



Life Satisfaction of Elders in Old-Age-Home in Relation of their Emotional Intelligence

**Mrs Ayushi Gupta, Research Scholar (Psychology)
Centre for Psychology and Human Behaviour,
Shobhit Institute of Engineering and Technology
Deemed - to - be University**

**Dr. Poonam Devdutt, Prof. and Director,
Centre for Psychology and Human Behavior,
Sobhit Institute of Engineering and Technology
Deemed - to - be University**

ABSTRACT

Present study has been conducted to investigate the relationship between various dimensions of emotional intelligence and life satisfaction among elders living in own home and old-age-home. For this purpose 160 elders, living in their own home and 160 elders, living in old-age-home, were recruited from Meerut city through purposive sampling method. Related data was collected with the help of Life Satisfaction Scale and Emotional Intelligence Scale. Using Mean, Standard Deviation and Pearson's product moment correlation, data was analyzed in order to test the null hypotheses. The statistical analysis revealed that the relationship between life satisfaction and emotional intelligence is significant among elders living in their own home as well as those living in old-age-home. The mean score on emotional intelligence of elders living in own home is greater than those living in old-age-home. In the same way, there are the dimensions of emotional intelligence, such as empathy, self-motivation, emotional stability, managing relations, integrity, self-development, value orientation, and commitment, on which the degree of positive correlation with life satisfaction is higher among elders living in own home but less among those living in old-age home.

Keywords: Emotional Intelligence, Life satisfaction, Elder, Old-age-home.



INTRODUCTION

Emotional intelligence can be defined as the capability of an individual to identify his own emotions as well as of others which can facilitate thinking by retrieving and creating feelings (Mayer et. al., 2000), as well as controlling and managing them for problem solving (Saarni, 2000). Such abilities can be distinctive from the cognitive intelligence as indicated by the measurement of IQ. Thus, emotional intelligence can be defined as an ability which involves cognitive processing of emotional information in order to detect and to handle emotional information and respond accordingly. In today's challenging world, it is a very important to understand the conditions including personality traits, level of emotional intelligence, coping abilities, and achievement orientation among student to improve the performance. For inculcating such attributes in the youth, emotional intelligence can be seen to play an important role. One aspect of subjective well-being is life satisfaction, which is an individual's cognitive evaluation of his/her life (Diener & Diener, 1995). Life satisfaction is made up of commitment to the goals and beliefs about achieving those goals. The level of satisfaction of the elderly affects not only their psychological adaptation but also their physical, emotional and social well-being. Regarding the association between age and life satisfaction, the general conclusion in the literature is that subjective well-being remains fairly stable or improves as individuals' age, despite age-related declines in many life circumstances, including physical health, income and cognitive abilities. (Carstensen, Pasupathi, Mayer and Nesselrode, 2000). For example, recent research using both cross-sectional and longitudinal models has reported an association between marital status and physical health (Angelini, Cavapozzi, Corazzini, & Pacagnella, 2012). For the everyday emotional experience of adults, Carstensen and colleagues (Carstensen et al., 2000, 2011; Charles et al., 2010) found that negative emotions decrease as people age, while positive emotions increase in early adulthood and persist into middle adulthood until the guys stabilized in the mid of 70s or 80s. According to Goleman (1995), emotional intelligence can influence the life goals individuals choose to adapt to change and the emotional regulation strategies individuals use to manage relationships and facilitate performance. Although many life circumstances such as physical health and income may decline in late adulthood, older adults who have high emotional intelligence can adjust their life goals and use behavior regulation strategies, more effective emotions, such as



cognitive reappraisal, to improve their life satisfaction and well-being (Lok, Young, & Wong, 2011). This argument is also consistent with the selection, adaptation, and compensation (SOC) theory (Balts&Balts, 1990), which suggests that older people choose important life goals and use adaptation strategies and compensations to maximize their SWB. We do. Thus, older adults may acquire higher emotional intelligence through lifelong learning, and may later be more likely to use emotional intelligence to regulate their emotions than younger adults and increase their life satisfaction and emotional well-being.

Objectives of the Study

Following objectives have been formulated for the present research paper:

1. To compare the relationship of life satisfaction and emotional intelligence among elders in their homes and old-age-homes.
2. To compare the relationship of life satisfaction and self-awareness among elders in their homes and old-age-homes.
3. To compare the relationship of life satisfaction and empathy among elders in their homes and old-age-homes.
4. To compare the relationship of life satisfaction and self-motivation among elders in their homes and old-age-homes.
5. To compare the relationship of life satisfaction and emotional stability among elders in their homes and old-age-homes.
6. To compare the relationship of life satisfaction and managing relations among elders in their homes and old-age-homes.
7. To compare the relationship of life satisfaction and integrity among elders in their homes and old-age-homes.
8. To compare the relationship of life satisfaction and self-development among elders in their homes and old-age-homes.
9. To compare the relationship of life satisfaction and value orientation among elders in their homes and old-age-homes.
10. To compare the relationship of life satisfaction and commitment among elders in their homes and old-age-homes.
11. To compare the relationship of life satisfaction and altruistic behavior among elders in their homes and old-age-homes.



