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Positive ageing perceptions and Stereotype-Based Helplessness in the structure of quality of life in late adulthood and aging

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Introduction

The relevance quality of life`s problem of older people is associated with a demographic shift towards an aging population. Increasing human life expectancy does not always correlate with maintaining its quality.

Modern Research has shown that a predictor of quality of life in late adulthood is a positive perception of aging, which is associated with the ability to control the events of one`s own life in old age.

The aging period is often associated with stereotypes, as a positive and negative. The influence of negative effects is higher than that of positive ones. Our research has shown that at the intersection of stereotypes about aging and learned helplessness there is a little-studied mechanism - Stereotype-Based Helplessness.

Research questions

- Does Stereotype-Based Helplessness depend on the ability to control the events of one's own life in old age?
- Can Stereotype-Based Helplessness have a negative impact on quality of life?

Definition

Stereotype-Based Helplessness is a refusal to perform any action, because it is associated with an age stereotype that describes this action as inappropriate for a person of a certain age

Participants

168 respondents aged 50-76 years. Male – 23%; Female – 77%

Methods

- “Health-Promoting Lifestyle Profile [HPLP]» (russian version of questionnaire «Health-Promoting Lifestyle Profile (HPLP-II)» Walker, S.N., & Hill-Polerecky, D.M. 1996);
- Survey “Healthy Aging” (russian version);
- Survey “social activity”
- Ryff’s Psychological Well-being Scales (russian version);
- “Aging perception questionnaire” (russian version of questionnaire Aging Perceptions Questionnaire (APQ) / Barker et al., 2007)
- Stereotype-Based Helplessness questionnaire (Strizhitskaya O., Petrash M.)

Examples of stereotype-based helplessness statements

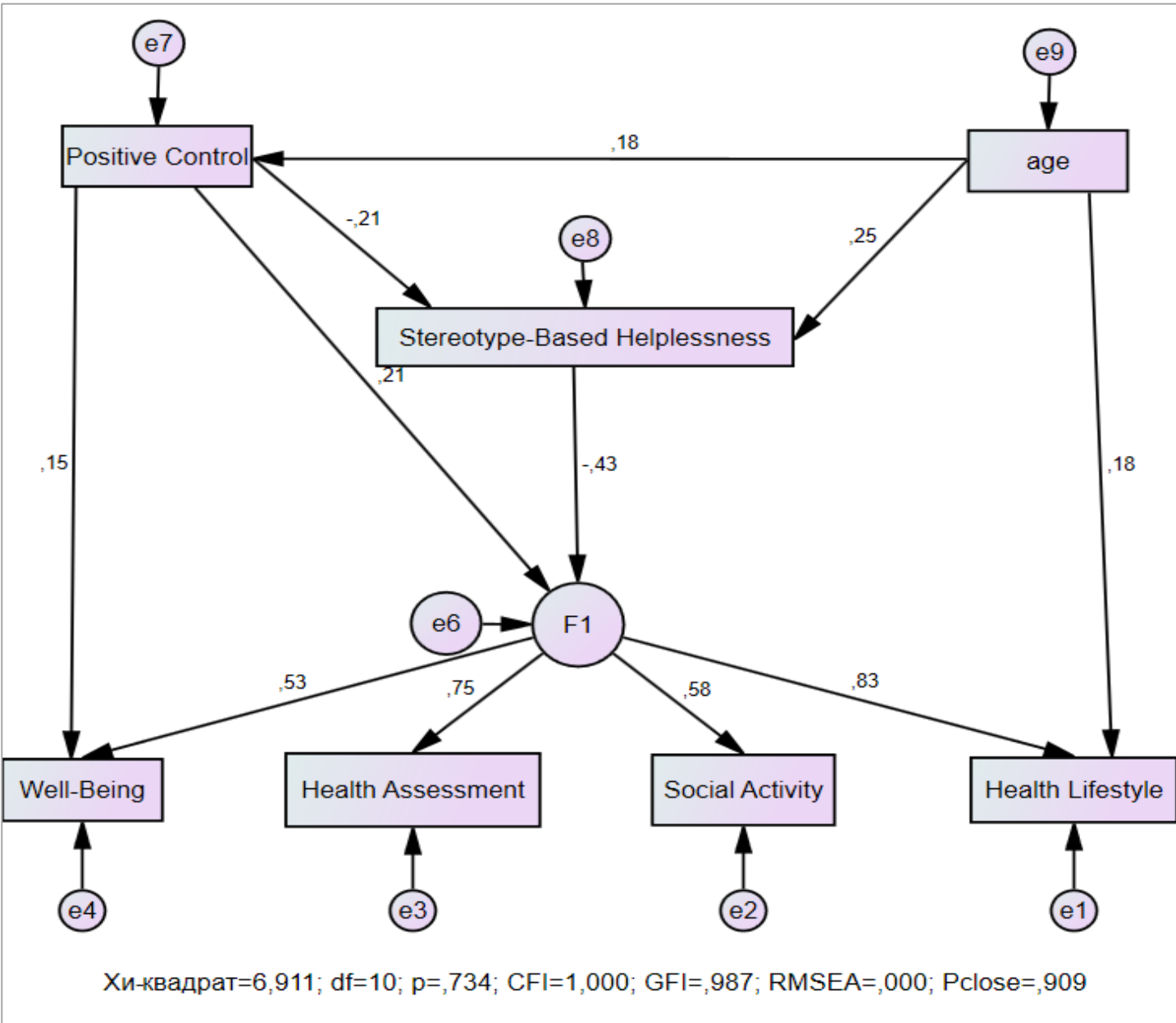
Stereotype-based statements

- As people age, they begin to dress differently, because there are things that are unbecoming for people over 40 to wear.
- As people age, they become less active because an older person cannot be awake and active.

Not stereotype-based statements

- With age, people begin to dress differently, because a person is more focused on his own tastes and needs
- As people age, they become less active because their health changes and not everything comes as easily as before.

Results



F1 - "Quality of life" is presented as a latent variable ("well-being", "health assessment", "health lifestyle", "social activity")

Positive Control – control beliefs concerning positive experiences

Model of the relationship between quality of life, "positive perception of aging" and "stereotypical helplessness"



- The study found that stereotype-based helplessness has a negative impact on quality of life late adulthood and aging.
- The ability to control the events of one's own life reduces stereotype-based helplessness and has a positive effect on quality of life.



Conclusions

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Thank you for your attention!

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