Chapter II

Review of Literature

Much work has been done on the concepts of adjustment, and personality traits in India and abroad. In most studies the factors responsible for generating adjustment, personality traits are examined independently. In the present chapter, studies done on adjustment, and personality trait in various fields have been reviewed in brief. In some studies adjustment, and personality trait were considered as the global concepts. Any research work is directly or indirectly benefited by the lines of actions taken or research strategies employed by earlier researches. It further, helps in locating the areas remained unexplored or not studied extensively. For selecting appropriate research methodology review of literature helps to a great extent.

Here an attempt has been made to review the relevant studies published during last 10 to 20 years. Only relevant & representative studies are incorporated here. Research work has been listed with the names of research scholars & authors.

ADJUSTMENT AND PERSONALITY STUDY AMONG OLD PERSONS IN VARIOUS SECTORS:-

Agren Margarita (1998) used depth interviews to investigate how life is experienced by persons at age 85 (n=129) and again at 92 (n=41). Seven patterns of adjustment ranging from self realization to withdrawal emerged and heterogeneity remained at follow up with some changes in the characteristics of the categories and in coping strategies.

AE Korten, AF Jorm, Z Jiao, L Letenneur, PA Jacomb, AS Henderson, H Christensen and B Rodgers(2002) To examine whether cognitive and psychosocial factors predict mortality once physical health is controlled. DESIGN: A prospective study of community dwelling elderly. Mortality was assessed over a period of 3-4 years after the baseline assessment of predictors. The data were analysed using the Cox proportional hazards model. SETTING: Canberra and Queanbeyan, Australia. PARTICIPANTS: A sample of 897 people aged 70 or over and living in the community, drawn from the
 compulsory electoral roll. RESULTS: For the sample as a whole, the significant
predictors of mortality were male sex, poor physical health, poor cognitive functioning,
and low neuroticism. Men had an adjusted relative risk of mortality of 2.5 compared with
women. For the male sub-sample, poor self rated health and a poor performance on a
speeded cognitive task were significant predictors, while for women, greater disability,
low systolic blood pressure, and a low score on a dementia screening test were the
strongest predictors. CONCLUSIONS: Mortality was predicted by physical ill health and
poor cognitive functioning. Psychosocial factors such as socioeconomic status,
psychiatric symptoms, and social support did not add to the prediction of mortality, once
sex, physical health, and cognitive functioning were controlled. Mortality among men
was more than twice that of women, even when adjusted for other predictors.

Arnljot Flaa, Øivind Ekeberg, Sverre Erik Kjeldsen and Morten Rostrup (2007)
studied that a) stress reactivity is related to personality, and that b) responses to cold
pressor test (CPT) and mental stress test (MST) are associated with different personality
traits. 87 men were selected from the 1st, 50th and 99th percentile of a blood pressure
screening. Cardiovascular and catecholamine responses to MST and CPT were recorded.
Fifteen personality traits were assessed using the Karolinska Scale of Personality.
Possible independent explanatory predictors for cardiovascular and catecholamine
variables at baseline and during stress were analyzed in multiple linear regression
analyses using a stepwise forward procedure. Multiple regression analyses showed that
muscular tension (β = 0.298, p = 0.004), irritability (β = 0.282, p = 0.016), detachment (β
= 0.272, p = 0.017), psychasthenia (β = 0.234, p = 0.031) and somatic anxiety (β = 0.225,
p = 0.046) were significant explanatory variables of reactivity to CPT. During MST,
verbal aggression (β = -0.252, 0.031) and detachment (β = 0.253, p = 0.044) were
significant predictors of nor epinephrine and diastolic blood pressure response,
respectively. Based on KSP-trait quartiles, delta (Δ) systolic (p = 0.025) and Δ diastolic
blood pressure (p = 0.003) during MST were related to detachment score, with the
highest reactivity in the 4th quartile, while Δ norepinephrine was significantly related to
muscular tension (p = 0.033). Δ systolic and Δ diastolic blood pressure responses to CPT
were dependent on detachment (p = 0.049 and p = 0.011, respectively) and psychasthenia
(p = 0.020 and p = 0.015), while high verbal aggression was associated with lower reactivity measured by Δ norepinephrine (p = 0.037). The present study indicates that stress reactivity is clearly related to different personality traits, without any single trait being dominant over others. Furthermore, personality seems to have as much, or even more, importance of predicting responses to CPT than responses to MST.

**Beal C.** (2006) Older women report more loneliness than male peers. Loneliness is an area of concern related to the well-being of older women because it is a cause of emotional distress and is linked to a variety of health problems in older individuals. Life changes, including widowhood and relocation, are associated with increased vulnerability to loneliness. Gender, social, and cultural factors influence the experience of loneliness in older women. Cognitive and interactionist theoretical approaches to loneliness have utility for nursing practice and research with older women who experience loneliness.

