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## A REGRESSION ANYLYSIS OF VALUES ON WELL-BEING IN OLD AGE PEOPLE

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### Abstract:-

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*Study of values as a factor affecting emotional satisfaction, life satisfaction and well-being has recently been receiving attention of psychology. Psychologists and mental health professional recognise that valuesare guiding principles and motivating factors of behavior. A person is largely an outcome of the value system he/ she espouses. Therefore, values are detrimental to the well-being of a person. This study was done with this in the background. A sample of 300 elderly people (male and female) was taken taken to examine the relationship of personality with well-being. It was found that all the values relate to well-being in positive way, However, Social values relate the most and has the greatest influence on well-being in among the elderly people.*  
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### Keywords:- Values, Well-Being, Eldelry People

**Values-** are life-concepts that are important to us. They might be based on how we were brought up, on religious or spiritual tradition, on a particular sense of ethics, or an approach to life that we have adopted along the way. There are no right or wrong values, and they are different for everyone. they are essentially our sense of the (subjective) right way for us to live. When we act in accordance with our values, we generally see our life as purposeful and meaningful.

Both psychologists and lay people view values as broad motivational constructs that express what is important to people (e.g., Rohan, 2000; Rokeach, 1973; Schwartz, 1992). Based on their values, individuals perceive acts, objects, people, and events to be more or less desirable. People's values are central to their identities and concepts of self (Hitlin, 2003; Rokeach, 1973). Are they also related to our sense of well-being?

Most theorists agree that serve as guiding principles in people's lives. Schwartz (1992, 2006, 2015) identified six basic features of values. (1) Values are beliefs, linked to affect. (2) Values refer to desirable goals. (3) Values transcend specific actions and situations. (4) Values serve as standards to guide selection and evaluation of people, events, actions, and policies. (5) Values are ordered in a hierarchy by their relative importance. (6) It is the relative importance of the values relevant to any attitude or behavior that motivates and guides that attitude or behavior.. What distinguishes one value from another is the type of goal or motivation that the value expresses. We draw on this theory to frame our examination of direct relations between values and SWB.

Values are based on three universal requirements of human existence: needs of individuals as biological organisms, requisites of coordinated social interaction, and survival and welfare needs of groups. People cannot cope successfully with these requirements of human existence alone. To cope with them, people must articulate appropriate goals, communicate with others about these goals, and gain cooperation in pursuing them. Values are the socially desirable concepts used to represent and communicate these goals.

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Bilsky and Schwartz (1994) were the first social psychologists to identify healthy vs. unhealthy values. They argued that healthy values are cognitive transformations of growth needs and unhealthy values are cognitive transformations of deficiency needs.

Sagiv and Schwartz (2000) noted three mechanisms through which values and SWB may be associated. First, pursuing healthy values may lead to perceptions (e.g. people are kind), attitudes (e.g., tolerance), or behaviors (e.g., helping) that, in turn, increase well-being. Conversely, pursuing unhealthy values may lead to perceptions (people are threatening), attitudes (intolerance), or behaviors (shunning others) that, in turn, undermine well-being. Second, pursuing healthy values may lead directly to well-being because it satisfies intrinsic, self-actualizing needs. In contrast, pursuing unhealthy values does not satisfy intrinsic needs and may require stressful ego-protective activity.

These first two mechanisms posit that pursuing particular values causally influences SWB. A third mechanism posits the reverse causal direction, the level of SWB influences value priorities. People who feel safe and satisfied with life have the emotional and cognitive resources to pursue autonomy (self-direction) and excitement (stimulation) and to care for the welfare of close others (benevolence) or society and nature (universalism). People who feel unsafe and threatened, in contrast, are preoccupied with their own problems and lack the resources to pursue these values. They emphasize values whose realization promises greater safety, certainty, and relief from anxiety (security, conformity, tradition, and power).

**Well-Being:-** well-being is a very complex personal phenomenon. It can be described as a feeling of life satisfaction, the quality of life, personal, self-fulfilment, creation of objective and subjective values. There are a number of aspects, such as evaluative well-being (or life satisfaction), hedonic well-being (feelings of happiness, sadness, etc.), and eudemonic well-being (sense of purpose and meaning of life) (Steptoe, Deaton, & Stone, 2015). This well-being is associated with the phenomena of self-actualization, personal growth and fulfilment. It is also connected to the person's emotional assessment of her/himself and his/her own life. Psychological well-being is important in human development in the late age. The shaping of the well-being is determined by personal, cognitive, communicative and other psychological and non-psychological factors.

well-being is determined by the self-actualization of a person, his or her ability to enjoy the integrity of life and share the existential values, celebrate world's richness and diversity and appreciate his or her dignity and ability (Belousova & Rakhymharaeva, 2011; Kostenko, 2005). As Bel'sky (2010) mentioned, those seniors who perform meaningful activities that are valid for themselves and for others have higher level of psychological wellbeing.

