Self Efficacy Ressilience Attachment Styles And Social Mental Well Being Among The Elderly In Rivers State

Mi Sun Choi (Ph. D. in social work)

Psychosocial Resilience in Later Life Christine Man Lai Kwan,2003

<u>Evaluation of a Theoretical Model of Resilience and Select Predictors of Resilience in a Sample of Community-based Elderly</u> Akke Neeltje Talsma,1995

Self Efficacy and Team Leader Equity Matter Mi Sun Choi (Ph. D. in social work),2019 Many older Americans have decided to remain in the labor market beyond the traditional retirement age. This trend suggests that companies and society should actively engage in initiatives to support the aging workforce. Applying the concept of active aging to the workplace has been viewed as a significant strategy for enhancing the health, wellbeing, and work outcomes of older workers. However, little research has been conducted on active aging in the workplace, which has limited our understanding of ways to develop effective age-management strategies to enhance the quality of older workers' working lives. Improving such understanding would not only ultimately contribute to the wellbeing of older workers, but it would also enhance organizational success. This study tested the validity of an active aging framework using U.S. workforce data to help older workers achieve active working lives. Structural equation modeling (SEM) was conducted to test the direct and indirect effect of perceived self-efficacy and team leader equity on mental health and performance through engagement. Multi-group SEM was performed to investigate the moderating role of organizational tenure in the relationship between perceived self-efficacy and engagement, and between perceived team leader equity and engagement. Results showed that perceived self-efficacy was a strong predictor of engagement, mental health, and performance, whereas perceived team leader equity predicted only engagement. Also, significant mediation roles of engagement were found in the relationship between perceived self-efficacy and mental health, and perceived team leader equity and mental health. The findings in this study highlight that the importance of employers' investment in human capital development for older workers' well-being as well as their performance that would be related to organizational productivity. Furthermore, this study has several implications. Mandatory training was suggested under the Age Discrimination in Employment Act (ADEA) to prevent age discrimination in the workplace. In addition, providing tailored interventions was suggested to foster self-efficacy through training of behavior

strategies. Furthermore, leadership training on diversity was suggested, which enables team leaders to be aware of older workers' needs, strengths, and weaknesses. Such attempts would contribute to ensuring that older workers' active working lives

Loneliness and Depression Decode for Elders Lizzy Scott,2023-11-07 Are you or a loved one navigating the golden years and seeking a path towards mental well-being and emotional resilience? In Loneliness and Depression Decode for Elders: From Isolation to Illumination, we embark on a transformative journey, illuminating the way for seniors to overcome the silent struggles of aging. Are you ready to understand the profound link between loneliness and depression in the lives of elderly individuals? Do you wish to discover the societal and cultural factors impacting seniors and how they influence mental well-being? Are you aware of the crucial importance of recognizing the signs and addressing these challenges head-on? This book takes you on a four-chapter expedition, offering practical insights and compassionate guidance at every turn: In Chapter 1, Understanding Loneliness and Depression in Elderly Lives, we unveil the silent struggles of aging, expose the intricate connection between loneliness and depression, and shine a light on societal and cultural factors influencing seniors' mental well-being. Chapter 2, Breaking the Chains of Isolation, is your guide to unleashing the power of social connections, reconnecting with loved ones, and tapping into community resources and senior-friendly activities to vanquish isolation. Chapter 3, Nurturing Mental Well-Being in the Golden Years, is your key to fostering emotional resilience through holistic approaches, positive thinking, physical engagement, and wellness practices that support a thriving mental state. Finally, in Chapter 4, Shining a Light on the Path to Illumination, we illuminate the way to seek professional help and support, explore the significance of therapy and counseling, delve into medication and alternative treatments, and share a message of hope, healing, and thriving in the golden years. Join us on this profound journey as we decode the complexities of loneliness and depression, and empower you to find mental well-being and emotional resilience in your golden years. Let's navigate this transformative voyage together, guiding you towards a brighter, more fulfilling chapter of your life.