Hypotheses of the Study

Following Hypotheses have been formulated for the present research work:

1. The relationship of life satisfaction with emotional intelligence among elders is significant and similar in their homes and old-age-homes.
2. The relationship of life satisfaction with self-awareness among elders is significant and similar in their homes and old-age-homes.
3. The relationship of life satisfaction with empathy among elders is significant and similar in their homes and old-age-homes.
4. The relationship of life satisfaction with self-motivation among elders is significant and similar in their homes and old-age-homes.
5. The relationship of life satisfaction with emotional stability among elders is significant and similar in their homes and old-age-homes.
6. The relationship of life satisfaction with managing relations among elders is significant and similar in their homes and old-age-homes.
7. The relationship of life satisfaction with integrity among elders is significant and similar in their homes and old-age-homes.
8. The relationship of life satisfaction with self-development among elders is significant and similar in their homes and old-age-homes.
9. The relationship of life satisfaction with value orientation among elders is significant and similar in their homes and old-age-homes.
10. The relationship of life satisfaction with commitment among elders is significant and similar in their homes and old-age-homes.
11. The relationship of life satisfaction with altruistic behavior among elders is significant and similar in their homes and old-age-homes.

Method

Design: To attain the objectives of the present study an Ex-post-facto correlational research design has been used.



Sample: For the current study, a total 320 elders, of age over 60 years(160 living in own home and 160 living in old-age-home) have been taken from Meerut city with purposive sampling method.

Statistical technique:Data analysis was implemented with the help of Mean, SD and Pearson Product-Moment correlation.

VARIABLES OF THE STUDY

Independent Variables

1. Emotional Intelligence
 - 1.1. Self-awareness,
 - 1.2. Empathy,
 - 1.3. Self-Motivation,
 - 1.4. Emotional Stability,
 - 1.5. Managing Relations,
 - 1.6. Integrity,
 - 1.7. Self-Development,
 - 1.8. Value Orientation,
 - 1.9. Commitment
 - 1.10. Altruistic behavior
2. Living arrangement (own home and old-age-home)

Dependent Variable

1. Life Satisfaction



TOOLS FOR DATA COLLECTION

- 1. Life Satisfaction Scale:** Life Satisfaction Scale developed by Alam and Dr. RamjiSrivastava was used for the measurement of life satisfaction of elders. This scale consists of 60 items with a yes/no response. The test-retest reliability of the scale was .84 which was obtained by administering it with a time interval of six weeks. The validity of the scale ranges from .74 and .82.
- 2. Emotional Intelligence Scale:** Emotional Intelligence Scale, developed by Hyde, Pethe and Dhar, which is a five point-scale and consisted of 34 items. This scale measures ten components of emotional intelligence. Reliability of the scale reported by the authors is 0.88. The validity of the test is also quite satisfactory, which made it to be used widespread.

RESULT AND DISCUSSION

This study has been conducted to compare the elders living in their own home and old-age-home in terms of the relationship of life satisfaction with emotional intelligence and associated aspects. The Pearson's 'r' was calculated for both the groups. In table-1 and 2, it can be observed that the relationship between life satisfaction and emotional intelligence is significant among elders living in their own home ($M = 66.87$; $r = .292$; $\rho < .01$; $N = 160$) as well as those living in old-age-home ($M = 62.38$; $r = .201$; $\rho < .01$; $N = 160$). Though, the significant relationship between emotional intelligence and life satisfaction exist for both of the groups, but the mean score on emotional intelligence of elders living in own home is greater than those living in old-age-home. In the same way, there are the dimensions of emotional intelligence, such as empathy, self-motivation, emotional stability, managing relations, integrity, self-development, value orientation, and commitment, on which the degree of positive correlation with life satisfaction is higher among elders living in own home but less among those living in old-age home. Self-awareness is the aspect of emotional intelligence, which relationship with life satisfaction is greater in magnitude among elders living in old-age-home as compared to elders living in own home. Altruistic behavior is the aspect of emotional intelligence which has not been found to be associated with life satisfaction among any of the two groups of elders.



