SOCIAL SUPPORT SYSTEMS AND THE AGED WIDOW AND WIDOWER

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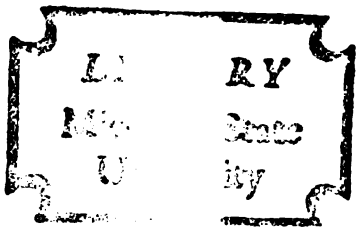

ABSTRACT

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By

Barbara Leviton

The period of aging is an interesting one, developmentally, in that it demands tremendous adjustments to change while concomitantly challenging the aging individual with declining physical capacities and less opportunity within society at large. The aged individual is also subject to the disruption of the most ubiquitous of all social relationships, the marital and family grouping, through the event of widowhood.

This study investigates the effects of widowhood on the elderly as measured by a life satisfaction scale, a subjective self-report measure. It explores, further, whether there are other kinds of substitutive relationships or social contacts which could serve in a supportive fashion for those who were widowed.

The individuals in this study constitute a broad and representative sample drawn from a survey by the State of Michigan. They participated in an hour long interview

covering many aspects of their life. They are all 60 years and older, and 37% are widowed.

It was found that while there is a difference between the widowed and nonwidowed on measures of life satisfaction, much of this difference can be attributed to demographic characteristics which generally accompany being a widowed individual. It was shown that those widowed within the past two years showed a significantly lower level of present life satisfaction than those who had been widowed for longer periods of time.

This study also investigated whether widowhood is more stressful when it is developmentally off-schedule, that is, occurs earlier than one would expect. The results on this hypothesis were inclusive owing, in part, to the restricted age range of the sample (60 and over) which only provides a limited test of this hypothesis.

In investigating variables which might serve as ameliorators, it was found that those who reported having a confidant exhibited significantly higher levels of life satisfaction. Having friends and relatives in the neighborhood, and visits with neighbors, also contributed significantly to higher life satisfaction. Contacts with children (telephone conversations, visits, living close by) were not associated with reported life satisfaction suggesting that, contrary to widely held beliefs, intergenerational independence is preferred by many aged indi-

viduals.

In a more general look at what contributes to life satisfaction, it was found that self-assessed health explains the largest amount of variance (19%), while social support and its converse, isolation, explain only 1% of the total variance in life satisfaction.

Based on the results and their interpretations, a number of suggestions were made for refining a measure of social support and isolation, and for future research.

SOCIAL SUPPORT SYSTEMS AND THE AGED WIDOW AND WIDOWER

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Barbara Leviton

A THESIS

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To my grandmother, Sarah

who has grown old with grace and courage

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CHAPTER I

INTRODUCTION

The most ubiquitous of all social relationships is the marital and family grouping; while at the same time, one of the most common events for the aged individual is widowhood, or the disruption of this basic relationship.

The period of aging is an interesting one, developmentally, in that it demands tremendous adjustments to change while concomitantly, the individual is faced with declining physical capacities and less opportunities within society at large.

How does widowhood affect the aged person within this developmental context? Does it result in lowered life satisfaction or morale? Are there ways in which this disruption can somehow be anticipated and some elements of continuity be provided?

This study will investigate the effects of widowhood on the aging individual. It will explore, further, whether there are not other kinds of substitutive relationships or social contacts which can serve in a supportive or mediating fashion.

The individuals in this study constitute a broad and representative sample drawn from a study by the State

of Michigan. They participated in an hour long interview covering many aspects of their life. They are all 60 years or older, and 37% of them are widowed. It is hoped that some recommendations for preventive programs can be made from the results of this study.

Widowhood and Aging

It is possible to conceptualize the period of aging as one with increased environmental stress and an increase in the number of objective stressors, where one could define a stressor as an objective event that has the potential to disrupt the individual's normal activities (Dohrewend and Dohrewend, 1973).

Clearly, what one calls a stressful event is often presumptive, and also an empirical question. For instance, lower socioeconomic status is more closely associated with mental illness among older men, while the development of psychiatric disorder among women in later life is more closely associated with levels of self-esteem (Lowenthal, 1967). But the research of Lowenthal and Boler (1965) does show that some of the normal developmental losses of aging, poor health, retirement and widowhood serve as stressful events as reflected in lower levels of morale.

In examining one of the most ubiquitous events for the aged population, widowhood, there are several pieces

of evidence which point to its potentially stressful nature: suicide rates are higher for widowed individuals among the aged than for the nonwidowed, particularly among older men without family ties (Bock, 1972); mortality rates are considerably higher for the widowed than the nonwidowed (Shurtleff, 1955); the widowed report greater unhappiness, greater anticipation of death in the future, and greater worry (Gurin, 1960).

Within a developmental context, Neugarten (1975) suggests that a developmental change or loss such as widowhood becomes significant when it is age-inappropriate or occurs too late, or, in some instances of widowhood, too early, thus defying the normal developmental course. One would then expect that the loss of a spouse would be potentially more disruptive or stressful to younger individuals.

In support of this notion, Kutner (1956) found that only those widowed within the previous ten years showed any differences in morale when compared with the nonwidowed. This would suggest that adaptation is also a function of time.

Summarily, evidence tends to show that widowhood is both a common event within the aged population, and often, a stressful one. A loss of this magnitude becomes particularly important when examined within the context of the developmental period of old age.

Aging: A Developmental Paradox

During each stage of life, normative developmental issues arise. In the transition from adolescence to early adulthood, for example, some of the salient developmental concerns are the separation from parents and family of origin, greater autonomy and responsibility for regulating one's own behavior, and greater pressures towards establishing intimate relationships (Hamburg, 1967).

However, the developmental demands of old age differ markedly from the earlier stages of development. While the early and middle years are characterized by a continued expansion of roles and activities, the developmental tasks of old age more specifically imply an adjustment to losses: decreasing health and physical capacities, retirement and reduced income, restricted living conditions, and a loosening of social ties (Riley and Foner, 1968). While the early and middle years involve gains in competence, authority and responsibility, the latter years are marked by a decrease in the breadth and number of roles with which an individual is involved (Riley and Foner, 1968).

Old age is the first stage where there appears to be a systematic status loss for an entire age group (Rosow, 1973). Rosow describes this loss as a cumulative crisis, chronic and prolonged.

In addition to unique developmental demands, there also appear to be normative changes in personality characterstics in the aged. The TAT responses of old persons are more passive and accomodating to outer world demands than the middle-aged (Neugarten, 1963). Behaviorally, old people are more rigid and inflexible in tests which require finding camouflaged items, writing backwards, and in tests involving habit interference (Schaie, 1964). They also exhibit greater problem solving rigidity (although it has been suggested that this observed rigidity is contingent on declining perceptual and motor abilities). On personality dimensions, older persons exhibit a greater intolerance of ambiguity, are more likely to fall into sequential response patterns or to impose structure by agreeing with conflicting evidence (Taylor, 1955). They also show higher mean restraint scores on a Guilford-Zimmerman Temperament Survey, and less impulsiveness on the MMPI (Wagner, 1960). And in general, old persons seem to express less affect than younger subjects in response to Reitman Stick Figures and the TAT (Neugarten, 1968).

Developmentally, then, the aged individual is faced with a most unusual paradox. S/he is likely to be called upon to adjust to tremendous changes in living conditions, occupation and place in family and society at a time when declining capacities would seem to make adaptations to

change much more difficult (Geist, 1968). In the aged, increasing rigidity of abilities and personality characteristics, diminishing resources and health, mean an increasing sensitivity to environmental demands and a greater inability to assume active efforts to deal with them.

Theoretical Arguments

There is an on-going theoretical dialogue as to how the aged best adapt to this developmental paradox. One well-worn theory on aging, the theory of disengagement, proposes that the decrease in the number of roles and the gradual withdrawal from society that researchers observed in aged populations, are natural concomitants of aging. Most importantly, this theory further proposes that this withdrawal leads to an increasing sense of satisfaction among the aged.

Others propose that society makes the first subtle (and often not so subtle) gesture towards withdrawing from the aged individual, the older person's subsequent retreat merely a response to this felt removal of support.

Evidence does not universally support the contentions of the disengagement theory that increasing withdrawal from society with age necessarily leads to increasing morale or life satisfaction. Rather, this withdrawal must be interpreted in the context of an earlier lifestyle. There are some for whom role constriction is a

continuation of a person's earlier lifestyle, and some for whom disengagement is the result of a constraint imposed by society or fate, a response to sudden age-related losses.

Indeed, Lowenthal and Boler (1965) found that withdrawal was associated with a decrease in measured life satisfaction only if associated with what they termed involuntary withdrawal - the consequences of forced retirement, poor health, or widowhood.

Models of Adaptation

There are many theoretical models which can place this developmental issue within a broader conceptualization. To look first in a general way at Helson's theory of adaptation, a kind of psychological theory of homeostasis borrowed from psychophysical research, adaptive behavior is a function of three sources of variation: 1) stimuli in the person's immediate environment 2) all other stimuli present and forming a background and 3) the residual effects of stimuli from past experiences. Adaptation occurs when the combination of these three sources of variation produce either no response or a neutral response on a continuum of responding, adaptation varying with a change in either one of these sources. Individual differences in response to a stimulus are a function of the different interactions of stimulus, background factors and residuals from past experience. (Helson, 1959)

A refinement and extension of the theory of adaptation comes with Wohlwill's optimization principle (1970). Wohlwill's model of adaptation describes a transactional relationship between environmental demands and personal resources. According to this model, when a person shifts from a stable level of adaptation, for whatever reason, there are four adaptive maneuvers that can be used to bring the individual's behavior back into what Wohlhill calls a positive outcome zone: 1) an active response by the environment in relation to the individual 2) an active response by the individual towards adaptation 3) a passive response by the environment 4) or a passive response by the individual. For example, an environmental change with the individual assuming a passive role might involve intervention by an agency in finding a new home or in helping an individual to move.

An active effort by the individual to produce environmental change is possible only when the environmental demand is within the potential range of the individual's resources. The amount of tolerable variation in environmental demand is much smaller where low amounts of resources exist. For a person with low resources, adaptive behavior is possible only at low levels of environmental stress.

In a somewhat abstract way, in its explanation of a relative balance between personal resources and

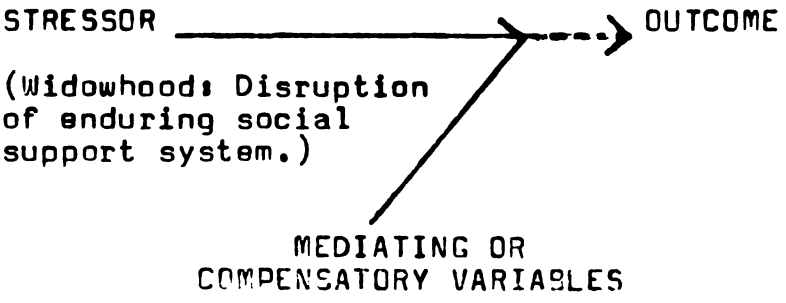
environmental demands, this model serves to highlight a dilemma inherent in aging: the lowered resources in aging populations - less income, declining physical capacities, etc. - increase the susceptibility of the individual to the many changes and losses which accompany age, and thus threaten adaptation.

One final model in completing this theoretical backdrop is the social causation hypothesis of Dohrewend and Dohrewend (1973), an adaptation of Seyle's stress paradigm to explain social and psychological stresses. This adaptation syndrome contains three basic elements 1) antecedent mediating factors or stress-producing stimuli 2) mediating factors which either increase or decrease the felt impact of the stressors 3) the adaptation syndrome or outcome, a product of the two previous factors.

Thus, mediating factors, be they inner values or beliefs or material resources or social contacts, serve to decrease or increase the effects of the antecedent stressors and the result is the adaptive state.

The structure of these models offers a framework in which to place the developmental problem of adaptation, and can be used to help pose some major hypotheses. In examining the problem of widowhood using Dohrewend and Dohrewend's model, one gets the following diagram:

Figure 1. Social Causation Model of Dohrewend and Dohrewend with Widowhood as Stressor



At this stage, it might be helpful to explore just how adjustment or adaptation is defined and measured.

How is Adaptation or Adjustment Measured?

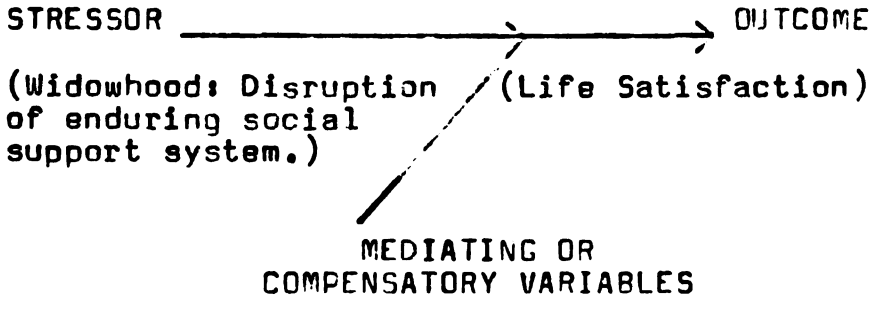
Typical measures of adjustment often seek to compare competence of behavior in various roles, i.e. spouse, parent, worker. By comparing performance in these roles to societal expectations, a measure of social competence can be derived. Many researchers, however, have sought measures of adaptation that were particularly salient to the period of the elderly where roles are changing and not as clearly definable. Kutner developed a morale scale based on the assumption that morale refers to a set of dispositions reflecting adjustment, adjustment a set of behaviors stemming from these dispositions (Neugarten, Tobin, Havighurst, 1961).

Similarly, Neugarten, Tobin and Havighurst defined successful adaptation to aging in terms of an inner

subjective feeling or happiness with one's present and past life. They concluded that if one is happy and satisfied with one's life, one is said to be aging successfully. This kind of definition avoids the potential danger of a measure of adaptation which too rigidly determines what is 'appropriate' role behavior.

The model of Dohrewend and Dohrewend outlined earlier now looks like this:

Figure 2. Social Causation Model of Dohrewend and Dohrewend with Widowhood as Stressor, Life Satisfaction as Outcome.