Exploring the Role of Positive Psychology Constructs as Protective Factors Against the Impact of Negative Environmental Variables on the Subjective Well-being of Older Adults Ginger Diane Pezent,2011 The present study explored how older adults adapt to the negative changes that often occur as people age. This study sought to provide a comprehensive investigation of how the positive psychology variables of hope, optimism, resilience, and self-efficacy might work together to serve as protective factors against the potentially deleterious impact of negative environmental variables on the subjective well-being of older adults. The negative environmental variables examined in this study included declining health status, lower social support, and negative life events (e.g., loss of spouse, reduced income, etc.). In this study, the subjective well-being in older adults is defined as an overall sense of satisfaction with life, high positive affect, and low negative affect. This study examined three primary hypothesized models, each investigating how positive internal

dispositional factors (as measured by taking the composite of hope, optimism, resilience, and self-efficacy), work together to mediate the relationship between the components of subjective well-being and a different environmental variable for each model. Several alternative path analyses models were also run based on modifications to the model that achieved good fit, with the goal of evaluating whether the individual positive psychology constructs either fully or partially mediated between certain environmental variables and each of the components of subjective well-being. Although no adequate fits were attained for the models evaluating social support and negative life events, results of this study showed an adequate fit for the model evaluating the positive psychology cluster as a mediator between health status and the subjective well-being components; more specifically, the positive psychology cluster was shown to mediate the relationship between perceived health and two of the three components of subjective well-being (life satisfaction and positive affect). In addition, correlation analyses revealed that the positive psychology variables were all significantly correlated with each other, as well as with the participant reports of life satisfaction, positive affect, and perceived health. These findings suggest that participants who reported higher levels of the positive psychology constructs experienced higher satisfaction with life and positive affect, and perceived themselves as having a lower occurrence of health problems. Overall, these results provide additional evidence for the protective role that hope, optimism, resilience, and self-efficacy may play in maintaining the well-being of older adults.

Resilience and Mental Health Steven M. Southwick,Brett T. Litz,Dennis Charney,Matthew J. Friedman,2011-08-18 Humans are remarkably resilient in the face of crises, traumas, disabilities, attachment losses and ongoing adversities. To date, most research in the field of traumatic stress has focused on neurobiological, psychological and social factors associated with trauma-related psychopathology and deficits in psychosocial functioning. Far less is known about resilience to stress and healthy adaptation to stress and trauma. This book brings together experts from a broad array of scientific fields whose research has focused on adaptive responses to stress. Each of the five sections in the book examines the relevant concepts, spanning from factors that contribute to and promote resilience, to populations and societal systems in which resilience is employed, to specific applications and contexts of resilience and interventions designed to better enhance resilience. This will be suitable for clinicians and researchers who are interested in resilience across the lifespan and in response to a wide variety of stressors.

No Safe Base Stephanie L. Montgomery-Graham,2015 This study aims to test the relationship between attachment style and well-being by examining the possible mediating roles of emotion regulation (conceptualized as reappraisal and suppression) and resilience (Karreman & Vingerhoets, 2012). One hundred homeless women living in homeless shelters in the Skid Row district of Los Angeles were sampled to test Karreman and Vingerhoets' model of attachment and well-being (2012). Dismissive attachment style comprised the largest group among the four measured attachment styles (n= 39). Both dismissive and secure attachment positively correlated with well-being in this sample. Fearful attachment was the only

attachment style negatively related to well-being. Preoccupied attachment was not related to well-being. Emotion regulation failed to function as a mediator in this study. Higher resilience mediated the relationship between secure and dismissive attachment styles and well-being, while lower resilience decreased well-being and mediated the relationship between well-being and fearful attachment. Results as well as research and clinical implications of attachment style and well-being in a homeless population are discussed.

