

Impact of Social Support on The Life Satisfaction of Elders in Iran

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Abstrak

The aim of this study is to measure life satisfaction of elders and to examine the impact of social support on life satisfaction. Diener and Biswas Diener (ZOU) mentioned that in a human nature approach, having one is biological needs met, engaging in interesting activities, and having the presence of social support are seen as necessary and sufficient for high subjective well-being (SWB). Whereas life satisfaction is one of SWB' components, this theory has been used in this research. Effects of instrumental, informational, emotional, and appraisal support on life satisfaction of elders in Iran were tested by analyzing data collected from a random sample of 384 persons aged 65 and over who participated in the spring of 2007 survey. The mean of life satisfaction in sample obtained 16.5 with standard deviation of 3.49. Multiple regression (stepwise) was used to determine whether social support (also entered demographic variables in regression) influence elder's life satisfaction. Findings reveal that appraisal support (adequacy of support or the degree of satisfaction with support from children and relatives) directly improves elder life satisfaction ($R^2 = 0.883$ and $Beta = 1438$). There was a relationship between emotion, instrumental and informational support, age, number of children and education with life satisfaction of elders. The results show psychological importance and benefits of social support. This research suggests that because of these benefits of social support, policy makers, beside making policies with the propose to improve elder's welfare should also have to reinforce traditional culture.