**Old Age:-** Growing old is a natural phenomenon. For some it is smooth but for some the journey can be tough. Growing old is not only challenging for a person 's physical behavior but his mental behavior can also be affected with growing age. The physical behavior includes slowing down of reflex action, slow muscular movement, reduced hearing and visual ability etc. Mental health is also affected due to degenerative changes in brain, increased dependency on others, loneliness, death of partner psychological factors affecting a person in old age can be his involvement in society or isolation from society.

**Objective:** The objective of the present study was to understand and examine the relationship between Values and Well-Being of elderly people and to see if Values contributes to Well-Being of elderly people.

**Hypothesis:** - 1. There is no relationship between Values and Well-Being of elderly people. Besides Values do not significantly contribute to predict Well-Being among elderly people.

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**Methodology:** To achieve the purpose of the study a cross sectional design was used with Study of Values Scale by Dr. Raj Kumar Ojha (Independent variable) and General Well-Being Scale (Dependent Variable). A sample of 300 elements was collected from amongst people ranging between 55 to 65 yrs. Living in the city of Alwar (Raj.) Both male and female were included, it was taken care of that sample element had minimum Senior Secondary School Education.

**TABLE NO.1 SHOWING MEANS AND SDs OF VALUES AND WELL-BEING**

Sr. No.	Variable	N	Mean	Std. Deviation
1	Theoretical	300	37.95	9.35
2.	Economical	300	36.88	10.19
3	Aesthetic	300	30.68	9.29
4	Social	300	35.67	9.94
5	Political	300	37.00	10.48
6	Religious	300	35.72	11.68
7	Well-Being	300	84.25	20.25

**TABLE NO.2 REGRESSION OF VALUES ON WELL-BEING**

Coefficients <sup>a,b</sup>							Model Summary			F	Sig.
Model		Unstand. Coefficient		Stand. Coefficient	t	Sig.	R	R <sup>2</sup>	Adjusted R Square		
		B	Std. Error	Beta							
1	(Constant)	14.43	9.825		1.469	1.469	0.431	.186	.169	11.138	.000b
	Theoretical	.428	.121	.198	3.539	.000					
	Economical	.081	.106	.041	.764	.446					
	Aesthetic	.403	.120	.185	3.354	.001					
	Social	.584	.116	.287	5.051	.000					
	Political	.236	.103	.122	2.285	.023					
	Religious	.249	.093	.144	2.686	.008					

a Dependent Variable: Well-Being

b. Predictors in the Model: (Constant), Religious,Political,Aesthetic,Economical,Theoretical,Social

The table showing regression of values (Theoretical, Economical, Aesthetic, Social,Political,Religious) on Well-Being and it reveals that a total of 19 % of variance is contributed by six predictor variables to Well-Being since the R-Square value =.186. Further the beta value ( $\beta$ ) exhibits the relative influence of the variables entered. Among all six predictor variables the social values exert the greatest influence on Well-Being with  $\beta=.287$  which is followed by Theoretical Value with  $\beta=.198$ , Aesthetic Value with  $\beta=.185$  and then by Religious Value with  $\beta=.144$ . The maximum influence of social value can be explained by the fact that social value-oriented persons are high on love and sympathy for the people. They want to correlate with another person and that could be the reason for their well-being.

Research studies by Spranger also support this view. All the predictor variable's direction is positive in the sense that higher the influence of predictor variable higher would be the amount of Well-Being. Further a perusal of ANOVA table reveals that influence of predictor variables on Well-Being is significant with  $F \leq .01$ . The ANOVA table further reveals that variance in Well-Being explained by all the six predictor variables is significant at  $\leq .01$ . Correlation matrix shows significant correlation between values and Well-Being thus validates the results. On the basis of results, we can safely conclude that the Null hypothesis is rejected and the alternative that there will be significant relationship between values and Well-Being, and the predictor variables contribute significant amount of variance to Well—Being.

V. Balaji and S. Subramanian (2012 conducted study over a sample of 876 people. Overall, it was found out that espousing hedonistic values provides significantly lesser psychological wellbeing. PWB scores had significantly positive correlation with values of Tradition and Self-direction. Analysis of higher-order personal values revealed that there is a significant negative correlation between self enhancement value domain and almost all dimensions of PWB such as autonomy, personal growth, environmental mastery, self-acceptance and total PWB. On the other hand, significant positive correlations were found between self-transcendence values and psychological well-being domain of personal growth. In sum, the results showed that hedonistic values provide “psychological ill being”, whereas espousing values like self-direction and tradition provides greater psychological wellbeing.

The MIDUS findings documented that multiple psychosocial factors such as purpose in life, social relationships, mastery, and prosocial behaviors such as volunteering (Social Values) predict better self-rated health, less disability, healthier profiles of biological risk, greater well-being, and better cognitive function in aging adults, even in the context of disability and chronic illness

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