Determinants of Life Satisfaction

Given this broad definition of life satisfaction, many have sought to find general determinants of morale or life satisfaction in the aged population, both for theoretical understanding, and for purposes of planning and intervention. The literature is replete with studies which isolate one stressor, such as widowhood, and examine its specific relationship to life satisfaction. A second group of studies, multivariate analyses, have been

conducted across numerous variables, and some general findings have emerged.

Fowler (1969) found that both the level of self-assessed health and family income had direct independent effects on reported morale, and in turn affected the number of social contacts maintained outside the home. And in two other studies (Thompson, 1972; Palmore and Luikart, 1973) it was found that one's perception of health was the most important predictor of life satisfaction.

In a study that included a proportion of middle-aged participants (45 years and over) as well as an aged population, Edwards and Klemmack (1973) found that socioeconomic status, nonfamilial participation and one's health status accounted for most of the explained variance in a measure of life satisfaction, although the combination of all predictors accounted for only 34% of the total variance.

And in contradiction to some other findings, both Edwards and Klemmack (1973) and Bortner and Hutsch (1970) found that background characteristics (including age, sex, marital status, family size, community size and length of residence) had little association with life satisfaction.

Contacts with Others

The studies mentioned above typically cover a broad range of variables, and although some of the variables exhibit strong associations with life satisfaction, i.e. self-assessed health, they do not always allow for program intervention; and, it is hoped that this study will result in recommendations for social programs. And more specifically, this study is exploring the implications of age-related loss, widowhood. It would seem that, in exploring substitutive factors, the loss of a person can be best ameliorated by supports which include other persons and contacts.

Indeed, in a study by Lowenthal (1968) on an aging San Franciscan population, she found that having a confidant was related to higher morale and served as a buffer against depression resulting from decreases in social interaction. Martel and Morris (1960) found that four-fifths of all old people interviewed named visiting or talking with friends among the things they most liked to do. The desire for more friends was associated with morale (Rosow, 1967), with only one-fourth of those with high morale wanting more friendship.

Often, limited transportation and diminishing health leads to an increasing interdependence on a neighborhood support group among the elderly. Ten per cent of old

people (primarily those without grown children), say that they would turn to a friend or neighbor in case of illness (Shanas, 1962). And old people, if they live alone, are likely to be helped by neighbors or friends in case of an emergency (Rosow, 1967). Generally, older persons turn to neighbors for many kinds of assistance, though nursing or financial assistance usually is requested of relatives (Rosenmayre and Kockeis, 1962; Townsend, 1957; Rosow, 1967).

Social Support Systems

These kinds of variables - neighborhood contacts, confidants, etc. - all fall under the broad rubric of social support systems. The notion of social support is a diffuse and often ill-defined one. In its broadest sense, it refers to a network of individuals and institutions with which a person is involved in some kind of interdependent relationship, either formal or informal. Caplan (1975) defines social support as an "enduring pattern of continuous or intermittent ties that plays a significant part in maintaining the psychological and physical integrity of the individual over time." Most important is that this support serves to facilitate a person's mastery of the environment and can offer a degree of continuing guidance and a basis for self-evaluation. It can also serve as a buffer when other relationships or enduring patterns are disturbed.

Social Support Systems and the Elderly

Given the amount of change and the challenge to past roles and identity during old age (as described earlier), the notion of a continuing identity and self-evaluation resulting from strong social support seems to be a particularly salient one when applied to the context of aging.

In a study of 79 aged men and women (Anderson, 1968), researchers postulated five tasks of aging: 1) an acceptance of aging 2) a reorganization of life space 3) substitute sources of need satisfaction 4) a re-examination of criteria for self-evaluation and 5) a reintegration of values and life goals. They found that substitution is the most critical skill for adaptation to aging. Those who were successfully adapting to increasing age had developed age-linked codes of values and found workable substitutes offering meaningful involvements, personally and socially. This required a shifting of sources of need satisfaction away from those usually employed in earlier years. This process of substitutions allowed for a conintued, though altered, sense of identity.

Erik Erikson (1963) talks about the continuation of identity in older individuals:

> The conscious feeling of having a personal identity is based on two simultaneous observations: the immediate perception of one's basic self-sameness

> and continuity in time, and the simultaneous perception of the fact that others recognize one's continuity.

The notion of being displaced from critical and well-established roles is an important one in the study of the aged. The concepts of continuity and personal identity become particularly important when placed within the developmental paradox described earlier: the demand to adapt to a changing self and environment while at the same time having diminished resources.

Isolation

The extreme opposite of social support and social interaction is isolation, or the lack of continuity and contacts with others. There have been some studies which would suggest that isolation is a precipitant to high risk in the aged (Lowenthal, 1964) though other studies (Bennett, 1973) found no associations between isolation and age, sex, education and mental status.

In a comprehensive study that focused on social isolation, 200 aged blacks in Newark were studied in relation to levels of social interaction (Hessel and Moore, 1973). It was found that the main type of interaction was visiting with friends and talking on the phone. There was almost no participation in club or group activities, and little use of available social services. One third of all people studied had little interaction with others and

felt lonely and isolated. There was also a fear of young people and a feeling of insecurity. The authors recommended more kin surrogates, a more personal kind of community service, and a security escort service.

Definitional and Behavioral Difficulties

While it is possible to come to a definition of social support, it is a concept which nonetheless encompasses much diversity. This diversity creates difficulties when trying to assess the effects of this support as a unifiable entity. For instance, while it is generally assumed that the more contacts an older person has with others, the greater the satisfaction, Kerchoff (1965), in a study of retirees, found that the morale of elderly parents is higher among those living far from their children. Similarly, Kutner (1956) discovered that morale is higher among older persons who see their children seldom rather than often. Thus, there is some evidence that high morale in the elderly is associated with independence from children (as measured by the amount of contact), rather than the widely entertained notion of intergenerational dependence. Hence, the notion of support is a complex one, and can alter behavior in unexpected ways.

Furthermore, in highlighting the diversity of this concept, some kinds of social support reflect situations that are often beyond the control of the individual, such as having no children, or other relatives. Other

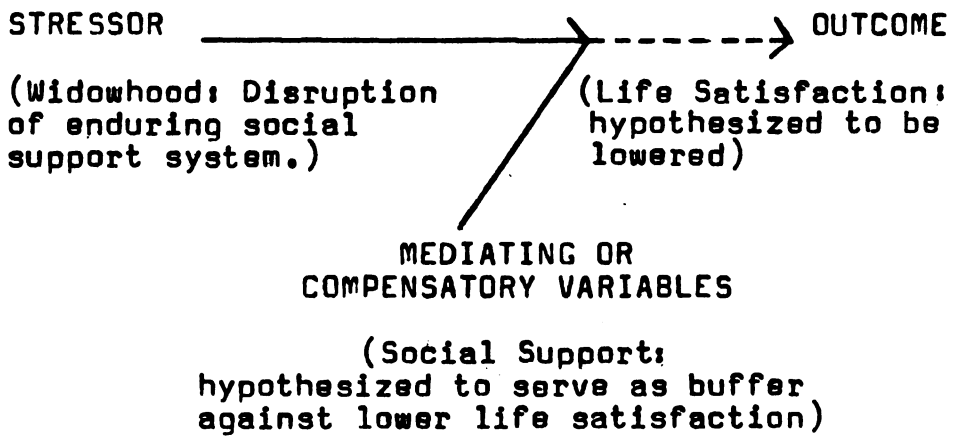
variables, such as the amount of contact with neighbors or friends, reflect to a greater extent the initiative of an individual to create that particular situation for himself.

Thus, although it is possible to derive a definition of social support, it is not as easy to predict the effects of these supports, as seen in some of the studies mentioned above.

Widowhood: Theoretical Considerations

The most prevalent of all support systems is the marital and family grouping. Widowhood disrupts this system in a very direct way. Perhaps the presence or absense of support from neighbor, child, friend, other, can serve as a kind of compensatory support to those who are widowed. This hypothesis and an approach to it can be illustrated in the following way:

Figure 3: Social Causation Model with Widowhood as Stressor, Life Satisfaction as Outcome, Social Support as Mediator.



From this summary model, and from the foregoing discussion, the following hypotheses can be generated:

HYPOTHESIS 1: WIDOWHOOD IS A LOSS THAT WILL DIFFERENTIATE THE WIDOWED FROM THE NONWIDOWED ON MEASURES OF LIFE SATISFACTION. THE WIDOWED SHOULD EXHIBIT LOWER LEVELS OF LIFE SATISFACTION THAN THE NONWIDOWED.

The above hypothesis is a test of the notion of widowhood as a stressor, this stress reflected in lower levels of life satisfaction. It is also possible that the effects of this stress are diminished over time. One can then compare those who have been recently widowed to those who have been widowed over longer periods of time.

HYPOTHESIS 2: THOSE WHO HAVE BEEN WIDOWED OVER LONGER PERIODS OF TIME SHOULD SHOW HIGHER LEVELS OF LIFE SATISFACTION THAN THE MORE RECENTLY WIDOWED. (AS THE DISTANCE FROM THE INITIAL TIME OF WIDOWHOOD INCREASES, THE RELATIONSHIP BETWEEN THIS LOSS AND LIFE SATISFACTION WEAKENS).

As mentioned earlier, Neugarten hypothesizes that a developmental event, whether it involves a loss, or a change, becomes significant when it is somehow off-schedule. Thus:

HYPOTHESIS 3: WIDOWHOOD BECOMES MORE 'STRESSFUL' WHEN IT IS DEVELOPMENTALLY OFF-SCHEDULE. THUS, THOSE WHO ARE

WIDOWED AT AN EARLIER AGE WILL EXHIBIT A GREATER IMPACT OF THIS LOSS AS MEASURED BY LOWER LEVELS OF LIFE SATISFACTION.

And to directly test the notion of social support as a mediating factor between widowhood and life satisfaction:

HYPOTHESIS 4: SOCIAL SUPPORT SERVES AS A BUFFER TO LOSS, IN PARTICULAR, WIDOWHOOD. THOSE WITH HIGHER LEVELS OF SUPPORT SHOULD SHOW HIGHER LEVELS OF LIFE SATISFACTION, OR, CONVERSELY, THE GREATER THE ISOLATION, THE LOWER THE FEELINGS OF LIFE SATISFACTION.

Is this relationship specific to those who have experienced a loss, or a disruption in some enduring relationship? Given the nature of the stressor, widowhood, or loss of a significant person, contacts with others may act directly as substitutions. That is, social support may more effectively act as an ameliorator or substitutive factor within the widowed group since it more closely duplicates that which has been lost. Therefore:

HYPOTHESIS 5: SOCIAL SUPPORT WILL BE A MORE EFFECTIVE MEDIATOR OF LIFE SATISFACTION FOR THE WIDOWED THAN THE NONWIDOWED.

Summarily, these hypotheses test, first, whether

widowhood is a stressful event (Hypothesis 1) and whether this stress is reduced over time (Hypothesis 2), or increased when age-inappropriate (Hypothesis 3).

Hypothesis 4 tests whether alternate forms of social support serve in a mediating fashion. Hypothesis 5 examines, in a more general way, whether social support or isolation is more significant for those who have suffered some identifiable disruption in established relationships.

CHAPTER II

METHODS

ORIGINAL STUDY[1]

Sampling

The original study was conducted by Market Opinion Research, Detroit, for the Office of Services to the Aging, State of Michigan. The survey, comprised of in-depth personal interviews conducted between April 10 and May 17, 1974, resulted in two separate samples. One consists of a 2500 person representative sample of the population of Michigan, age 60 and over. The second is an oversample of representative black persons, though this sample was not used in the present analysis.

The sample compared closely with census data on race, sex, age and geographic distributions, and is thus considered to approximate actual population proportions.

Questionnaire Development

Dr. Amanda Beck of the Office of Services to the Aging, State of Michigan, Dr. Barbara E. Bryand, Susan Evans and Andrew Morrison of Market Opinion Research, after reviewing the results of other surveys on aging, and

questionnaires utilized by ADA, developed the questionnaire that was the basis for this study. In order to refine questions on test length, three initial pretests were run. This questionnaire appears in Appendix A.

Respondent Selection

Respondents were sampled from residential settings. This encompassed senior citizens housing projects which were not also medical facilities, residential hotels, as well as houses, apartments, mobile homes, etc. Selection specifically excluded nursing homes, hospitals, or those facilities which serve as institutions. Sampling methods are summarized in Appendix B.

Interviews

Each interview, lasting approximately one hour, was conducted in the household of the respondents by a professional interviewer, age 30 or over. Interviewers attended a training and briefing session on the questionnaire. Within sampling points, intervewers were race matched to the majority race so that in most instances, blacks were interviewed by blacks and whites by whites.

[1] This preceding portion of the Methods Section was closely adapted from a Market Opinion Research project description with the permission of Dr. Amanda Beck.

Sampling Distributions

Sampling distributions of important demographics are displayed in Appendix C. These tables were taken directly from Michigan Aging Citizens (1975), analyzed and compiled by Dr. Amanda Beck for the Office of Services to the Aging.

PRESENT STUDY

Sample for Present Study

As mentioned earlier, only the original 2500 individuals, which excludes the over-sample of blacks, will be used for this analysis. Since this sample closely approximates census data, the results should be widely generalizable to the population.

Items for Analysis

Items from the original study were either used directly, or recoded into new indices. A list of both the original items and recoded indices can be found in Appendices A, D and E.

Data Analysis

A variety of statistical procedures will be used to test the hypotheses. These procedures include one-way to multi-factor analysis of variance and covariance, chi-square, factor analysis and regression analysis.

Instruments

LIFE SATISFACTION

Neugarten, Tobin and Havighurst (1961) developed an index of life satisfaction (LSI) comprised of five component subscales, each subscale based on five aspects of a subjective definition of life satisfaction: 1) zest vs. apathy 2) resolution and fortitude 3) goodness of fit between desired and achieved goals 4) positive self-concept and 5) mood tone. The scale was validated with interviews conducted over a three year period and covering a broad sample. Although the five components were intercorrelated, original investigators felt that correlations were low enough to suggest that there was more than one dimension being measured.

