

## **Predictors of Subjective Wellbeing Among the Elderly**

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This study aimed to determine the predictors that affect the subjective wellbeing among the elderly. The researcher utilized a descriptive correlational design in order to identify patterns of relationship that existed between the variables and to measure the strength of the relationship, which in this case involved the individual, family and social characteristics and the level of subjective wellbeing among the elderly. The study was conducted in the municipality of Sagbayan, Bohol, Philippines. The researcher utilized a self-made interview guide, the Perceived Stress Scale, Spiritual Wellbeing Scale and the Satisfaction with Life Scale (SWLS) to gather the needed information relevant to the variables under study. Collection of data commenced after the technical panel approved the research proposal. Multiple regression was utilized in the treatment of the data gathered. It was found out that the mean level of subjective wellbeing among elderly falls under the average level of life satisfaction which means that the elderlies are generally satisfied with the different aspects of their lives but there are certain domains that they would very much like to improve. The study also revealed that the significant predictive variables for the elderly's subjective wellbeing include age, health status, perceived stress, community participation, family income, and neighborhood safety. Furthermore, it was found out that the most common medical conditions or diseases affecting the subjecting wellbeing of the respondents are upper respiratory tract infection, generalized muscle pains, arthritis, and visual problems or disturbances. Hence, it was concluded that subjective wellbeing of the elderly has a significant relationship with age, health status, perceived stress, community participation, family income, and neighborhood safety. The researcher recommends the conduction of further studies exploring other factors that can influence the subjective wellbeing among the elderly as well as the development of programs and initiatives by the local and national government units to enhance the factors that affect the subjective wellbeing of the elderly.