Gender Differences in Coping and Physical and Mental Health Outcomes Among Older Adults with Osteoarthritis
Jennalee Shea Wooldridge,2012 Osteoarthritis (OA), the most common arthritic disease, occurs as part of the normal aging process. Common symptoms of OA include pain, tenderness, stiffness, loss of flexibility, and reduced mobility. Additionally, people with OA experience higher incidences of depressive symptoms, mood disturbance, and lower health status than the general population. Women have OA more often than men, and there are known gender differences in the way in which men and women experience OA pain. Women have lower thresholds for pain and rate the same stimuli as more painful than men. The relationships among depression, mood disturbance, and pain may be different for women than for men. People with OA experience psychological distress, impairment in physical functioning, physical disability, and therefore lower levels of health status than the general population, and this disability may be more prominent for women. Findings regarding gender differences in coping with OA pain have been inconsistent. Self-efficacy, or a person's belief that he or she can succeed in certain situations, is related to the type of coping an individual uses. There is evidence of gender differences in self-efficacy; however, no studies have examined whether these differences exist in older adults with OA. This thesis was designed to determine whether self-efficacy and coping mediate the relationship between OA and physical and psychological outcomes, and to determine whether the relationships among these variables differ as a function of gender. Additionally, the impact of perceived control as a moderator of coping was examined. It was hypothesized that 1) Participants with higher self-efficacy would engage in more problem-focused and less emotion-focused coping than individuals with lower self-efficacy. In turn, individuals who engaged in more problem-solving and meaning-focused coping and less emotion-focused coping would have higher levels of health status and lower levels of depression than those who engaged in less problem-focused coping and meaning-focused coping and more emotion-focused coping styles, 2) Individuals with high levels of perceived control would engage in more problem-focused coping and less emotion-focused coping than those with low levels of perceived control. Individuals with low levels of perceived control would engage in more emotion-focused coping and less problem-focused coping and 3) The hypothesized relationships would differ between males and females. Participants included 363 Health Maintenance Organization (HMO) members (233 women and 130 men) from a larger intervention study involving social support, education, or a combination of both. Coping was measured using the Ways of Coping Questionnaire (WOC). Self-efficacy was measured using Arthritis Self-Efficacy Scale. Control was measured using the helplessness subscale from the

Arthritis Helplessness Index (AHI). Depression was measured using the Center for Epidemiological Studies Depression Scale (CES-D). Mood disturbance was assessed using the Profile of Mood States (POMS). Global health status was measured using the Quality of Well-Being (QWB) scale; and arthritis-specific health status was measured using the Arthritis impact measurement scale (AIMS). To test the hypotheses, a multiple group path analysis was conducted. The results indicated that the overall model did not fit the whole sample well, nor did it fit well for women or men examined separately. The paths from problem-focused coping to depression and to health status were significant for men, but not women. This indicates that problem-focused coping may be beneficial for men but not for women.

Attachment from Infancy to Adulthood Klaus E. Grossmann,Karin Grossmann,Everett Waters,2006-06-23 This volume provides unique and valuable firsthand accounts of the most important longitudinal studies of attachment. Presented are a range of research programs that have broadened our understanding of early close relationships and their role in individual adaptation throughout life. In addition to discussing the findings that emerged from each study, leading investigators offer rare reflections on the process of scientific discovery. Themes addressed include the complexities of designing studies that span years or even decades; challenges in translating theoretical constructs into age-appropriate assessments; how Bowlby's original models have been refined and expanded; and how attachment interacts with other key influences on development.

A Study of Self-efficacy in a Group of Hmong Refugees Mai M. Yang,2014

Relationships Among Health Control Orientation, Self-efficacy, Self-care, and Subjective Well-being in the Elderly with Hypertension Yuh-min Chen,1996 The purpose of this study was to examine and identify relationships among health control orientation, self-efficacy, self-care behavior, and subjective wellbeing in the elderly with hypertension. The theoretical framework of this study, constructed by using theory synthesis, illustrates how several global factors and specific personal attributes, including health control orientation and self-efficacy, might influence self-care behavior and ultimately, subjective well-being. Six research questions evolving from this theoretical framework guided the study, which consisted of a sample of 121 noninstitutionalized elderly individuals with hypertension. Subjects were recruited through senior luncheon centers, senior activity centers, churches, local organizations for retired persons or for the elderly, friends, newspapers, and advertisements. The packet of research instruments consisted of a demographic data sheet, the Health Control subscale of the Health Hardiness Inventory, the Exercise of Self-Care Agency, and the Index of Well-Being. Correlations and multiple regressions were the principal statistics used for data analysis. In general, the findings support the relationships identified in the proposed framework. Health control orientation was highly correlated with self-efficacy and self-care. Self-efficacy was also highly correlated with self-care. Health control orientation, self-efficacy, and self-care were all moderately associated with subjective well-being. Hierarchical regression showed that health control orientation and self-efficacy explained 39% of the variance in self-care. Hierarchical regression showed that health control orientation and self-efficacy accounted for 22%

of the variance of subjective well-being, and the entry of self-care significantly increased the variance by 5%