A sthorter twenty item derivation, the Life Satisfaction Index A (LSIA), validated against the Life Satisfaction Index (LSI), had a correlation coefficient of .58 with the original index.

The scale used in the present study contains nine of the twenty items on the LSIA. Because there are so few items, not all of the original five subscales were equally represented. For this reason, these nine items represent a unique scale and further analyses on these items were conducted.

Using the standard item alpha, the reliability of the

nine item scale was .54. The average inter-item correlation was fairly low (.114), although given the assumption by previous researchers that more than one concept was being measured, this was not unexpected. Since alpha is affected by both scale length and the magnitude of inter-item correlations, reliability could have been increased with an increase in the number of items in the scale.

It seemed possible that because the average inter-item correlations were low while some correlations between items relatively high, and because the original scale (LSI) was composed of component subscales, that more than one simple dimension was being measured. Thus, a factor analysis was undertaken on these nine items.

An orthogonal analysis with iterations resulted in three factors. Item 7 and Item 9 (Appendix D, Table 14) loaded most highly on Factor 1 (.55 and .60 respectively); Item 2 and Item 6 loaded highest on Factor 2 (.41 and .31); only one item, Item 3, loaded on Factor 3.

In examining the context of these factors, they appeared to conceptually cluster into factors relating to a time dimension. That is, Factor 1 corresponded to a satisfaction with past life, or Retrospective Satisfaction. Factor 2 seemed concerned with present satisfaction, or Present Mood, while Factor 3 examined a view towards the future, or Anticipatory Satisfaction. Thus, these factors

broke down along a time continuum of past, present and future.

The other four items did not clearly load on any of the three proposed factors. Thus, these items were included only in analyses where the Total Life Satisfaction scale was used.

On subsequent analyses, then, four measures of life satisfaction were used: the total Life Satisfaction scale consisting of all nine items (Total Life Satisfaction), Factor 1 (Retrospective Satisfaction), Factor 2 (Present Mood) and Factor 3 (Anticipatory Satisfaction). See Appendix D.

Table 14 (Appendix D) contains the factor loadings and communalities for the nine items as derived through factor analysis.

ISOLATION-SUPPORT INDEX

Those items which, based on previous research concerning isolation and support, and on preliminary analyses, seemed salient to the areas of aging and life satisfaction, were chosen for this index.

The isolation-support index is composed of nine items (Appendix E). These nine items fall into four separate content areas:

1) Confidant and Helper

2) Neighborhood Contacts

3) Living Arrangements

4) Contacts with Children

Items are scored either 0 or 1, one point scored for each item where no contact is reported and all other items scored 0. After adding up points on all the nine items, a total sum score is derived, with a possible range of from 0 to 9. The higher the score, the greater the degree of reported isolation.

Consequently, this is an additive index which measures the amount of contact, or the absence of contact, across various content areas.

CHAPTER III

RESULTS

Hypothesis 1

WIDOWHOOD IS A LOSS THAT WILL DIFFERENTIATE THE WIDOWED FROM THE NONWIDOWED ON MEASURES OF LIFE SATISFACTION. THE WIDOWED SHOULD EXHIBIT LOWER LEVELS OF LIFE SATISFACTION THAN THE NONWIDOWED.

In a covariate analysis controlled for age, scores showed a significant difference between the widowed and nonwidowed on Total Life Satisfaction in the predicted direction ($F=9.36$, $sig=.003$).

As hypothesized, the widowed also scored significantly lower on factors of Anticipatory Satisfaction ($F=7.15$, $sig=.009$) and Present Mood ($F=24.50$, $sig=.001$). However, there were no differences between groups on Retrospective Satisfaction ($F=.092$, $sig=.99$).

One can then conclude that although there is no difference in how the widowed and nonwidowed view their past, they do differ on how they view their present circumstances, and how they anticipate their future to be.

The widowed constitute 37% ($N=932$) of the original sample, which illustrates the ubiquitous nature of this event for the aged population. Demographically, however,

the widowed constitute a unique group.

Insert Tables 1a to 1d here

On the whole, the widowed are less educated (X=32.85, sig=.001) and have less income (X=400.05,sig=.001) than the entire sample (N=2485). This can be explained in part by the fact that the widowed subsample is typically female and typically older than the sample as a whole.

Being a woman and being older are both associated with having less income (r=-.19 and r=-.21 respectively), and being older is associated with lower levels of educational attainment (r=-.15).

In general, then, if one is older, one is more likely to be widowed (r=-.32), to have less income (r=-.24) and have less education (r=.15) and, if widowed, most likely to be a woman (r=.37).

Differential mortality rates among men and women account for the predominance of women in the widowed subsample, and the incidence of widowhood obviously increases with age, thus a relatively older widowed subsample. (There is no difference in racial composition between the widowed and nonwidowed (X=.83,sig=.36).

Thus, it could be alternately argued that most of the differences observed between widowed and nonwidowed on measures of life satisfaction could be attributed to some

Table 1. Differences in Demographic Composition Between Widowed and Nonwidowed Samples.

Table 1a: Income

Count
Row Percent

	None	0-$999	$1-1999	$2-2999	$3-3999	$4-5999	$6-9999	$10-14999	$15000+	
Nonwidowed	31	29	77	148	186	293	279	130	99	1272
	2.4	2.3	6.1	11.6	14.6	23.0	21.9	10.2	7.8	63.6
Widowed	18	25	165	228	144	82	51	7	10	730
	2.5	3.4	12.6	11.6	19.7	11.2	7.0	1.0	1.4	36.5

X=400.08, sig < .001

Table 1b: Age

	60 to 64	65 to 69	70 to 74	75 to 79	80 to 84	85+	
Nonwidowed	482	462	305	190	99	24	1562
	30.9	29.6	19.5	12.2	6.3	1.5	62.8
Widowed	115	177	204	201	154	75	962
	12.4	19.1	22.0	21.7	16.6	8.1	37.2

X=266.11, sig < .001

Table 1. Continued.

Table 1c: Education

	Count Column Percent Nonwidowed	Widowed
No Schooling	20 1.3	24 2.6
Some Elementary	311 20.1	235 25.8
Completed 8 Grades	337 21.7	228 25.0
Some H.S.	347 22.4	170 18.6
Completed H.S.	302 19.5	150 16.4
Some College	108 7.0	57 6.3
College Graduate	86 5.5	35 3.8
Advanced Degree	35 2.3	9 1.0
Other	5 .3	4 .4
	1551 63.0	912 37.0

$X=32.89, sig < .001$

Table 1. Continued.

Table 1d: Sex

Count
Column Percent

	Nonwidowed	Widowed
Male	861 55.0	164 17.6
Female	705 45.9	768 82.4
	1566 62.7	932 37.3

X=335.9, sig< .001

very basic differences in demographic composition. It would seem important, then, to examine some of the relationships between demographics and life satisfaction measures.

Demographics and Life Satisfaction

In examining the associations between demographics and life satisfaction, it was found that, in the population as a whole, income has a clear relationship with Total Life Satisfaction (F=3.047,sig=.003). As shown in other studies, those with lower levels of income also have lower levels of Total Life Satisfaction. High income is also somewhat associated with higher scores on Present Mood (F=1.85,sig=.065) and Anticipatory Satisfaction (F=2.28,sig=.02). And on Retrospective Satisfaction, although statistically non-significant when compared across all groups (F=.730,sig=.99), the lowest income group has the lowest mean score while the upper two income groups have the highest Retrospective Satisfaction scores.

Total Life Satisfaction also has a significant relationship with educational attainment (F=3.18,sig=.002) with the lowest level of education associated with low Total Life Satisfaction scores. The same is true of Present Mood (F=4,98,sig=.001) and Anticipatory Satisfaction (F=3.072,sig=.002). In general, the higher the level of educational attainment, the higher the Life Satisfaction.

In the population as a whole, there is no significant difference between sexes on Total Life Satisfaction (sig=.740), on Retrospective Satisfaction (sig=.790) or on Anticipatory Satisfaction (sig=.92), although women do score significantly lower on Present Mood (sig=.032) which is consistent with much of the literature. This is an interesting finding in light of the fact that among the widowed, there is a significant difference between males and females on Total Life Satisfaction (F=4.57,sig=.031) and Anticipatory Satisfaction (F=4.32,sig=.038) with males scoring lower than females. And the mean of the males on all life satisfaction factors falls consistently below the female means.

There are no significant differences across age for any of the satisfaction measures, either within the total sample (N=2500) or widowed subsample, though within the total sample, means did tend to decrease with age.

Thus, several demographic variables have significant associations with life satisfaction measures and could possibly obscure the original conclusion of a difference between the widowed and nonwidowed on measures of life satisfaction. Therefore, further analyses were done in order to examine the relationship between marital status and life satisfaction measures with various demographic variables partialled out.

Testing an Alternative Hypothesis

A series of partial correlations between marital status and life satisfaction were obtained in order to examine this relationship with the effects of background characteristics removed.

Insert Table 2 here

First, in examining the zero-order correlation between marital status and Total Life Satisfaction, the zero-order correlation is very low (r=.07), as is Anticipatory Satisfaction (r=.08). There is no association between Retrospective Satisfaction and marital status. Present Mood is most strongly associated with marital status out of all the life satisfaction variables (r=.12), with the widowed exhibiting lower scores.

In general, when partially out the demographic variables separately, one finds a small reduction from the zero-order correlations (see Table 2), with income and education producing the largest decrements in correlations. Partially out age, however, very slightly increases the correlations across all factors.

In partially age, sex, income and education concurrently, one again finds decrements from the original zero-order correlations.

The alternative hypothesis asked whether it was not

Table 2. Partial Correlations Between Widowed/Nonwidowed on Life Satisfaction.

	Life Satisfaction	Retrospective	Present Mood	Anticipatory
Nonwidowed Widowed	r= -.0647 sig=.001	.0028 sig=.445	-.1217 sig=.001	-.0843 sig=.001
CONTROLLED FOR				
Age:	-0569 sig=.002	-.0058 sig=.387	-.1008 sig=.001	-.0427 sig=.009
Sex:	-.0732 sig=.001	.0049 sig=.404	-.1148 sig=.001	-.0926 sig=.001
Age and Sex:	-.0656 sig=.001	-.0041 sig=.419	-.0927 sig=.001	-.0543 sig=.003
Income:	-.0320 sig=.056	.0217 sig=.141	-.0921 sig=.001	-.0622 sig=.001
Education:	.0499 sig=.007	.0034 sig=.433	-.1066 sig=.001	-.0722 sig=.001
Age, Sex, Income and Education:	-.040 sig=.022	.0062 sig=.380	-.0700 sig=.001	-.0383 sig=.029

the attributes that generally accompany the widowed in the present cohort group that accounts for the original observed difference between widowed and nonwidowed on measures of satisfaction. However, the initial zero-order correlations are so low that this question cannot be meaningfully answered with this data. That there were small decreases in correlations across all factors when demographic characteristics were partialled out might suggest this is a question worthy of pursuing further.

Indeed, in performing a covariate analysis controlling for sex, age, income and education, any differences between widowed and nonwidowed on Total Life Satisfaction are eliminated when these demographic characteristics are controlled (F=.755,sig=.999).

Interestingly, on Retrospective Satisfaction, where there were no differences between widowed and nonwidowed on the previous analysis with age controlled (F=.092,sig=.999), there are now significant differences between widowed and nonwidowed (F=4.879,sig=.027) when controlling for age, sex, income and education suggesting that these factors mask the relationship between widowed and nonwidowed on Retrospective Satisfaction.

But while there were significant differences between widowed and nonwidowed on Present Mood before demographics were covaried (F=24.50,sig=.001), there were no

significant differences after demographic variables were controlled (F=.516,sig=.999); and while there were significant differences before demographics were covaried on the measure of Anticipatory Satisfaction (F=7.147,sig=.009), there were no significant differences after these variables were covaried (F=.108,sig=.999).

Hypothesis 2

THOSE WHO HAVE BEEN WIDOWED OVER LONGER PERIODS OF TIME SHOULD SHOW HIGHER LEVELS OF LIFE SATISFACTION THAN THE MORE RECENTLY WIDOWED. (AS THE DISTANCE FROM THE INITIAL TIME OF WIDOWHOOD INCREASES, THE RELATIONSHIP BETWEEN THIS LOSS AND LIFE SATISFACTION WEAKENS).

On a covariate analysis controlled for age, those widowed within the past two years (N=95) were compared with the remainder of the widowed sample (N=822), those widowed two years or more.

On Total Life Satisfaction, there were no significant differences between new and old widowed (F=.012,sig=.999).

However, there were significant differences between the two groups on both Retrospective Satisfaction (F=4.811,sig=.027), with new widowed scoring higher than old widowed, and on Present Mood (F=4.127,sig=.040), with new widowed scoring significantly below old widowed.

There were no differences between old and new widowed

on Anticipatory Satisfaction (F=1.326,sig=.248), although new widowed exhibited higher mean scores on Anticipatory Satisfaction.

Summarily, it does seem as if the behavior of the most recently widowed is unique to that of the rest of the widowed sample. One wonders whether times other than the past seem happier to the recently widowed, a romanticization of the past in contrast to the realities of the present.

In order to see whether the results were the same for men and women, a two-factor analysis of variance was undertaken comparing the time of widowhood and sex on measures of life satisfaction.

Again, there were no significant differences between old and new widowed on Total Life Satisfaction (F=.187, sig=.999), though men did score lower than women (F=4.56, sig=.031). There was, however, no significant interaction between sex and time of widowhood (F=.100,sig=.999), suggesting that the relationships between the time of this event and satisfaction is the same for both men and women.

On Retrospective Satisfaction and on Present Mood, there was a significant main effect of time of widowhood (F=4.693,sig=.029, and F=3.869,sig=.047, respectively), although neither the other main effect (sex), nor the interaction was significant.

On Anticipatory Satisfaction, men scored lower than women (F=5.388,sig=.019) and there was a trend for younger widowed to score higher than older widowed (F=2.806, sig=.090), but again, the interaction effect was not significant (F=.638,sig=.999).