Table-1: Showing correlation between emotional intelligence and Life Satisfaction of people living in own home

	Own Home (N = 160)		
	Mean	SD	r
Emotional Intelligence	66.87	11.34	.292**
Self-awareness	7.91	2.09	.162*
Empathy	10.68	2.87	.357**
Self-motivation	11.85	3.40	.655**
Emotional Stability	7.75	2.60	.565**
Managing Relations	8.16	2.54	.483**
Integrity	5.22	1.76	.302**
Self-development	3.61	1.53	.361**
Value-orientation	3.89	1.70	.258**
Commitment	3.82	1.33	.297**
Altruistic behavior	3.98	1.54	.091

** = Significant at .01-level; * = Significant at .05-level.

Table-1: Showing correlation between emotional intelligence and Life Satisfaction of people living in old-age-home

Emotional Intelligence	Old-age-home (N = 160)		
	Mean	SD	r
Emotional Intelligence	62.38	10.93	.201**
Self-awareness	7.18	2.38	.196**
Empathy	10.12	2.61	.303**
Self-motivation	10.97	3.28	.575**
Emotional Stability	7.03	2.59	.290**
Managing Relations	8.23	2.57	.176*
Integrity	5.01	1.72	.264**



Self-development	3.33	1.48	.307**
Value-orientation	3.20	1.55	.222**
Commitment	3.28	1.28	.213**
Altruistic behavior	4.03	1.55	.100

**** = Significant at .01-level; * = Significant at .05-level.**

CONCLUSION

In the present study, emotional intelligence was hypothesized to be associated with life satisfaction among elders living in own home and elders living old-age home differently. The results of this study revealed that the underlying relationship between emotional intelligence and life satisfaction is positively significant among elders living in own home is consistent for those living in old-age home. Except altruistic behavior, all dimensions are positively associated with life satisfaction of elders. It has been established in various studies that emotional intelligence is positively associated with subjective well-being (Bhullar et al., 2012; Koydemira&Schutz, 2012; Meyer et al., 2008). It is suggested that people with high emotional intelligence are better able to monitor and regulate their emotions and therefore experience higher levels of life satisfaction and emotional well-being (Goleman, 1995; Salovey, Bedell, Dettweiler, & Mayer, 2000; Salovey and Meyer, 1990). In researches it has been established that age is also positively related to emotional intelligence (Chapman & Heslip, 2006; Gardner & Qualter, 2011; Mayer et al., 2000; Tsoussis&Kazi, 2013). As individuals age, they are more likely to understand their own and others' emotions due to practice and lifelong learning (Kaufmann et al., 2008). According to Goleman (1995), emotional intelligence can influence the life goals individuals choose to adapt to change and the emotional regulation strategies individuals use to manage relationships and facilitate performance. Although many life circumstances such as physical health and income may decline in late adulthood, older adults who have high emotional intelligence can adjust their life goals and use behavior regulation strategies and more effective emotions regulation strategies, such as cognitive reappraisal, to improve their life satisfaction and subjective well-being (John & Gross, 2004; Lok, Young, &



Wong, 2011). This argument is also consistent with the selection, adaptation, and compensation (SOC) theory (Balts&Balts, 1990), which suggests that older people choose important life goals and use adaptation strategies and compensations to maximize their subjective well-being. Thus, older adults may acquire higher emotional intelligence through lifelong learning, and may later be more likely to use emotional intelligence to regulate their emotions than younger adults, and increase their life satisfaction, no matter where they live, either their own home or old age home, the only condition is the emotional intelligence should be optimal.

Following conclusion can be drawn:

1. Hypothesis regarding the relationship of life satisfaction with emotional intelligence among elders is significant and similar in their homes and old-age-homes, is accepted.
2. Hypothesis regarding the relationship of life satisfaction with self-awareness among elders is significant and similar in their homes and old-age-homes, is accepted.
3. Hypothesis regarding the relationship of life satisfaction with empathy among elders is significant and similar in their homes and old-age-homes, is accepted.
4. Hypothesis regarding the relationship of life satisfaction with self-motivation among elders is significant and similar in their homes and old-age-homes, is accepted.
5. Hypothesis regarding the relationship of life satisfaction with emotional stability among elders is significant and similar in their homes and old-age-homes, is accepted.
6. Hypothesis regarding the relationship of life satisfaction with managing relations among elders is significant and similar in their homes and old-age-homes, is accepted.
7. Hypothesis regarding the relationship of life satisfaction with integrity among elders is significant and similar in their homes and old-age-homes, is accepted.
8. Hypothesis regarding the relationship of life satisfaction with self-development among elders is significant and similar in their homes and old-age-homes, is accepted.



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9. Hypothesis regarding the relationship of life satisfaction with value orientation among elders is significant and similar in their homes and old-age-homes, is accepted.
 10. Hypothesis regarding the relationship of life satisfaction with commitment among elders is significant and similar in their homes and old-age-homes, is accepted.
 11. Hypothesis regarding the relationship of life satisfaction with altruistic behavior among elders is significant and similar in their homes and old-age-homes, is rejected.

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