The Role of Self-Efficacy in the Variation of Health Outcomes Late in Life ,2021 As the population of the United States ages, variation in late-life health and wellbeing outcomes have become an increasingly popular and necessary area of scientific exploration. Previous research has identified ageism (Levy et al., 2000) and perceived age discrimination (Han & Richardson, 2015; Marquet et al., 2019) as factors that negatively impact outcomes for older adults. Further, as conceptualized through the Stereotype Embodiment Theory (Levy, 2009), self-perceptions of aging have been found to mediate the influence of perceived age discrimination on health outcomes. Individuals from stigmatized groups have a physiological reaction (i.e., a stress response) to negative age stereotypes (Levy et al., 2000) and other forms of discrimination (Lui & Quezada, 2019). Therefore, analyzing the Stereotype Embodiment Theory and Transactional Model of Stress (Lazarus & Folkman, 1987) in combination allows one to consider the variation of aging outcomes as subject to individual factors involved in stress appraisal and coping. The current study utilized public data from 676 older adults who participated in two waves of the Health and Retirement Study (2012; 2016). First, conditional process analysis was employed to confirm self-perceptions of aging as a mediator between perceived age discrimination and outcomes. Next, the potential protective effects of self-efficacy in the stress appraisal process were explored. Results confirmed the indirect effect of perceived age discrimination on health outcomes and life satisfaction through self-perceptions of aging. However, the analysis did not provide evidence for self-efficacy's moderating effect on the relationship between perceived age discrimination and self-perceptions of aging. This study provides additional support for the Stereotype Embodiment Theory and offers individual differences in stress appraisal as an explanation for variation in late-life wellness.

The Social Determinants of Mental Health Michael T. Compton,Ruth S. Shim,2015-04-01 The Social Determinants of Mental Health aims to fill the gap that exists in the psychiatric, scholarly, and policy-related literature on the social determinants of mental health: those factors stemming from where we learn, play, live, work, and age that impact our overall mental health and well-being. The editors and an impressive roster of chapter authors from diverse scholarly backgrounds provide detailed information on topics such as discrimination and social exclusion; adverse early life experiences; poor education; unemployment, underemployment, and job insecurity; income inequality, poverty, and neighborhood deprivation; food insecurity; poor housing quality and housing instability; adverse features of the built environment; and poor access to mental health care. This thought-provoking book offers many beneficial features for clinicians and public health professionals: Clinical vignettes are included, designed to make the content accessible to readers who are primarily clinicians and also to demonstrate the practical, individual-level applicability of the subject matter for those who typically work at the public health, population, and/or policy level. Policy implications are discussed throughout, designed to make the content accessible to readers who work primarily at the public health or population level and also to demonstrate the policy

relevance of the subject matter for those who typically work at the clinical level. All chapters include five to six key points that focus on the most important content, helping to both prepare the reader with a brief overview of the chapter's main points and reinforce the take-away messages afterward. In addition to the main body of the book, which focuses on selected individual social determinants of mental health, the volume includes an in-depth overview that summarizes the editors' and their colleagues' conceptualization, as well as a final chapter coauthored by Dr. David Satcher, 16th Surgeon General of the United States, that serves as a Call to Action, offering specific actions that can be taken by both clinicians and policymakers to address the social determinants of mental health. The editors have succeeded in the difficult task of balancing the individual/clinical/patient perspective and the population/public health/community point of view, while underscoring the need for both groups to work in a unified way to address the inequities in twenty-first century America. The Social Determinants of Mental Health gives readers the tools to understand and act to improve mental health and reduce risk for mental illnesses for individuals and communities. Students preparing for the Medical College Admission Test (MCAT) will also benefit from this book, as the MCAT in 2015 will test applicants' knowledge of social determinants of health. The social determinants of mental health are not distinct from the social determinants of physical health, although they deserve special emphasis given the prevalence and burden of poor mental health.