Thus, it seems that the results are the same, whether one is examining a sample of men or women.

Hypothesis 3

WIDOWHOOD BECOMES MORE 'STRESSFUL' WHEN IT IS DEVELOPMENTALLY OFF-SCHEDULE. THUS, THOSE WHO ARE WIDOWED AT AN EARLIER AGE WILL EXHIBIT A GREATER IMPACT OF THIS LOSS AS MEASURED BY LOWER LEVELS OF LIFE SATISFACTION.

In a simple two-way ANOVA between length of widowhood, age and the dependent variables of life satisfaction, there were no interactions between length of widowhood, age and life satisfaction on the Total Life Satisfaction scale (F=1.25,sig=.234), on Retrospective Satisfaction (F=.749,sig=.999), and on Anticipatory Satisfaction (F=1.244,sig=.232).

There was a significant interaction between length of widowhood and age (F=1.839,sig=.026) on Present Mood which would suggest that this notion of age-appropriateness be explored further.

In general, life satisfaction tends to decrease with

age (Riley and Foner, 1968). It is interesting to note that within the general population (N=2500), although the differences are slight, the trend is for Total Life Satisfaction scores to decrease slightly with age, while within the widowed group (N=930), there is a general trend towards an increase in Total Life Satisfaction with age.

Table 3. Differences Between Widowed and Nonwidowed on Total Life Satisfaction Scores Across Age Categories

Age	Total Life Satisfaction	
	Widowed	Nonwidowed
60 to 64	22.29	22.98
65 to 69	22.57	22.92
70 to 74	22.78	22.96
75 to 79	22.78	22.78
80 to 84	22.94	22.77
85 and over	22.57	22.42
	$\bar{X}$=22.39	$\bar{X}$=22.81

Because of the relatively small magnitude of differences between age groups, this can only be a suggestive finding for further research, but what it does suggest is that the event of widowhood may alter the course of life satisfaction in the aged.

In an attempt to investigate this hypothesis more closely, those who were widowed within the past two years (N=95) were isolated and examined further. They were broken down into three age groups (age 60 to 64, age 65 to 74, and age 75 and over). Age groups were collapsed in order to increase the number of individuals per group.

An analysis of variance comparing these groups on measures of life satisfaction was undertaken in order to see whether age, or the 'developmental schedule,' was a significant factor in contributing to the life satisfaction of those recently widowed.

Indeed, it was found that on Total Life Satisfaction, there was a trend towards significance in the predicted direction (F=2.929,sig=.069). That is, the younger the group, the lower the Total Life Satisfaction and thus, the greater the felt impact of this loss.

Table 4. Analysis of Variance Between Age Groups on Total Life Satisfaction for Those Widowed Within Past Two Years (N=95); Mean Scores on Total L.S.

SOURCE OF VARIATION	SUM OF SQUARES	DF	MEAN SQUARE	F	SIGNIFICAN OF F
Main Effects	47.354	2	23.677	2.729	.069
Age	47.354	2	23.677	2.729	.069
Residual	763.635	88	8.678		
Total	810.989	90	9.011		

Age	Scores on Total Life Satisfaction
60 to 64	21.89
65 to 74	22.29
75 and over	23.61
	$\bar{X}$=22.70

On Retrospective Satisfaction and on Anticipatory Satisfaction, there were no measurable differences across age groups. On Present Mood, there were significant differences (F=4.20,sig=.018) with younger widowed scoring

significantly lower than older age groups, and satisfaction increasing with age.

In order to determine whether these effects were different for men and women, a two-way ANOVA with main factors of age and sex was conducted. In general, there was a change in score when each factor was adjusted for the other, which would be expected as the factors are not orthogonal. This would suggest that widowed men tend to be younger while widowed females tend to be older.

Insert Tables 5a and 5b here

On Total Life Satisfaction, the main factors were both significant with men scoring lower than women (F=4.896,sig=.027) and the younger groups scoring lower than the older groups (F=4.287,sig=.017). Most importantly, there was no interaction between sex and age (F=.455,sig=.999), which would suggest that the notion of age-appropriateness operates in much the same way for men and for women. Thus, for both men and women, the younger the individual, the greater the impact of widowhood on Total Life Satisfaction.

On Retrospective Satisfaction, neither the main effects nor the interaction between age and sex was significant. On Present Mood, there was a significant difference between age groups (F=4.124,sig=.019); the younger

Table 5a. Differences Between Age Groups and Men and Women on Total Life Satisfaction for Those Widowed Within the Past Two Years (N=95)

SOURCE OF VARIATION	SUM OF SQUARES	DF	MEAN SQUARE	F	SIGNIF OF F
Main Effects	89.096	3	29.699	3.534	.018
Age	72.054	2	36.027	4.287	.017
Sex	41.742	1	41.742	4.968	.027
2-Way Interactions	7.644	2	3.822	.455	.999
Age X Sex	7.644	2	3.822	.455	.999
Residual	714.249	85	8.403		
Total	810.989	90	9.011		

Table 5b. Deviations of Category Means from Grand Mean for Factors of Age and Sex

Age	Unadjusted Deviations From Grand Mean	Adjusted Deviations From Grand Mean
60 to 64	-.81	-1.02
65 to 74	-.41	-.55
75 and over	.91	1.18
Sex		
Men	-.67	-1.09
Women	.28	.46
$\bar{X}$=22.70		R=.110
		R^2=.331

the group, the lower the satisfaction scores. And on Anticipatory Satisfaction, there was a trend (F=3.40, sig=.067) for men to score lower than women, though there were no other significant main or interaction effects.

Summarily, it does seem that the age at which widowhood occurs accounts in part for the subsequent experiencing of this event. However, the age range in this sample is rather restricted (60 and over) and it would be interesting to test the original hypothesis in a sample with a greater diversity of ages.

Hypothesis 4

SOCIAL SUPPORT SERVES AS A BUFFER TO LOSS, IN PARTICULAR, WIDOWHOOD. THOSE WITH HIGHER LEVELS OF SUPPORT SHOULD SHOW HIGHER LEVELS OF LIFE SATISFACTION, OR, CONVERSELY, THE GREATER THE ISOLATION, THE LOWER THE FEELINGS OF LIFE SATISFACTION.

Each individual variable in the support index was examined separately for its relationship with the various measures of life satisfaction.

Confidant

Those who report they have no one to turn to when they have a problem exhibit lower scores on Total Life Satisfaction than those who report having a confidant

(F=12.074,sig=.001).

Those who report having no confidant also report lower levels of Retrospective Satisfaction (F=7.644, sig=.006). There is a trend towards significance on Present Mood with the no confidant group scoring lower (F=2.97,sig=.081). There is no significant difference between groups on Anticipatory Satisfaction (F=.260, sig=.99).

Household Help

Having someone to help around the house made no significant difference on scores of Total Life Satisfaction (F=2.162,sig=.14), though mean differences were in the predicted direction. There were also no differences on Retrospective Satisfaction (F=.485,sig=.99) or on Anticipatory Satisfaction (F=.299,sig=.99). However, those without household help did have significantly lower scores on Present Mood (F=24.321,sig=.036).

Relatives Living in Neighborhood

Having one or more relatives in the neighborhood resulted in higher Total Life Satisfaction scores (F=4.114, sig=.040) and higher present Mood scores (F=4.52,sig=.031).

There were no significant differences between those who have no relatives in the neighborhood and those who have one or more relatives on Anticipatory Satisfaction (F=.004,sig=.99). However, there was a trend towards

significance on Retrospective Satisfaction in the predicted direction (F=3.29,sig=.061).

Friends Living in Neighborhood

Having friends in the neighborhood did not seem to be as important as having relatives, although there is a trend towards significance on Total Life Satisfaction (F=3.136,sig=.073).

Having friends in the neighborhood shows little association with any of the time factors (Retrospective Satisfaction: F=1.29,sig=.245; Present Mood: F=.075,sig=.99; Anticipatory Satisfaction: F=.721,sig=.99), although all means are in the predicted direction with those without neighborhood friends having lower absolute mean scores.

Visits from Neighbors

Out of the three neighborhood variables, having visits from neighbors is the most strongly associated with measures of life satisfaction. The more visits from neighbors, the higher the level of Total Life Satisfaction (F=7.563,sig=.006), the higher the level of Retrospective Satisfaction (F=3.635,sig=.054) and the higher the Anticipatory Satisfaction (F=10.98,sig=.001).

Interestingly, there were no differences on Present Mood (F=.721,sig=.99).

Children

Contrary to what one would intuitively expect, though in accordance with much of the literature, it was found that relationships with children were not as important as the neighborhood variables already explored above.

Having no children had no direct relationship with Total Life Satisfaction (F=.883,sig=.99). However, from the data, it is not possible to differentiate those who never had children and those who lost children through death.

There were no differences on Retrospective Satisfaction (F=.004,sig=.99), Present Mood (F=.182,sig=.99) or Anticipatory Satisfaction (F=.838,sig=.99).

Communication with Children

For those who have children, having no communication with them somewhat depresses Life Satisfaction scores although not significantly so (F=1.778,sig=.179).

There is no relationship between lack of communication and Retrospective Satisfaction (F=.132,sig=.99) and Present Mood (F=.108,sig=.99). Neither is there any significance between lack of communication and Anticipatory Satisfaction (F=1.762,sig=.181), though the mean differences suggest that those who report no communication with their children anticipate less future satisfaction than those with some levels of communication.

Visits with Children

There were no differences between those who had visits from their children and those who did not on Total Life Satisfaction (F=.585,sig=.99), or on any of the other time factors (sig=.99). On all these measures, however, those with no visits from their children had lower mean scores.

Living Arrangement

Contrary to what was hypothesized, there was a trend towards those living alone showing slightly higher levels of Total Life Satisfaction (F=2.539,sig=.107). And although there were no significant differences on any of the time factors, those who lived alone showed higher mean scores on all these measures.

Summary of Individual Variables

The foregoing results are summarized in Table 6.

Insert Table 6 here

As hypothesized, particular contacts with others do contribute to the levels of life satisfaction, though there are some variables which appear to have little association with measured satisfaction. As described above, the greater differences were between those who had confidants and those who did not. It might be interesting, then, to

	Significance F-Scores (*Statistically Significant)								
	Confidant	Household	Relatives in Neighborhood	Friends in Neighborhood	Visits from Neighbors	Children	Communication with Children	Visits with Children	Living Arrangements
TOTAL	*.001 12.674	.140 2.162	*.040 4.114	.073 3.136	*.006 7.563	.999 .883	.179 1.778	.999 .585	.107 2.539
RETROSPECTIVE	*.006 7.644	.999 .485	.061 3.290	.249 1.290	*.054 3.654	.999 .004	.999 .132	.999 .043	.134 2.205
PRESENT MOOD	.081 2.976	*.036 24.371	*.031 4.520	.999 .075	.999 .721	.999 .182	.999 .108	.999 .721	.999 .582
ANTICIPATORY	.999 .274	.999 .299	.999 .004	.999 .721	*.001 10.980	.999 .938	.181 1.762	.999 .101	.999 .664

Table 6. Significance Levels for Individual Isolation-Support Variables and Life Satisfaction.

find out who one does turn to if one does have a confidant.

Insert Table 7 here

Ten percent of those responding say they have nobody to turn to. Forty-six percent, almost half, rely on a relative (son, daughter, or other relative), while fifteen percent rely on some kind of religious support, informal or formal. There was another 6.3 percent which was unaccounted for, those who responded 'don't know'. It would be interesting to examine further those who could not answer this question.

Neighborhood and Helper

After examining the behavior of each variable individually, neighborhood variables - relatives living in the neighborhood, friends living in the neighborhood, visits from neighbors - were summed to form one overall neighborhood variable, and confidant and household helper were summed to create a variable to be called helper.

As there were no significant relationships between children variables and measures of life satisfaction, these variables were not examined further. And, as there was only one variable pertaining to living arrangement, no composite variable could be formed.

Table 7. If One Does Have a Confidant, To Whom Does One Likely Turn?

	Absolute Frequency	Relative Frequency%
Son/Daughter	433	49.6
Other relative	91	9.8
Neighbor	46	4.9
Friend who is not neighbor	58	6.2
Profession	13	1.4
Minister/Priest/prayer..	137	14.7
Police/Fire	0	0
Have no one	91	9.8
Don't know	59	6.3
		100.0%

Therefore, two variables, neighborhood and helper, were created and examined further.

Summarily, those who have others to turn to, whether as a confidant, or for everyday help around the house, reported higher levels of Total Life Satisfaction (F=7.30, sig=.001), higher Present Mood scores (F=4.445,sig=.012), higher scores on Retrospective Satisfaction (F=4.401,sig=.012), while no difference on Anticipatory Satisfaction (F=.422,sig=.999). This variable, then, has a strong and positive association with measures of life satisfaction.

In summing the neighborhood variables, those with less contacts in their neighborhood - friends, relatives, visits with neighbors - reported significantly lower levels of Total Life Satisfaction (F=4.505,sig=.004), lower levels of Retrospective Satisfaction (F=3.327,sig=.019), lower Present Mood scores (F=3.33,sig=.025), though once again, little difference on Anticipatory Satisfaction.

Summary on Composite Variables

Thus, both helper and neighborhood variables appear to be strong constructs, contributing significantly to the life satisfaction of the respondents when present, and depressing life satisfaction scores when absent.

ISOLATION-SUPPORT INDEX

As explained earlier in the Methods section, these nine items - confidant, household help, relatives living

in the neighborhood, friends living in the neighborhood, visits from neighbors, children, communication with children, visits with children, living arrangement - were summed to form an additive index, and the following analyses were performed using this index. The question then becomes whether the number of contacts, or the degree of isolation, significantly alters life satisfaction.

A simple one-way ANOVA was used to compare life satisfaction across varying levels of isolation. There was a significant decrease in Total Life Satisfaction with an increase in the level of isolation ($F=2.65$, $sig=.015$). That is, those who reported higher levels of isolation also reported lower levels of Total Life Satisfaction.

