with mean and standard deviation of (12.3 ± 2.8) years. The research tools were Meaning in Life Questionnaire (MLQ), Geriatric Depression Scale (GDS), Psychological Well-Being (PWB). The results of the statistical analysis of the data revealed a positive correlation between Meaning in life and Well-Being, Negative correlation between meaning in life and depression, negative correlation between welling and depression*

KEY WORDS: Meaning in life, Psychological wellbeing, Depression, Elderly.

INTRODUCTION

In positive psychology, **Meaningful life** is a construct having to do with the purpose, significance, fulfilment, and satisfaction of life (Steger, 2007). While specific theories vary, there are two common aspects: a global schema to understand one's life and the belief that life itself is meaningful. Meaning can be defined as the connection linking two presumably independent entities together (Baumeister & Vohs, 2002). a meaningful life links the biological reality of life to a symbolic interpretation or meaning (Baumeister et al, 2013). Those possessing a sense of meaning are generally found to be happier (Steger, 2007). to have lower levels of negative emotions, and to have lower risk of mental illness (Feldman & Snyder, 2005).

The concept of the meaning of life in psychology emerged through Frankel's contributions to the field of Logo Therapy, whose objectives are to help the individual find a meaning for him so that he can live and survive and achieve his future goals (Schulenberg, 2004), the meaning of life differs from one person to another, and what occupies the individual is not the meaning of life in general, but the particular meaning of the person about his life at a particular time, and the meaning is not relative but unique - in the words of Frankl - so that each individual has a chance The meaning of

life includes different sources, and these sources may be personal relationships, activities, creativity, economic security, cultural values and customs, and helping others is one of the sources of formation. The meaning of life, and it is worth noting that the meaning of life varies from another age stage. For example, some studies revealed that the sources of the meaning of life for the elderly are concentrated in the family, children and grandchildren, compared to adults. On the other hand, research revealed that the meaning of the neighbourhood differs from the culture of the other. African culture, for example, gets rid of the meaning of life from society, and Asian and European societies derive the meaning of life through personal goals and plans (Schulenberg, 2004), the meaning of life is a multi-dimensional construct. It is the life plan, the life purpose, the life satisfaction, and it is the conscious awareness of the values, the importance of life, and the justice of the world (Bower, Kemeny, Taylor & Fahey, 2003).

Jim believes that the meaning of life consists of four basic dimensions. The first dimension, which is inner peace, includes feelings of contentment, contentment, and harmony. These feelings allow the individual to taste the life circumstances surrounding him, especially his successes and positive experiences in life. Satisfaction with life and future includes satisfaction with life, the network of social relations or things that include the outside world, Frankl hypothesized that the meaning of life is achieved through interactions with the current world, such as the experiences and attitudes that the individual receives from the surrounding world, and the trends he embraces in order to face pressures and suffering, and in order for the individual to have a real meaning of life, he must feel that he is progressing towards a future that carries all positive values. This dimension deals with realistic and specific plans and goals, as well as interactions with others and the surrounding environment, and the third dimension of the meaning of life is focused on spirituality and faith, while the fourth and final dimension is related to loss of meaning and confusion, and this dimension reflects the extent to which the meaning decreases towards the value of life and that it is a negative experience as well as an indicator. The decrease in motivation for important goals in life, in addition to the loss of the total purpose of life. It seems that the loss of the meaning of life is caused by psychological disorders (Jim et al, 2006)

Frankel confirms that the phenomenon of losing the meaning is increasing and spreading intensively, and that the number of patients who suffer from a lack of meaning and purpose in life are increasing day by day to the extent that we may consider the complaints of the insignificant to be the most urgent and the highest rates are among patients who frequent psychiatric clinics, and the threat of symptoms of non-meaning increases with retirement and the absence of daily activity that takes up the individual's energies, in addition to the absence of many family and friends by death or disappearance as a result of illness and weakness, and with the shrinking areas of activity at this age the elderly begin to wonder about the meaning and value of life and the feasibility of exerting himself to live a life, he began to question its value and

feasibility. If the complaints of the uninitiated threaten the elderly at the cognitive and mental level, they are linked on the emotional level to the risks of falling into an environment of frustration and depression (Jim, 2004).

