

Social Science 8: Psychological factors of well-being, psychological adaptation, and healthy longevity

June 14th, 2023

The summary abstract

Health and well-being have traditionally been regarded as the primary indicators of successful aging. This symposium showcases recent works on theoretical, methodological, and practical advances in gerontology, bringing together three studies that explore psychosocial factors promoting health and well-being in old age. The first speaker, Prof. Takashi Yamashita, examines trajectories of marital relationships among American older adults, revealing distinct patterns with differing health outcomes. The second speaker, Dr. Takeshi Nakagawa, investigates changes in well-being accompanying the death of spouses and the individuals themselves among Japanese older adults, highlighting the mitigating effect of social relationships on the negative consequences of these events. The third speaker, Prof. Ying-Wei Wang, integrates three community models—age-friendly, dementia-friendly, and compassionate community—based on policies and practices in Taiwan, proposing a holistic care model for older adults from diagnosis to death. Together, these presentations will underscore the beneficial role of psychosocial factors in promoting older adults' health and well-being and provide valuable insights for future directions in gerontological research.