There was a trend towards significance in the same direction on Retrospective Satisfaction ($F=1.826$, $sig=.09$). But there were no significant differences on Present Mood ($F=1.43$, $sig=.196$) or on Anticipatory Satisfaction ($F=.918$, $sig=.99$). This last finding obviously does not support the original hypothesis, where one would expect a present measure of satisfaction to reflect levels of isolation.

Summarily, on Total Life Satisfaction, there does seem to be a significant, inverse relationship between satisfaction and isolation. Those with more support report higher levels of Total Life Satisfaction, while those with less support, and hence greater isolation, report lower levels of satisfaction (although it cannot fairly be

called dissatisfaction).

On all satisfaction variables, means tend to decrease with an increase in isolation, though this decrease is not always statistically significant.

These differences are displayed in Table 8,

Insert Table 8 here

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which gives summaries of deviations from the grand mean across all satisfaction variables. (The higher the score on the Isolation-Support Index, the greater the degree of isolation).

In examining whether support-isolation behaves differently within varying demographic groups, this index was compared across selected demographic variables.

There was a significant relationship between income and support-isolation (F=1.918,sig=.05) with those at the very low levels of income and those at the very high levels showing lower levels of support. There were no significant differences between sexes (F=.767,sig=.999) or between racial groups (F=.133,sig=.999).

There is an overall significant difference between educational levels (F=2.065,sig=.036), although mean differences show no clear relationship along the continuum of educational attainment. Thus, this result is not readily interpretable.

Table 8. Breakdown of Mean Differences of Isolation-Support Index on Life Satisfaction Measures

Isolation-Support Score	TOTAL LIFE SATISFACTION Deviations from Grand Mean
0	.18
1	.50
2	-.19
3	-.27
4	-.49
5	-2.15
6	-1.37
	$\bar{X}$=22.70

Isolation-Support Score	RETROSPECTIVE SATISFACTION Deviations from Grand Mean
0	.04
1	.11
2	-.07
3	-.07
4	-.01
5	.26
6	-.97
	$\bar{X}$=5.63

Isolation-Support Score	PRESENT MOOD Deviations from Grand Mean
0	.09
1	.11
2	-.08
3	-.00
4	-.06
5	-1.06
6	-.17
	$\bar{X}$=2.31

Table 8. Continued.

Isolation-Support Score	ANTICIPATORY SATISFACTION Deviations from Grand Mean
0	.05
1	.04
2	-.04
3	-.00
4	-.05
5	-.31
6	.69
	$\bar{X}$=2.31

Controlling for those demographic characteristics through a covariate analysis did not markedly reduce the significant relationship between Total Life Satisfaction and the support-isolation index (F=2.11,sig=.049 as compared to F=2.265,sig=.015 from the previous analysis of variance).

Thus, the results obtained in the earlier analysis seem generalizable to a broad cross-section of individuals.

Predicting Life Satisfaction

The analyses used to test Hypothesis 4 show that life satisfaction measures do seem to decrease with a decrease in social support. But just how much of life satisfaction does social support explain?

Bivariate regressions were performed on all four measures of satisfaction with the support-isolation index as a predictor using the total sample (N=2500) and the widowed subsample (N=930).

On Total Life Satisfaction, though there are significant differences between levels of isolation-support on Total Life Satisfaction, this variable accounts for only 1% of the variance within Total Life Satisfaction (R=.10, R^2=.01).

Insert Table 9 here

TOTAL LIFE SATISFACTION

R_2	.107	Anova	DF	Sum of Squares	Mean Square	F	Signif.
R^2	.012	Regression	1	103.708	103.708	10.59	.001
Dev.	3.130	Residual	908	8898.990	9.800		

RESTROSPECTIVE SATISFACTION

R_2	.108	Anova	DF	Sum of Squares	Mean Square	F	Signif.
R^2	.012	Regression	1	23.191	23.191	29.29	.001
Dev.	.907	Residual	2478	1042.340	.18		

PRESENT MOOD

R_2	.086	Anova	DF	Sum of Squares	Mean Square	F	Signif.
R^2	.007	Regression	1	32.13	32.13	18.39	.001
Dev.	1.322	Residual	2473	4320.87	1.74		

ANTICIPATORY SATISFACTION

R_2	.070	Anova	DF	Sum of Squares	Mean Square	F	Signif.
R^2	.005	Regression	1	8.277	8.277	12.42	.001
Dev.	.816	Residual	2473	1646.820	.12		

Table 9. Bivariate Regressions of Isolation-Support and Measures of Life Satisfaction.

What does account for life satisfaction in the aged population? A regression analysis with hierarchical inclusion was used to assess the relative importance of a group of variables which, in the past literature, have been considered important to the general assessment of life satisfaction: income, age, self-assessed health, and education. Support-isolation was also introduced into these analyses in order to compare its predictive power. Each variable was introduced first into one of five separate regression equations. All variables are continuous, none correlating higher than .40 with each other.

In examining the measure of Total Life Satisfaction, it was found that income accounted for 3% of the total variance when assessed first (R=.176) and education accounted for 2% of the variance (R=.165). Age accounted for only .03% of the variance (R=.057) while the support index accounted for 1% of the variance (R=.11). Most important in prediction was self-assessed health which accounted for the largest amount of explained variance when assessed first, 16% (R=.415). Together, these five variables can account for only 19% of the total variance in Total Life Satisfaction, with health the major predictor.

Insert Table 10 here

SUMMARY REGRESSION TABLE

Variable	Multiple R	R^2	R^2 Change	SimpleR	F	Signif.
Income	.17631	.03109	.03109	.17631	22.26	.001
Education	.21002	.04411	.01302	.16440	15.99	.001
Health	.42848	.18360	.13949	.40497	51.87	.001
Age	.43107	.18582	.00022	.05650	39.43	.001
I-S Index	.44046	.19401	.00819	.11900	33.22	.001

Table 10. Prediction of Total Life Satisfaction with Variables of Income, Education, Health, Age, Isolation-Support Index.

This is consistent with what was learned from previous studies where only a small proportion of the variance has been explained. The moderate reliability of the Total Life Satisfaction scale used in this study further reduces the amount of variance to be explained. These results suggest, also, that the variable of support-isolation adds little in an overall equation of life satisfaction when compared to other variables such as income and health.

Hypothesis 5

SOCIAL SUPPORT WILL BE A MORE EFFECTIVE MEDIATOR OF LIFE SATISFACTION FOR THE WIDOWED THAN THE NONWIDOWED.

Therefore, one should find different patterns of behavior between the widowed and nonwidowed on measures of life satisfaction across varying levels of isolation-support, with the nonwidowed acting more independently of the influence of this index. This can be illustrated graphically.

Insert Figure 4 here

A regression analysis with dummy variables was used to test this hypothesis. Predictors included marital status (widowed and nonwidowed), support-isolation,

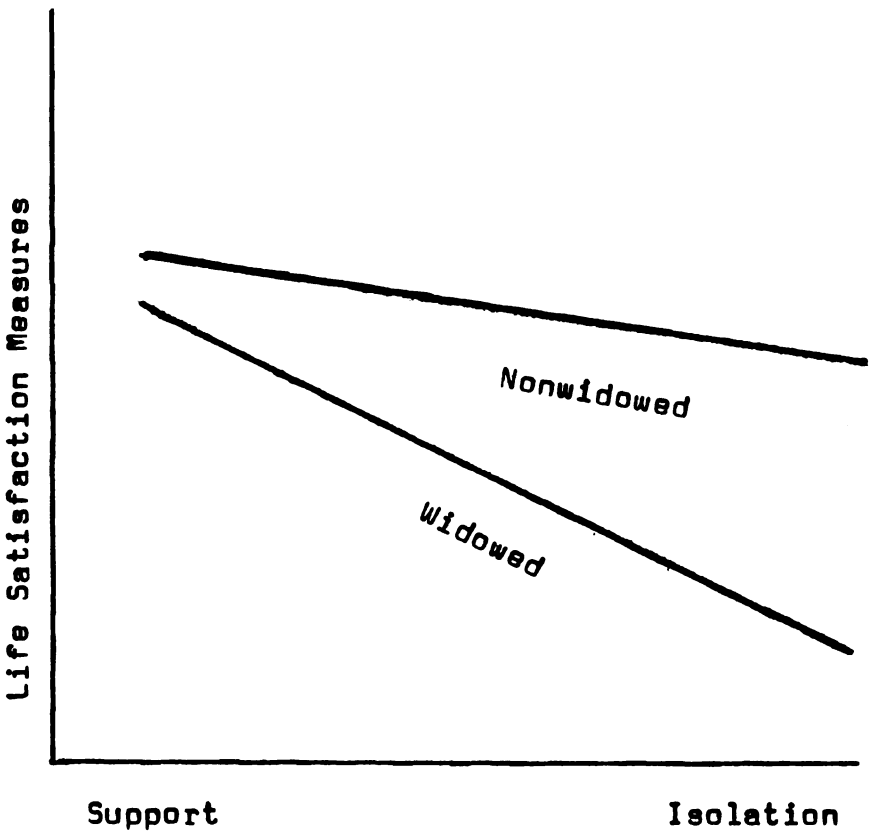


Figure 4. Isolation-Support as Mediator of Life Satisfaction for Widowed and Nonwidowed

this variable included in order to test whether levels of isolation-support function differently for widowed and for nonwidowed. Regression equations were derived for both widowed and nonwidowed on each of the four measures of life satisfaction.

On Total Life Satisfaction, both main effects were significant. That is, the widowed scored lower than the nonwidowed (F=4.73,sig=.028), and the greater the reported isolation, the lower the Total Life Satisfaction (F=12.92, sig=.001).

The hypothesis predicts a significant interaction between the measure of isolation-support and marital status. There was a trend towards a significant interaction effect (F=2.14,sig=.09) though not in the predicted direction.

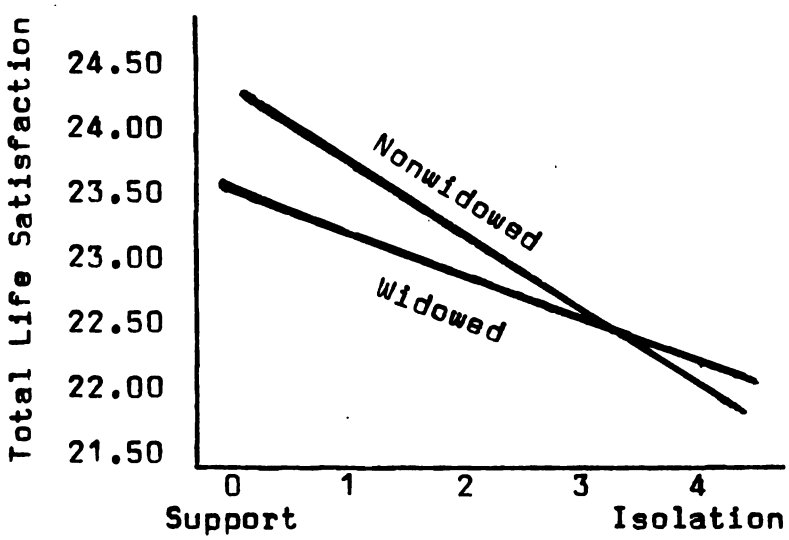


Figure 5. Interaction Effects: Marital Status, Total Life Satisfaction, Isolation-Support

The hypothesis predicts that the nonwidowed will behave more independently of the level of isolation-support. Statistically, one would predict that the slope of the regression line for the nonwidowed would approach zero, while the slope of the widowed regression line would approach one. The results show that, instead, the regression coefficient is smaller for the widowed than the nonwidowed.

Insert Figures 6a, 6b, 6c here

On the measure of Retrospective Satisfaction, there was no significant difference between the widowed and nonwidowed (F=1.268,sig=.225), but again, there were significant differences in levels of isolation-support (F=9.37, sig=.001) with satisfaction inversely related to isolation. (See Figure 6a).

There was, however, a significant interaction effect (F=5.422,sig=.001) but again, the slope of the nonwidowed regression line was steeper than the widowed and in fact, the regression coefficient for the widowed approaches zero.

Widowed scored significantly lower than nonwidowed on Present Mood scores (F=27.80,sig=.001). There were no differences on levels of support-isolation (F=1.992, sig=.112), although mean scores were in the predicted

Figure 6a

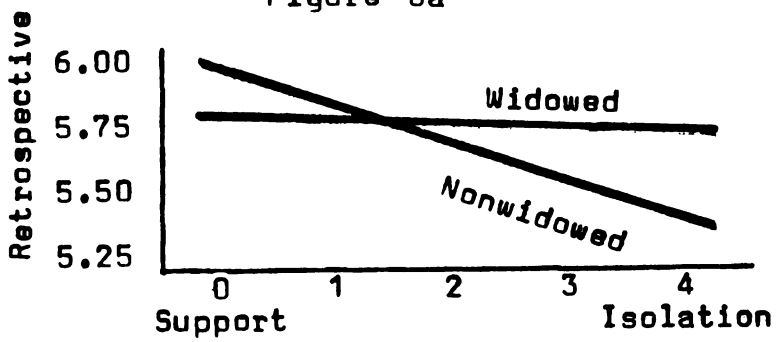


Figure 6b

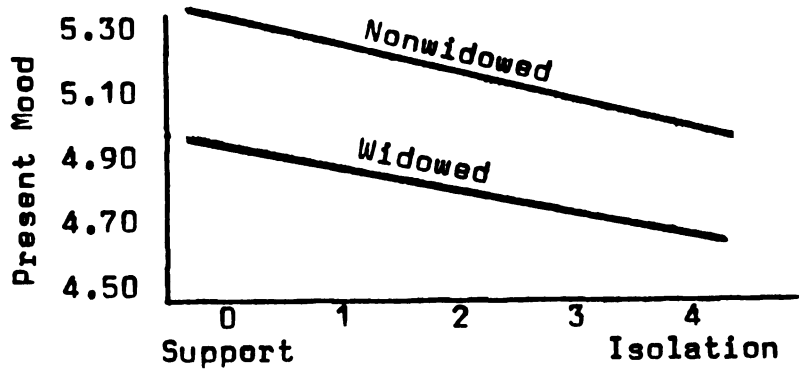
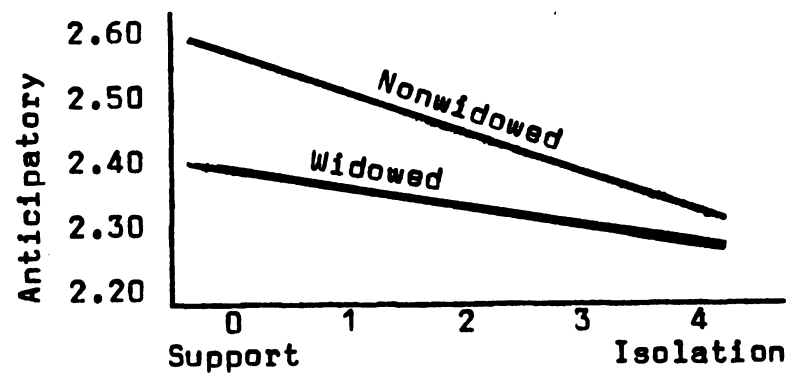


Figure 6c



Figures 6a,6b,6c: Interaction Effects: Marital Status, Life Satisfaction Measures, Isolation-Support

direction. Importantly, there was no significant interaction effect between marital status and support-isolation (F=.499,sig=.999; see Table 6b).