Well-being is the central subject of positive psychology, whose goal is to discover the factors that contribute to human well-being (Slade, 2010). Martin Seligman, for example, suggests that these factors consist in having positive emotions, being engaged in an activity, having good relationships with other people, finding meaning in one's life and a sense of accomplishment in the pursuit of one's goals (Selegman, 2011).

Depression is negatively related to life satisfaction, morale and psychological well-being, and the causes of depression may be due to some social variables raised by the activity theory, such as the absence of alternative activities or roles for those that have been lost. The theory that the amount and amount of social interaction is positively related to morale; While it is negatively associated with depression in the elderly (Kleftaras, Psarra,2012).

It is clear that the elderly represent the most age group exposed to cases of depression, although there are many studies that have shown that the probability of depression starting from adolescence begins to rise to reach its peak in middle age and then begins to decline with age; However, the theoretical conclusion shows that most of the predisposing conditions for depression cases can be found naturally in the life circumstances of the elderly, in terms of the high probability of loss or separation, and the decline of positive social support in the form of loss of social status and decreasing income accompanying retirement.

The studies that have investigated the relationship of meaning in life with psychological well-being and depression are relatively few. These gives justification to focus the current research on examining the relationship between meaning in life, psychological well-Bing, and Depression at old people

METHOD

Participants

The sample consisted of 70 Egyptians old participants (35 women, 35 men) , Their age ranged between (60-75) years. With an average and standard deviation of (66.2±4.4) years. The years of education ranged between (8-15) years with mean and standard deviation of (12.3 ±2.8) years. All Participants Married

Measures

The Meaning in Life Questionnaire (MLQ) is a 10-item self-report inventory designed to measure life meaning. The MLQ has good internal consistency, with coefficient alphas ranging in the low to high .80s for the Presence subscale and mid .80s to low .90s for the Search subscale. A main

focus of logotherapy is the discovery of life meaning. Along these lines, logotherapy posits that: (1) there is meaning in life, (2) people are motivated by the Will to Meaning, and (3) people are free to find their own meaning. Since the MLQ is a new instrument that was developed predominantly with female, Caucasian, undergraduate student samples, further research is necessary to investigate the measure's psychometric properties with diverse populations (Steger, 2006).

Geriatric Depression Scale (GDS), first created by Yesavage, et al., has been tested and used extensively with the older population. The GDS Long Form is a brief, 30-item questionnaire in which participants are asked to respond by answering yes or no in reference to how they felt over the past week. A Short Form GDS consisting of 15 questions was developed in 1986. Questions from the Long Form GDS which had the highest correlation with depressive symptoms in validation studies were selected for the short version. Of the 15 items, 10 indicated the presence of depression when answered positively, while the rest (question numbers 1, 5, 7, 11, 13) indicated depression when answered negatively. Scores of 0-4 are considered normal, depending on age, education, and complaints; 5-8 indicate mild depression; 9-11 indicate moderate depression; and 12-15 indicate severe depression. (Sheikh, & Yesavage, 1986)

Psychological Well-Being The PWB is a 14 item measure of psychological, physical, and general well-being. Six items measure psychological well-being and eight items measure physical well-being. The composite set of items is an index of general well-being. Respondents rate each item on a 7-point strongly agree to strongly disagree Likert scale. A score of 7 on each item reflects a high level of well-being. The possible range of scores is 6 to 42 for psychological well-being; 8 to 56 for physical wellbeing; and 14 to 98 for general well-being. (Reker & Wong, 1984).

RESULTS

Table:1 Correlation between variables

<i>Variables</i>	<i>Meaning in life</i>	<i>Psychological well – Being</i>	<i>Depression</i>
<i>Meaning in life</i>	1		
<i>Psychological well – Being</i>	0,46**	1	
<i>Depression</i>	-0,88**	-0,66**	1

The results shows that negative correlation between depression and psychological well-being. The (-0.66) negative correlation between depression and psychological well-being. It means that as the depression increases the psychological wellbeing decreases and when depression decreases the psychological wellbeing increases, so that we can say there is a relationship between depression and psychological wellbeing.

Significant negative correlation(-0,88) were found between meaning in life and depressive symptoms. As expected, subjects with higher life meaning were found to have lower depressive. And the results show Positive correlation (0,46) between Meaning in life and Psychological wellbeing.

