



## INTRODUCTION

As life expectancy in the U.S. continues to rise and the aging population expands, aging has become an increasingly critical issue. With more people living longer, it is essential to explore ways to enhance quality of life through non-medical strategies in later years.

## HYPOTHESES

- H1: High levels of self-efficacy would correlate with higher sense of purpose.  
H2: High levels of self-efficacy would correlate with higher psychological well-being.  
H3: High levels of self-efficacy would correlate with taking part in more lived experiences in comparison to those with low levels of reported self-efficacy.  
H4: High levels of purpose would be positively correlated with high levels of psychological well-being.

## METHODS

### 1. Surveys

Purpose in Life (PIL)  
SOSA (Self-Efficacy for Social Participation Scale)  
Psychological Well-Being  
Demographics  
Lived Experiences

### 2. In Person Interviews with Friendship Village Residents

I met with residents for 30 minute interviews to hear about their personal experiences taking the survey and general outlook on life

## GOLDEN YEARS, MEANINGFUL MINDS: EXPLORING PURPOSE, PSYCHOLOGICAL WELL-BEING, AND SELF-EFFICACY IN INDEPENDENT LIVING

## RESULTS

High levels of Self-Efficacy, Psychological Well-Being, and Purpose in Life all correlated with one another

The most common reasons residents decided to move to an independent living community were health, security, and social opportunities

The main reason why residents partake in activities and committees is due to social reasons

Correlation between SOSA and PIL

Variables	1	2	3
SOSA	-	.47**	.47**
PIL		-	.78**
PWB			-

Note. SOSA = Self-Efficacy for Social Participation Scale, PIL = Purpose in Life Test (PIL), PWB = Psychological Well-Being. M and SD are used to represent mean and standard deviation, respectively. \* indicates  $p < .05$ . \*\* indicates  $p < .01$ .



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## CONCLUSION

This research exemplifies the importance of socialization in old age and how it can benefit one's sense of purpose in life, psychological well-being, and self-efficacy. It also highlights how purpose in life does not diminish with age and that older adults can seek purpose through different mediums. Ultimately, this study explains why being socially active is crucial for maintain and fulfilling and meaningful life in later years.

## FUTURE RESEARCH

Future studies could explore these concepts across diverse populations and different living environments to deepen our understanding and enhance the quality of life for older adults. Personally, this research has broadened my perspective on aging and the significant role communities like Friendship Village play in residents' lives.

"I feel that I found a new family here, and that I am surrounded by unconditional support at Friendship Village" - Resident