The same results hold true for Anticipatory Satisfaction (Figure 6c). Whereas widowed scored lower (F=16.51,sig=.001), there were non-significant differences on levels of support-isolation (F=1.800,sig=.143), though means were in the expected direction, and no significant interaction effects (F=1.114,sig=.342) arose.

Thus, the results are contrary to what was initially hypothesized. There was a decrease on all measures of life satisfaction with an increase in isolation for both widowed and nonwidowed. And though on Retrospective Satisfaction there was a significant interaction effect, widowed showed themselves to be <u>less</u> responsive to levels of support-isolation than the nonwidowed, contrary to what was initially hypothesized.

CHAPTER IV

DISCUSSION

Hypothesis 1

Results show that although initially, there appeared to be significant differences between widowed and non-widowed on Total Life Satisfaction, Present and Anticipatory Satisfaction, a large proportion of this difference can be attributed to the demographic characteristics which generally accompany being a widowed individual. One can say that, while there are large differences between the widowed and nonwidowed on measures of life satisfaction, these differences can't necessarily be attributed to the event of widowhood itself (as suggested by the hypothesis).

While theoretically, it is possible to separate out just what does contribute to lowered satisfaction, in a real sense, widowed individuals are nonetheless widowed, poorer, older and less educated and, also, reporting lower levels of life satisfaction. Thus, the stresses seem to be multiple.

This brings up an important notion about doing cross-sectional research on developmental problems. Even within this age-limited sample, one encompasses different cohort groups. It then becomes difficult to separate changes in

development, or developmental processes, from differences between cohort groups.

It is also interesting to note that widowhood altered both present and future satisfaction, while having no effect on past satisfaction. Though there are statistical differences between widowed and nonwidowed in terms of actual test scores, there is never more than a few points difference. It would be difficult to label the widowed within this sample as a 'risk population.'

Hypothesis 2

In testing whether time serves to reduce the effects of widowhood on life satisfaction, results showed no significant differences between recent and old widowed on Total Life Satisfaction. Recent widowed did score significantly higher on past satisfaction, suggesting that there is a comparison of earlier years with the present.

Hypothesis 3

Hypothesis 3 tested a notion that an event becomes stressful when it is developmentally off-schedule. The youngest age group did exhibit lower scores on present mood, though the results on other satisfaction measures were inconclusive.

However, a test of this hypothesis had built-in restrictions. The age range within the sample was limited at the outset (60 and over), as this was a study of an

aged population. This hypothesis could have been more effectively tested if one compared groups over a broader range of ages (something not possible using the present data), i.e. age 50 compared to age 70.

The general literature would suggest that life satisfaction decreases very slightly with age. Interestingly, within the widowed sample, there is an opposite trend which suggests a slight and gradual recovery from the event of widowhood which, when it occurs, serves to depress life satisfaction.

The literature also suggests that men are more sensitive to developmental disruption (Lowenthal, Thurnber, Chiriboga, 1975), but the results of this study showed no significant sex differences.

Hypothesis 4

Having a confidant was significantly related to higher Total Life Satisfaction. Neighborhood variables - relatives and friends in the neighborhood, and visits with neighbors - also contributed to higher levels of Total Life Satisfaction. Interestingly, visiting with neighbors was the only variable significantly associated with Anticipatory Satisfaction. Having relatives in the neighborhood was the only variable significantly associated with Present Mood.

Perhaps the high associations between having a

confidant with measures of life satisfaction, as opposed to child measures, living arrangement and neighborhood variables, results from the fact that in responding that one has nobody to turn to, one is implicitly giving an attitudinal response, a response which more clearly approximates a life satisfaction measure. Perhaps it is not an objective condition, but an attitude towards that condition which becomes important in determining adjustment.

The low levels of association between child variables and measures of satisfaction perhaps give further support to the importance of intergenerational independence as hypothesized in the literature. It also brings up a point about the isolation-support index in general.

In examining the frequency distributions of variables and totals on the isolation-support index, it revealed them to be heavily skewed towards the direction of support rather than isolation. Apparently, endorsing an item on this indice so clearly represented an extreme end of a continuum that the index was often insensitive to more moderate levels of non-support within each content area, particularly with children variables. It would be helpful in future studies to develop an index which is more sensitive to moderate levels of support, and which more evenly distributes individuals over a broad range of support and isolation.

In spite of these limitations, there were significant differences on measures of life satisfaction for verying levels of isolation-support. Those who reported higher levels of isolation also reported lower levels of Total Life Satisfaction, though no significant differences on present and future mood.

However, when examining isolation-support within a regression model, in terms of overall prediction of life satisfaction, isolation-support accounted for only 1% of the explained variance. Self-assessed health proved to be the strongest variable in accounting for the most variance in Total Life Satisfaction. But given the similar nature of these variables themselves (self-assessed health and life satisfaction variables), both of them representing a subjective assessment of some aspect of the self, one would anticipate a rather strong association. It points, once again, to the importance of a subjective evaluation of a condition independent of external, objective assessments (such as whether the doctor thinks one is healthy, or in good spirits).

Hypothesis 5

This hypothesis predicted that life satisfaction responses for nonwidowed individuals would be more independent of levels of isolation-support, while widowed would be dependent on support as reflected in life satisfaction

levels.

The results did not tend to support this hypothesis. On Present Mood and Anticipatory Satisfaction, there were no significant interaction effects between marital status and support-isolation; widowed and nonwidowed behaved similarly. On Retrospective Satisfaction, there was a significant interaction effect, but in the opposite direction of the initial prediction, with nonwidowed more responsive to levels of support-isolation than the widowed.

Perhaps the widowed are more responsive to concerns of the present and future in comparison to the past. But maybe the measure of Retrospective Satisfaction, because it is composed of only one item, is not as dependable a measure as the other two factors. This might be a good time to examine the life satisfaction measures themselves.

Life Satisfaction

Responses on Total Life Satisfaction were slightly skewed towards the direction of higher satisfaction. This finding is consistent with other examples of positive biasing reported in the literature. Gurin (1960) found that on survey instruments, the elderly seemed to minimize in their answers and their self-image many of those aspects that were negative such as their failing health or personal appearance or a relative lack of education.

In terms of the actual properties of the

satisfaction scale, higher inter-item correlations through the elimination of weak items, and a longer test would have led to a more stable instrument. More items within each factor would have raised the factor reliabilities. However, the data in this study dealt with only nine satisfaction items.

Present Mood seemed to be the most powerful of the time factors, and one would expect present morale to be a good indicator of satisfaction.

The behavior of the time factors was most interesting on Hypothesis 3 where a comparison was made between old widowed and new (within the past two years) widowed New widowed appeared to evaluate their past as much happier than the nonwidowed.

Implications for Future Research and Program Development

One of the areas opened up for further research is the refinement of a measure of social support or isolation. Trying to circumvent some of the difficulties mentioned in earlier sections seems to be a worthy, though difficult pursuit. One could include subjective assessments of objective conditions; one could separate out conditions over which the individual has no control, and those which are a consequence of his actions, either directly or indirectly.

It might also be interesting to test whether there is

a direct relationship between kind of stressor, and kind of mediator. For instance, would activities serve as an effective mediating variable or buffer for those who are retired, while visits with friends are more important for those who have been widowed? This is, again, the idea of a substitutive relationship, where the substitute closely approximates that which has been lost.

In this study, those who had been widowed for two years or less were all treated as similar, that is, these individuals comprised one group to be compared against all the other widowed. Perhaps one could have more closely tested the notion of widowhood as stressor if more discriminating measurements had been available. That is, if one could have used weeks and months instead of years from the initial time of widowhood, but the data in this study did not allow for this. Evidence in the literature, as mentioned earlier, shows that suicide rates for men are higher (Bock, 1972). The months directly following widowhood may be important. Gross time measurements in the present study perhaps led to an underestimation of the stressful effects of widowhood.

And finally, previous researchers (Rahe ahd Holmes, 1967) observed that certain quantities of life events seem to cluster at the time of disease onset. In general, these events pertain to major areas of developmental growth and change (family, marriage, occupation, residence,

etc). Though some events seem to represent negative (i.e. socially undesirable events) and others positive events, they all evoke some kind of adaptive or coping behavior on the part of the involved individual. Thus, each event requires a significant change in the ongoing pattern of the individual, much like the definition of stressor in the Dohrewend and Dohrewend paradigm. The emphasis is on change from the existing steady state (Wohlwill).

It would be interesting to take those who, within the last stages of life, have experienced a cluster of these events in order to see if this could be used to predict risk. If the test of this hypothesis resulted in the identification of a group of high risk individuals in need of supportive services, one would have done a very meaningful piece ~~of~~ of research.

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APPENDICES

APPENDIX A

SELECTED ORIGINAL ITEMS FROM STATE OF MICHIGAN SURVEY

Appendix A* *

Job 4812
April 1974

AGE 60 AND OVER SURVEY

Version 3

NUMBER OF MEN IN HOUSEHOLD AGE 60 AND OVER	NUMBER OF ADULTS AGE 60 AND OVER: 1	2	3	4 or more
0	Woman	Youngest Woman	Oldest Woman	Oldest Woman
1	Man	Woman	Man	Youngest Woman
2		Youngest Man	Oldest Man	Oldest Man
3			Oldest Man	Youngest Man
4 or more				Youngest Man

CD1

NEIGHBORHOOD

First, we'll ask some questions about this neighborhood in which you live.

1 * N1. How long have you lived in this neighborhood?

Less than 1 year	1 - 21
1-2 years	2
3-4 years	3
5-9 years	4
10-14 years	5
15-19 years	6
20 years or more	7
"All my life"	8
No response/Don't know	0

Thinking about the people in the neighborhood....

2 *N2. How many close relatives would you say you have who live in this neighborhood?

None	1- 1/22
1-2	2
3-4	3
5 or more ("many","lots")	4
No response/Don't know	0

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Appendix A

3 *N3. How many close friends would you say you have who live in this neighborhood?

None	1-1/23
1-2	2
3-4	3
5 or more ("many","lots")	4
No response/don't know	0

4 * N4. How often do you "visit" with any of your neighbors. By that I mean talking on the phone, or in the street, or yard, or visiting in a home. Would you say you talk or "visit" with at least one or more neighbors.....

Every day/almost every day	7-1/2
Several times per week	6
Once a week	5
Once every 2 weeks	4
Once a month	3
Less often	2
Never	1
No response/don't know	0

5 (Survey Version A only) N5. I am going to name some things about your neighborhood. Tell me what answer on the card best tells how satisfied you feel about this: (SHOW Q.N5 SCALE CARD) (INTERVIEWER: ROTATE ORDER)

	Very Satisfied	Somewhat Satisfied	Neither Satisfied Nor dissatisfied/ Neutral/ Don't know	Somewhat Dissatisfied	Very Dissatisfied	
This neighborhood as a place to live	5	4	3	2	1	
General appearance of neighborhood	5	4	3	2	1	
Snow removal on sidewalks and streets	5	4	3	2	1	
Condition of sidewalks (if no sidewalks, mark X here)	5	4	3	2	1	
Conditions of road/ streets	5	4	3	2	1	1/25-3
Lighting of streets (if no lighting mark X here)	5	4	3	2	1	
Police protection	5	4	3	2	1	
Fire protection	5	4	3	2	1	
Amount of noise	5	4	3	2	1	
Air quality/pollution	5	4	3	2	1	
Safety of place where you live from crime/ lawbreakers/burglary	5	4	3	2	1	
						1/36 3 Blank

			Q.N6	Q.N7	
6 (Survey Version A only)	N6.	How safe do you feel being out alone in your neighborhood in the daytime. Do you feel....	Very safe Somewhat safe Neither safe nor unsafe Not very safe Very unsafe Don't know	5 4 3 2 1 3	5 4 3 2 1 3	1/38-39
7 (Survey Version A only)	N7.	How safe do you feel being out alone in your neighborhood after dark. Do you feel.... (RECORD UNDER Q.N7 ABOVE)				

HOUSING/FAMILY STATUS

Now, I would like to ask you about where you live.

8 * H1. (ASK ONLY IF NOT OBVIOUS) Do you live in a....

Single-family house	1	1/40-48
Duplex/row/townhouse	1	
Rooming house	1	
Residential hotel	1	
Mobile home	1	
High-rise apt. with elevator	1	
Other apartment	1	
Other (SPECIFY)	1	
Refused	1	

9 * H2. Are you now....

Single/Never married	1	1/49-54
Married	1	
Divorced	1	
Separated	1	
Widow/Widower	1	
Refused	1	

9a * H2a. How long have you been (Response from Q.H2) (Record number of years) 1/55-56

10 * H3. What is your present living arrangement? Is it....

Live alone	1	1/57-60
Live with husband/wife (includes with children)	1	
Live with others (not husband/wife)	1	
Don't know	1	

Appendix A

11 * H4. Who is the head of this household?