DISCUSSION

The current study aims to know relationship between Meaning in life, Psychological well-Being, and Depression at Elderly.

The Results shows Relationship Between Meaning in life, Psychological well-Bing. negative correlation between depression and psychological well-being. negative correlation between depression and psychological well-being. It means that as the depression increases the psychological wellbeing decreases and when depression decreases the psychological wellbeing increases, so that we can say there is a relationship between depression and psychological wellbeing. Significant correlation were found between meaning in life and depressive symptoms. As expected, subjects with higher life meaning were found to have lower depressive. And the results shows Positive correlation between Meaning in life and Psychological wellbeing.

Which consistent with the literature and other studies have also found relationships between variables (e.g Klefтарas, Psarra) are Found significant associations were found between meaning in life and depressive symptoms. As expected, subjects with higher life meaning were found to have lower depressive symptomatology, while subjects with higher depression scores were found to have a lower sense of meaning in life. However, concerning the meaning in life dimensions, only the “contentedness with life” and the “goal achievement” significantly differentiated individuals of low, moderate and high depressive symptomatology. Furthermore, statistical significant correlations were found between meaning in life and the four dimensions of general health. In the same vein, the comparison between individuals with the lower and the higher meaning of life has shown that the two groups differ significantly with regards to psychological health: those with higher meaning of life present a better psychological health. Finally, being married or involved in a romantic relationship, as well as participation in social activities are proven to be significant sources of meaning. These findings point to a definite relationship of meaning in life with depression and psychological health. (Klefтарas& Psarra, 2012).

Also consistent with “Damásio” His Research results showed that a significant portion of professionals had negative indexes of MIL, PWB and QOL. Inferential analyses showed MIL as a predictor variable of both PWB and QOL. Moderation analysis demonstrated that the PWB and QOL showed distinct correlations for individuals with high and low levels of MIL(Damásio, Milo& Silva, 2013).

Also consistent with (Zika& Chamberlain) His Research results showed the relation between meaning in life and psychological well-being using several meaning measures and both positive and negative well-being dimensions. A strong association is found between meaning in life and well-being, which is replicated in two different samples. Meaning in life is found to have a stronger association with positive than with negative well-being dimensions (Zika& Chamberlain, 2009).

Elderly people can suffer from depression in the form of physical symptoms, lack of sleep, or a sense of stress and anxiety, and it is not a requirement that it be through sadness or crying. Therefore, family members must have sufficient awareness of the needs of the elderly, and how to discover their feelings of frustration.

Family members must also deal with the elderly person with great sensitivity and a high degree of awareness, in order to discover the problems he suffers from and how to treat them as well. Family members must be drawn to the fact that changing the place of the elderly is not desirable, and he should stay in the place he is accustomed to, so that the change does not negatively affect the person's mental health, and it is preferable not to change the arrangement of his room. This is in addition to the need to ensure that the elderly person is entertained, and to leave the house at least once or twice a week. Also, the elderly should not remain isolated for a long time, but should be in an atmosphere of mixing and being among others.

Some elderly people begin to evaluate and review life, where the elderly evaluate their experiences and experiences in life, and think about the remaining years believing in the inevitability of death, and here some people feel happy and satisfied with their achievements, while others feel that many of their activities did not achieve any return. For them or for others, and that it caused some pain and trouble to those around them and themselves, and those who feel the weakness of the meaning of life, so this evaluation or the ability of the individual to recall and visualize old experiences and reorganize them is a factor that helps to reach an effective improvement in the meaning and value of life for the elderly. It has been proven that the concept of the meaning of life among individuals affects many components of the personality. It has also been proven that the elderly more than others need help to improve the quality of life, and to improve the personal and societal resources that influence the formation and formation of the meaning of life. (Kimble & Ellor, 2000: 46)

CONCLUSION

The current study aims to know the relationship Meaning in life, and Psychological Wellbeing and Depression in Elderly .The results of the current research are consistent with the results of previous studies and the theoretical framework, where the results showed through a literature review that there is a close relationship between Meaning in life and Psychological Wellbeing, negative correlation between meaning in life and Depression, and negative correlation between Wellbeing and depression.

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