Attachment Style, Social Social Support, and Psychological Adjustment Among the Elderly Jacqueline G. Lanier,1996

Psychology Around Us Ronald Comer,Elizabeth Gould,2012-02-07 Comer and Gould's Psychology Around Us demonstrates the many-often surprising, always fascinating-intersections of psychology with students' day-to-day lives. Every chapter includes sections on human development, brain function, individual differences and abnormal psychology that occur in that area. These cut-across sections highlight how the different fields of psychology are connected to each other and how they connect to everyday life. Every chapter begins with a vignette that shows the power of psychology in understanding a whole range of human behavior. This theme is reinforced throughout the chapter in boxed readings and margin notes that celebrate the extraordinary processes that make the everyday possible and make psychology both meaningful and relevant. The text presents psychology as a unified field the understanding of which flows from connecting its multiple subfields and reinforces the fact that psychology is a science with all that this implies (research methodology, cutting edge studies, the application of critical thinking).

Attachment Styles in Older Women Pamela S. Ridgway,1997

Ecominds Effects on Mental Wellbeing Rachel Hine,Carly Wood,Jo Barton,MIND (Mental health association),2013

Mental Capital and Wellbeing Cary L. Cooper,Usha Goswami,Barbara J. Sahakian,2009-08-18 This major new reference presents The Foresight MentalCapital and Wellbeing Project (a UK Government project in theGovernment Office for Science). It offers a comprehensiveexploration of how mental capital and wellbeing operate over thelifespan; how

experiences in the family, in school, at work andfollowing retirement augment or reduce mental capital andwellbeing, and the impact that this has for the individual and forthe welfare and economic progress of the nation. Mental Capital and Wellbeingcomprises a series ofscientific reviews written by leading international scientists andsocial scientists in the field. The reviews undertake systematicanalyses of the evidence base surrounding five key themes, on whichthey propose future policies will have to be based. Aninternationally renowned team of Editors introduce each theme anddraw together conclusions in terms of both policy andpractice. Section 1 (Mental Capital and Wellbeing Through Life)– Mental capital refers to the totality of anindividual's cognitive and emotional resources, includingtheir cognitive capability, flexibility and efficiency of learning,emotional intelligence and resilience in the face of stress. Theextent of an individual's resources reflects his or her basicendowment (e.g. genes and early biological programming), motivationand experiences (e.g. education) which take place throughout thelife course. This section presents the very latest on the scienceof mental capital throughout life. Section 2 (Learning Through Life) provides a coherentoverview of a fast-moving and complex field of policy and practice.Educational attainment has a considerable impact on physical andmental wellbeing, both directly and indirectly, by enabling peoplebetter to achieve their goals. The ability to continue learningthroughout the lifespan is critical to a successful and rewardinglife in contemporary societies. Section 3 (Mental Health and Ill-Health) draws together themost recent evidence about positive mental health as well as arange of mental disorders to consider their importance to thepopulation and economy in terms of prevalence and disability andthe wider burden on society. Section 4 (Wellbeing and Work) – It is estimated that13 million working days are lost through stress each year, costingthe economy over £3.7 billion per annum. This theme exploresthose drivers that influence the nature and structure of work andthe impact this has on employee wellbeing. Section 5 (Learning Difficulties) – This theme providesa cutting-edge picture of how recent insights from genetics,cognitive and neuroscience improve our understanding of learningdifficulties such as dyslexia, dyscalculia andattention-deficit-hyperactivity disorder. Reviews focus on howcurrent research can contribute to early diagnosis and improvedintervention.

Self-Efficacy in Changing Societies Albert Bandura,1997-05-13 The volume addresses important issues of human adaptation and change.

The Development of the Person L. Alan Sroufe,Byron Egeland,Elizabeth A. Carlson,W. Andrew Collins,2009-02-20 The definitive work on a groundbreaking study, this essential volume provides a coherent picture of the complexity of development from birth to adulthood. Explicated are both the methodology of the Minnesota study and its far-reaching contributions to understanding how we become who we are. The book marshals a vast body of data on the ways in which individuals' strengths and vulnerabilities are shaped by myriad influences, including early experiences, family and peer relationships throughout childhood and adolescence, variations in child characteristics and abilities, and socioeconomic

conditions. Implications for clinical intervention and prevention are also addressed. Rigorously documented and clearly presented, the study's findings elucidate the twists and turns of individual pathways, illustrating as never before the ongoing interplay between developing children and their environments.

Reviewing **Self Efficacy Ressilience Attachment Styles And Social Mental Well Being Among The Elderly In Rivers State**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Self Efficacy Ressilience Attachment Styles And Social Mental Well Being Among The Elderly In Rivers State**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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