Respondent	1
Spouse	1
Daughter/Son-in-law	1
Son/Daughter-in-law	1
Sister	1
Brother	1
Other (SPECIFY)_____	1
Refused/Don't know	1

1/61-68

12 * H5. What people, other than yourself, live in this house? For each person who also lives here, please tell me their approximate age, sex, and their relationship to you.

Age	Sex	Relationship to Respondent

CODING ONLY

Total number in household. Add 1 (for respondent) to number of names listed _____

1/69

1/70-74 Blank
1/75-76 Cd#
1/77-80 Job#

Appendix A

18 * H11. Whom do you call on when you need help around the house -- like lifting heavy objects or washing windows? (DO NOT READ LIST. CHECK ALL ANSWERS)

An immediate family member	1
Some other relative	1
A neighbor	1
A friend who isn't a neighbor	1
A paid professional (Homemaker's Care)	1
I do it myself	1
I don't have anyone	1
Other (SPECIFY)_____	1
Don't know	1

2/51-59

19 H12. Do you have the following:
(Survey Version A only)

	Yes	No/No Response
Stove	1	0
Refrigerator	1	0
Telephone	1	0

2/60-62

20 H13. How many bathrooms do you have?
(Survey Version A only) _____ (RECORD ACTUAL NUMBER) 2/63

21 H14. (Survey Version A only) (IF OWNER, Q.H6) Can you tell me about how old this building is? (INTERVIEWER: RECORD ACTUAL NUMBER)

Respondent guesses that building is _____ years old.

Respondent know's that building is _____ years old.

Respondent doesn't know at all 0

2/64-65

2/66-74 Blank
2/75-76 Cd#
2/77-80 Job#

CD3

1-12 as C1

22 *H15. If you had the opportunity, would you like to move?

Yes (GO TO Q. H15a)	1
No (GO TO Q. H16)/Don't know	0

3/13

22a *H15a. (IF YES, Q.H15) What would be your main reasons for moving? (DON'T READ LIST BUT RECORD ANY ANSWERS RESPONDENT GIVES)

To move to smaller living quarters(such as house to apt.)	1	3/14-22
To move to better living quarters	1	
To move to senior citizen housing	1	
To get out of neighborhood	1	
To change climate	1	
To be nearer family	1	
To get on one level/lower level	1	
Other (SPECIFY)_____	1	
Don't know	1	

22b H15b. (Survey Version A only) (IF YES, Q.H15) If you wanted to move, where would you go or who would you go to get help finding a new place to live? (DO NOT READ LIST. RECORD ALL ANSWERS RESPONDENT GIVES)

Real estate agent	1	
Family/relatives	1	
Friends	1	
Newspaper ads	1	3/23-3
Social worker/counselor	1	
Housing Commission/City/ Township Government Agency	1	
Other (SPECIFY)_____	1	
Don't know	1	

23 * H16. (ALL RESPONDENTS) What kind of housing do you think of when we say "senior citizen housing"? (DO NOT READ LIST, RECORD ALL ANSWERS RESPONDENT GIVES. IF MENTION ANYTHING WITH NURSING OR MEDICAL CARE, CODE AS →

High rise apartment	1	
Other apartment/Condominium/ Townhouse	1	
House	1	
Apartment, Condominium/ Townhouse which is cheaper	1	3/31-40
House which is cheaper	1	
Nursing care/place to live with nursing	1	
Old folks care home/home for aged	1	
Somebody looks out after you	1	
Other_____ (SPECIFY)	1	
Don't know	1	

Appendix A

_2 U4. Do you have any problems in eating, or getting enough to eat, or eating regularly? (Survey Version C only)

Yes (GO TO Q. U4a,b,c,d) . . 1 - 6/13
No/Don't know 0

22a U4a. (IF YES, U4) What problems? (DO NOT READ LIST, CIRCLE ALL ANSWERS RESPONDENT GIVES) (Survey Version C only)

	U4a.	Yes U4b.	Yes U4c.	Times Per Week U4d.
Physical problems (teeth,gums)	1	1	1	____
Mobility problems - Bodily impediments	1	1	1	____
Special diet (high blood pressure, diabetes)	1	1	1	____
Digestive-tract problems	1	1	1	____
Eat alone/no appetite/lack of incentives	1	1	1	____
Lack adequate facilities	1	1	1	____
Trouble shopping/transportation	1	1	1	____
Income (can't make ends meet)	1	1	1	____
Other_____ (SPECIFY)	1	1	1	____
Don't know	1	1	1	

CODING DEPT. USE ONLY
(U4d)
1 = 1-2, 2 = 3-4, 3= 5-6
4= 7 or more

22b U4b. (ASK FOR EACH PROBLEM NAMED IN Q. U4a) Does _____ (Problem) ever cause you to change your normal eating routine? (IF "YES" MARK IN APPROPRIATE COLUMN ABOVE) (Survey Version C only)

22c U4c. (ASK FOR EACH PROBLEM NAMED IN Q. U4a) Does _____ (Problem) ever cause you to not get enough to eat? (IF "YES", MARK IN APPROPRIATE COLUMN ABOVE) (Survey Version C only)

6/14-53

22d U4d. (ASK FOR EACH PROBLEM NAMED IN Q. U4a) About how many times a week does this happen to you? (RECORD NUMBER OF TIMES PER WEEK IN APPROPRIATE COLUMN ABOVE)
(Survey Version C only)

Appendix A

CD6
1-12 as C1

6/13-53 Blk

HEALTH

Now, let's talk about health

34 * L1. Do you have any problems getting enough medical care?

Yes (GO TO L.1a) 1 6/54
No/Don't know (GO TO L.2) . . 0

34a * L1a (IF YES, L1) What problems do you have getting medical care? (DO NOT READ LIST. CIRCLE ALL ANSWERS RESPONDENT GIVES)

Not enough money. 1
Not covered by insurance. . . .1
Could not get doctor to take me as patient. 1
Could not find doctor I liked. 1 6/55-65
Could not get appointment. . . . 1
Could not get to doctor (transportation). 1
Too sick to go out. 1
Afraid to go to doctor. 1
Doctor can't find out what's wrong with me. 1
Other (SPECIFY)_____1
Don't know. 1

35 * L2. Compared to other people your own age, would you say your health is.... (HAND HEALTH SCALE CARD L.2)

Much better than others . . . 5
Somewhat better 4
About the same 3 6/66
Somewhat worse 2
Much worse 1
Don't know 3

36 * L3. In the past year, that is since last April, about how many times have you been to see any doctor or been to a health clinic? (CIRCLE NUMBER)

0 1 2 3 4 5 6 7 8 9 or more

6/67

6/68-74 Blk
6/75-76 Cd#
6/77-80 Job #

1-12 as C1

38 * A13. I am going to read you some statements about life in general. For each statement, please tell me whether you agree or disagree with it. (READ LIST - ROTATE ORDER)

	Agree	Disagree	Don't Know/ No Response
I have gotten more of the breaks in life than most of the people I know.	3	1	2
This is the dreariest time of my life.	3	1	2
I expect some interesting and pleasant things to happen to me in the future.	3	1	2
I feel my age, but it does not bother me.	3	1	2
Compared to other people my age I've made a lot of foolish decisions in my life.	3	1	2
Compared to other people, I get down in the dumps too often.	3	1	2
As I look back on my life I am fairly well satisfied.	3	1	2
Compared to other people my age, I make a good appearance.	3	1	2
I've gotten pretty much what I expected out of life.	3	1	2

10/13-21

39 * A14. Have any of these things happened to you in the last 2 years? (ASK FOR EACH ITEM BELOW)

	Yes	No
Death of spouse	1	0
Divorce	1	0
Marital separation	1	0
Death of close family member	1	0
Personal injury or illness	1	0
Marriage/remarriage	1	0
Fired at work/laid off	1	0
Marital reconciliation	1	0
Retirement	1	0

10/22-

Question continued next page

Appendix A

39 contd — Question continued from previous page

Change in health of family member	1	0	
Change in financial state	1	0	10/31-3
Death of close friend	1	0	
Outstanding personal achievement	1	0	
Spouse begins or stops work	1	0	
Change in residence	1	0	
Jail term	1	0	

SOCIAL SUPPORT

40 * SS1. When something is bothering you, or you feel that you have a problem, to whom do you usually turn first to talk about your problem (DON'T READ LIST, BUT CIRCLE FIRST ANSWER RESPONDENT GIVES)

	Q.SS1	
Spouse	1	
Son/Daughter	2	
Other relative	3	
Neighbor	4	
Friend who is not neighbor	5	
A professional (doctor/lawyer/social worker/counselor)	6	10/38
Minister/priest/rabbi/God/prayer	7	
Have no one to call	9	
Don't know	0	

41 (Survey Version A only) SS2. Does anyone call on you in an emergency? — Yes (GO TO SS2a) . . . . . 1; No/Don't know . . . . . 0 — 10/39

41a (Survey Version A only) SS2a (IF YES SS2) Who? (DON'T READ LIST BUT CIRCLE ALL ANSWERS RESPONDENT GIVES)

Spouse	1	
Son/daughter	1	10/40--
Other relative	1	
Neighbor	1	
Friend who is not a neighbor	1	
Don't know	1	

Appendix A

EMPLOYMENT/RETIREMENT

42 * ER1. Are you currently.....

Working full-time (GO TO Q.ER1a)	1	10/46-54
Working part-time (GO TO Q.ER1a)	1	
Retired and working full-time (GO TO Q.ER1a)	1	
Retired and working part-time (GO TO Q.ER1a)	1	
Retired (GO TO Q.ER2)	1	
Unemployed/looking for a job		
Disabled/unable to work, but not retired	1	
Housewife	1	
Other (SPECIFY)_____	1	
Refused/Don't know	1	

42a *ER1a (IF WORKING AT PRESENT) What kind of work are you doing? 10/55-56

43 *ER2. (IF RETIRED, QER1) When did you retire?

Year

Coding only:
Subtract year from '74
_____ 10/57-58

44 * ER3. (IF NOT RETIRED, Q.ER1) Do you plan to retire?

Yes (GO TO ER3a)	1	10/59
No/Don't know (GO TO ER4)	0	

44a * ER3a. (IF YES) When?

(Approximate Year)

CODING ONLY

Subtract 74 from year named _____ 10/60-61

45 * ER4. (IF RETIRED, Q.ER1) Which of the categories on this card describes your average annual income over the last five years before you retired?

No income	1	10/62
0-$999	2	
$1,000-$1,999	3	
$2,000-$2,999	4	
$3,000-$3,999	5	
$4,000-$5,999	6	
$6,000-$9,999	7	
$10,000-$14,999	8	
$15,000 and over	9	
Don't know/refused	0	

Appendix A

10/63-74 Blk
10/75-76 Cd#
10/77-80 Job#

CD11

1-12 as C1

46 *ER5. (IF RETIRED AND NOT WORKING OR UNEMPLOYED, Q.ER1, ASK:) Are you actively looking for a job?
Yes (GO TO Q.ER5a,b) 1 11/13
No (GO TO Q.ER6) 0

46a *ER5a (IF YES, Q.ER5=1) Why would you like to work?
Increase income 1
Keep busy 1 11/14-1
Other (SPECIFY)_____ 1
Don't know 1

46b *ER5b (IF YES, ER5) Have you had trouble finding work recently?
Yes (GO TO ER5bb) 1
No/Don't know 0 11/18

46bb *ER5bb (IF YES, Q.ER5b) What type of trouble? (PROBE) (DO NOT READ LIST, CIRCLE ALL ANSWERS RESPONDENT GIVES)
Age-related 1
Health-related 1
Lack of training 1
Lack of transport 1 11/19-
Poor job market . . . . . 1 2(
Don't know how to find job . 1
Other (SPECIFY)_____ 1
Don't know 1

45 ER6. (Survey Version B only) (IF RETIRED AND NOT WORKING OR UNEMPLOYED Q.ER1) Would you accept a job if one was offered?
Yes 4
No (without qualifications) . 3 11/
No, not just any job 2
Other (SPECIFY)_____ 1
Don't know 0

46 ER7. What kind of work did you do most of your work-life? (GET ONE OCCUPATION FOR MOST OF LIFE OR BEST OCCUPATION HAD) (Survey Version B only)

11/28-29

Appendix A

INCOME AND EXPENDITURES

11/27-29

B1k

(INTERVIEWER: LOOK AT Q.10(H3)IF RESPONDENT LIVES ALONE, YOU WILL BE ASKING FOR INDIVIDUAL INCOME. IF RESPONDENT LIVES WITH HUSBAND/WIFE, YOU WILL BE ASKING FOR HOUSEHOLD INCOME. IF RESPONDENT LIVES WITH SOMEONE OTHER THAN HUSBAND/WIFE -- SUCH AS SON OR DAUGHTER -- YOU WILL BE ASKING FOR RESPONDENT'S INDIVIDUAL INCOME)

47 * IE1. Did you get paid Social Security last month?
- Yes (GO TO IE1a) 1
- No/Don't know (GO TO IE2) . 0

11/30

47a * IE1a (IF YES, IE1) Which category on this card describes the approximate amount of your last check? (HAND SOCIAL SECURITY CARD)
- 0-$99 1
- $100-$199 2
- $200-$299 3
- $300-$399 4
- $400-$499 5
- $500-$599 6
- Don't know/refused 0

11/31

48 * IE2 Did you get Old Age Assistance, what is now called SSI, or welfare, or ADC last month?
- Yes (GO TO IE2a) 1
- No/Don't know (GO TO IE4) . 0

11/32

48a * IE2a (IF YES, IE2) Which category on this card describes the approximate amount of your last check? (HAND SSI CARD)
- 0-$49 1
- $50-$99 2
- $100-$149 3
- $150-$199 4
- $200-$249 5
- $250-$299 6
- Don't know/refused 0

11/33

49 * IE3. (IF BOTH IE1 AND IE2=YES) Do you get one check or two checks for your Social Security and Old Age/SSI/Welfare? 1 2

11/34

50 * IE4. (IF EMPLOYED FULL-TIME OR PART-TIME, Q. 42 (ER1) Which category on this card describes how much you made from your job/work/employment last month (March)? (HAND LAST MONTH EMPLOYMENT CARD)
- 0-$49 1
- $50-$99 2
- $100-$149 3
- $150-$199 4
- $200-$249 5
- $250-$499 6
- $500-$999 7
- $1,000 or more 8
- Don't know/refused 0

11/35

51 * IE5. I don't want to know the amount, but would you tell me whether you get income from any of the following:

	Yes	No	Don't Know/ Refused	
Other retirement pensions (such as from former employment)	1	2	0	
Savings and investments (savings interest, stocks, bonds, rent from property owned	1	2	0	11/36-3
Money from sons/daughters/relatives	1	2	0	
Any other source of income	1	2	0	

51a * IE5a (IF RESPONDENT GETS RETIREMENT PENSION IN IE5) Have you had any problems getting your pension?

Yes (GO TO IE5aa) 1
No 2
Don't know 0

11/40

51aa* IE5aa (IF YES, IE5a) Describe the problems you have had getting your pension:

11/41-5

52 * IE6. If you needed money for some emergency, who would you go to or where would you go?

Have savings/assets 1
Loan from bank or financial institution 1
Son/daughter (gift or loan) . 1
Other relative (gift or loan) 1
Friend (gift or loan) 1
Welfare/any public assistance 1
Other (SPECIFY)_____ 1
Don't know 1

11/51-5

53 * IE7. Which category on this card describes how much you own in debts. Do not include the amount of your home mortgage, if you have one, or any amount you have owed less than one month. (HAND DEBT CARD)

Nothing owed, no debts . . . 1
Less than $500 2
$500 or more 3
Don't know 0

11/59

Appendix A

73 * D5. How many living sons and daughters (include adopted and stepchildren do you have? (RECORD ACTUAL NUMBER) _____ 15/43-44

73a * D5a (FOR EACH SON/DAUGHTER NAMED IN D5) How far away does he/she live? (IF RESPONDENT GIVES CITY/STATE MAKE YOUR BEST JUDGMENT OF DISTANCE)

	0-25 Miles Away	26-50 Miles Away	51-200 Miles Away	201-500 Miles Away	Over 500 Miles Away	D5b How Often See	D5c How Often Talk
Son/Daughter #1	1	2	3	4	5	/yr. or /mo.	/mo.
Son/Daughter #2	1	2	3	4	5	/yr. or /mo.	/mo.
Son/Daughter #3	1	2	3	4	5	/yr. or /mo.	/mo.
Son/Daughter #4	1	2	3	4	5	/yr. or /mo.	/mo.
Son/Daughter #5	1	2	3	4	5	/yr. or /mo.	/mo.

(DO NOT RECORD MORE THAN 5)

73b * D5b (FOR EACH SON/DAUGHTER, ASK:) About how often do you see him/her? (RECORD ABOVE THE NUMBER OF TIMES PER MONTH OR TIMES PER YEAR RESPONDENT SEES CHILD)

73c * D5c. (FOR EACH SON/DAUGHTER, ASK:) About how often do you talk to him/her on the phone? (RECORD ABOVE THE NUMBER OF TIMES PER MONTH RESPONDENT TALKS TO CHILD)

FOR CODING ONLY

D5a

Number of children 0-25
0 1 2 3 4 5 or more

Number of children 26-50
0 1 2 3 4 5 or more

Number 51-200
0 1 2 3 4 5 or more

Number 201-500
0 1 2 3 4 5 or more

Number over 500
0 1 2 3 4 5 or more

D5b Convert to times per year (if given in months multiply by 12)
Then total whole column
VISITS/YEAR = _____

D5c Total whole column
TALKS/MONTH= _____

15/45-53

Appendix A

INTERVIEWER TO FILL OUT AFTER LEAVING THE RESPONDENT

P1.	Circle if the respondent had any of the following conditions:	Blindness	1	15/54-60
		Deafness	1	
		Missing limbs	1	
		Obesity (greatly overweight)	1	
		Palsy/shakes/tremors . . .	1	
		Speech impediments or trouble speaking	1	
		Great difficulty in understanding questions . . .	1	
P2.	Were the respondent's answers influenced by any other person or persons present during the interview	Yes	1	15/61
		No	0	
P2a	(IF YES) Was that person	Spouse	1	15/62-65
		Son/daughter	1	
		Other relative	1	
		Non-family	1	
P2b	(IF YES) How did that person influence the respondent's answers?			15/66-67

P3. Please make any other comments on anything unusual about the respondent which we should know.

68 * V8. Now I am going to read you a list of areas which people say are problems for older Americans. For each area, please tell me if it is no problem to you, a somewhat important problem, or a very important problem. (READ LIST - ROTATE ORDER)

	No Problem	Somewhat Important Problem	Very Important Problem	Don't Know	
Income (money)	1	3	4	2	
Health care	1	3	4	2	
Housing	1	3	4	2	
Transportation	1	3	4	2	
Getting more education	1	3	4	2	15/22-32
Age discrimination	1	3	4	2	
Employment opportunities	1	3	4	2	
Spare time activities	1	3	4	2	
Crime	1	3	4	2	
Nutrition and food	1	3	4	2	
Services and business misleading their users	1	3	4	2	

Appendix A

DEMOGRAPHICS

69 * D1.	What is your approximate age?	60-64 years . . . . . 1 65-69 years . . . . . 2 70-74 years . . . . . 3 75-79 years . . . . . 4 80-84 years . . . . . 5 85 and over . . . . . 6 Refused/Don't know. 0	15/33
70 * D2.	What was the last grade of school you completed?	No schooling at all . . . . . 1 Some elementary (1-8) . . . . 2 Completed 8 grades . . . . . 3 Some high school . . . . . 4 Completed high school . . . . 5 Some college . . . . . 6 College graduate . . . . . 7 Advanced degree . . . . . 8 Not applicable categories, Specify_____ 9 Don't know 0	15/34
70a * D2a.	(IF Q.D2 = 1-5) Have you had any job training or vocational education in addition to your years in school?	Yes . . . . . 1 No/Don't know 0	15/35
70aa* D2aa	(IF YES, Q.D2a) What kind of job training was that?	On the job/While working/ Experience . . . . . 1 Apprenticeship . . . . . 1 Vocational or business school . . . . . 1 Adult education . . . . . 1 Other (SPECIFY)_____ 1	15/36-40
71 * D3.	Race (BY OBSERVATION)	White . . . . . 2 Black . . . . . 1 Other 0	15/41
72 * D4.	Sex (BY OBSERVATION)	Male . . . . . 1 Female 2	15/42

APPENDIX B

SAMPLING METHODS

Representative Sample[1]

Based on a final estimate of 5-10 completed interviews per sampling point, 350 sampling points were chosen across the state. On the basis of 1970 census information on the number of persons 60 and over, counties in Michigan were accumulated with counties rank ordered in descending order. Counties in the SMSAs were listed first and then those in non-metropolitan areas. The total aging population was divided by 350 to determine a skip interval (n) for selection of counties in which sampling points would fall. A random number less than or equal to the skip interval was chosen as the starting point, and the county location of that person plus every nth person 60 and over in the state became the county locations for sampling points.

Household data for the general population by census tract and block was then used to determine the precise geographic location of sampling points within each county. Based on the lowest percentage of aging anticipated in any interview area and the desired completion rate per sampling point, a block or clusters of blocks to total 150 houses were chosen (using standard methods of accumulating households) within each county by cities in order of size and then other civil division in order of size. Within each chosen county, the designated number of sampling points were geographically distributed within civil divisions by using a skip interval (m) based on the number of dwelling units divided by the number of sampling points and using a random number to select the first location, so that every mth household became the focus for a sampling point location.

Within each sampling point, the quota of interviews to be obtained was set from the following formula:

$$\frac{\text{number of "Z" sampling point interviews}}{\text{number of "Y" county interviews}} =$$

$$\frac{\text{"Z" sampling point population 60 and over}}{\text{"Y" county population 60 and over}}$$

[1]Taken directly from Michigan Aging Citizens, p. 369-70, Michigan Office of Services to the Aging, 1975. (With permission of Dr. Amanda A. Beck)

APPENDIX C

DEMOGRAPHIC DISTRIBUTION WITHIN ORIGINAL SAMPLE (N=2500)

Appendix C

*Table 11. Demographic Distributions Within Original Sample (N=2500): Age, Sex, Sex Within Age

Age	Percentage
60 to 64	23
65 to 69	26
70 to 74	21
75 to 79	16
80 to 84	10
85 and over	4
Total	100%

Sex	Percentage
Men	41
Women	59
Total	100%

Sex Within Age

	Men	Women
60 to 64	23	24
65 to 69	28	24
70 to 74	22	20
75 to 79	14	17
80 and over	13	15
Total	100%	100%

*Tables 11 through 13 are taken directly from Michigan Aging Citizens, Michigan Office of Services to the Aged, 1975 (With the permission of Dr. Amanda A. Beck) pp. 35,37,39,43,45,47,53.

Appendix C

Table 12. Demographic Distributions Within Original Sample (N=2500): Race, Income, Education

Race	Percentage
White	90
Black	10
Other	
Total	100

Income	Percentage
No Income	3
$1-999	2
$1,000-2,999	31
$3,000-5,999	35
$6,000-9,999	17
$10,000-14,999	7
$15,000 and over	5
Total	100%

Education	Percentage
No schooling	2
Some elementary	22
8th Grade graduate	23
Some high school	21
H.S. graduate	18
Some college	7
College graduate	5
Advanced degree	2
Total	100%

Appendix C

Table 13. Demographic Distributions Within Original Sample (N=2500): Living Arrangement, Marital Status, Length of Widowhood

Living Arrangement	Percentage
Live with husband/wife	56
Live alone	31
Live with other (not spouse)	13
Total	100%

Marital Status	Percentage
Married	52
Widower/Widow	38
Single/Never married	5
Divorced	4
Separated	1
Total	100%

If Widowed, For How Long	Percentage
Less than 2 years	11
2 to 5 years	23
6 to 10 years	21
Over 10 years	45
Total	100%

APPENDIX D

LIFE SATISFACTION SCALE AND STATISTICS

APPENDIX D

Table 14

FACTORING OF LIFE SATISFACTION

Varimax Rotated Factor Matrix After Rotation:
Factor Loadings

	Factor 1	Factor 2	Factor 3
Item 1	.23813	.06857	.26038
Item 2	-.00064	.51641	.29061
Item 3	.03277	.08718	.53350
Item 4	.10243	.02906	.19163
Item 5	.18224	.32039	-.12720
Item 6	.09630	.51155	.13078
Item 7	.59508	.13130	.15847
Item 8	.19708	.04284	.27384
Item 9	.61138	.10921	.16910

Factor	Eigenvalue	Pct Variance	Cumul Pct
1	2.057	22.9	22.9
2	1.166	13.0	35.8
3	1.117	12.4	48.2

Communalities

Variables	Communalities
Item 1	.12921
Item 2	.35113
Item 3	.29330
Item 4	.04806
Item 5	.15204
Item 6	.28806
Item 7	.39648
Item 8	.11566
Item 9	.41431

APPENDIX D

LIFE SATISFACTION INDEX

	Agree	Disagree	Don't Know No Response
Item 1:	I have gotten more of the breaks in life than most of the people I know.		
Item 2:	This is the dreariest time of my life.		
Item 3:	I expect some interesting and pleasant things to happen to me in the future.		
Item 4:	I feel my age, but it does not bother me.		
Item 5:	Compared to other people my age I've made a lot of foolish decisions in my life.		
Item 6:	Compared to other people, I get down in the dumps too often.		
Item 7:	As I look back on my life I am fairly well satisfied.		
Item 8:	Compared to other people my age, I make a good appearance.		
Item 9:	I've gotten pretty much what I expected out of life.		

APPENDIX D

Life Satisfaction Factors

RETROSPECTIVE SATISFACTION:

Item 7: As I look back on my life I am fairly well satisfied.

Item 9: I've gotten pretty much what I expected out of life.

PRESENT MOOD:

Item 2: This is the dreariest time of my life.

Item 6: Compared to other people, I get down in the dumps too often.

ANTICIPATORY SATISFACTION

Item 3: I expect some interesting and pleasant things to happen to me in the future.

APPENDIX E

ISOLATION-SUPPORT INDEX

APPENDIX E

ISOLATION-SUPPORT INDEX

Confidant and Helper (Helper):

When something is bothering you, or you feel that you have a problem, to whom do you usually turn first to talk about your problem?

Score	
	Spouse
	Son/Daughter
	Other relative
0	Neighbor
	Friend who is not neighbor
	Professional
	Minister/priest..
	Police/Fire
1	Have no one to call

Whom do you call on when you need help around the house - like lifting heavy objects or washing windows?

	An immediate family member
	Some other relative
0	A neighbor
	A friend who isn't a neighbor
	I do it myself
	Other
1	I don't have anyone

Neighborhood Contacts (Neighbor):

How many close relatives would you say you have who live in this neighborhood?

	1-2
	3-4
0	5 or more ("many")
	No response/Don't know
1	None

How many close friends would you say you have who live in this neighborhood?

	1-2
0	3-4
	5 or more ("many")
	No response/Don't know
1	None

How often do you visit with any of your neighbors. By that I mean talking on the phone, or in the street, or yard, or visiting in a home. Would you say you talk or "visit" with at least one or more neighbors?

	Everyday/almost everyday
	Several times per week
0	Once a week
	Once every 2 weeks
	Once a month
	Less often
	No response/Don't know
1	Never

Living Arrangements:

What is your present living arrangement

	Live with husband/wife (includes children)
0	Live with others (not spouse)
	Don't know
1	Living alone

Contacts with Children:

How many living sons and daughters do you have (including adopted and stepchildren)?

0	Actual number
1	None

About how often do you see him/her (children)?
About how often do you talk to him/her on the telephone?

0	Actual number of visits per year Actual number of conversations per month (If response to both questions is 0, then score "No Communication")
1	No Communication

If there are no visits with children, but there are telephone conversations, then

0	No visits with children but telephone conversations
1	No visits and no telephone conversations