**Borg, Gunna** (1972) A method for self-appraisal of muscular strength and physical working capacity consisting of a simple 13-grade rating scale was applied in a study of the physical fitness of a group of 70 middle-aged men. The method functioned well as shown by the similarities in means and standard deviations between ratings and laboratory measurements of the "same" variables. Significant correlations of the size .30-.40 were obtained between self-ratings of fitness and measure fitness. The highest correlation, r = .52, was obtained between ratings of endurance fitness and preferred work load (for a moderate training session) for work on the tread-mill. The method is applicable in evaluating other personality characteristics of importance for the understanding of people and their adaptation to the demands of work, leisure time activities etc. By comparing the subjective ratings with "objective" test results, quantitative measurements of an individual's "reality conception" can be obtained.

**Bidjerano, Temi; Dai, David Yun** (2007) examined the relationship between the big-five model of personality and the use of self-regulated learning strategies. Measures of self-regulated learning strategies and big-five personality traits were administered to a sample of undergraduate students. Results from canonical correlation analysis indicated an overlap between the big-five personality factors and the set of self-regulatory learning
strategies. The study also compared the relative contributions of the personality factors and the self-regulated learning strategies in predicting academic achievement. The results from hierarchical multiple regressions suggest that the personality trait of Intellect made an independent contribution to the variance in student GPA, whereas effort regulation mediated the effects of Conscientiousness and Agreeableness.

Carr, Deborah (2004) examined how pre-loss emotional and instrumental dependence on one’s spouse affects older adults psychological adjustment to widowhood. Analyses are based on 297 persons from the Changing Lives of Older Couples [CLOC study], a prospective study of widowhood among adults aged 65 and older. Women who were most emotionally dependent on their spouses had the poorest self esteem while still married, yet evidence the highest levels of self esteem following loss. Men who were most dependent on their wives for home maintenance and financial management tasks experience the greatest personal growth following loss. These results suggest that widowed persons who were once highly dependent upon their spouses reap psychological rewards from the recognition that they are capable of managing on their own.

Cashel, Christine; Montgomery, Diane; Lane, Suzie (1996) investigated the personality type preferences of people who voluntarily chose to participate in a structured, field-based, outdoor education program. The Myers-Briggs Type Indicator (MBTI) was administered to 87 participants prior to beginning a 10-day Wilderness Education Association outdoor leadership trip. Participants were 18-46 years old, had completed at least 1 year of college, and had a wide range of outdoor experience. The MBTI generates 16 possible personality types based on four bipolar dimensions: extroversion-introversion (preference for interpersonal interaction versus solitude and reflection); sensing-intuiting (as preferred means of taking in information); thinking-feeling (as the preferred basis for decision making); and judgment-perception (preference for closure and structure versus flexibility and spontaneity). Compared to the general population, the outdoor participants contained significantly higher proportions of introverted types and intuitive types but did not differ significantly on the other two dimensions.

Carmen Ramírez-Maestre, Alicia Eva López Martínez, Rosa Esteve Zarazaga (2004)
analyzed the relationships between neuroticism, extroversion, age, and sex and the intensity of perceived pain and the coping strategies used. We worked with a sample of 96 patients with chronic pain. The assessment tools were the following: the Vanderbilt Pain Management Inventory, a Spanish version of the McGill Pain Questionnaire, and the Eysenck Personality Inventory. The hypothetical model establishes positive relationships between neuroticism, the use of passive coping strategies, and the intensity of pain. On the other hand, extraversion is expected to be positively related to the use of active coping strategies and negatively related to the perceived intensity of pain. The results support the hypotheses formulated regarding the effects of the variables neuroticism and extraversion. Age is negatively related to active coping strategies and pain intensity. Men use more active strategies than women, while the latter have a greater perception of pain.

Chmitt, Marina(2007) studies point out the importance of marital satisfaction for well-being. However, although being married is still the norm in middle and old age, research on the determinants of marital satisfaction has neglected long-term marriages. While research on short-term marriages mainly focuses on partner fit (e.g., in personality traits and socio-economic status), marital interactions should be more important for marital satisfaction in long-term marriages. In this article we examine the role of both stable, dispositional factors and of marital interaction in predicting marital satisfaction in long-term marriages in middle and old age. With data from 588 married women and men in middle and old age who participated in the Interdisciplinary Longitudinal Study of Adult Development (ILSE), we examined age and gender differences in the role of socio-economic status, personality, and marital interaction as predictors of marital satisfaction. Results showed (a) that socio-economic factors and personality played a minor role in predicting marital satisfaction, and (b) that a high quality of dyadic interaction was particularly important for the marital satisfaction of women.

Doty, Leilani, Ed.(1979) designed to help counselors integrate career-development concepts with research on the needs of older people. The first part deals with the effects of loss, transition, and change on the self-concept of the older person. The second part reviews needs-assessment studies of older people and presents a sample interview worksheet to help counselors assess how well an individual is adapting to a career
transition. The third and final part presents group exercises to prepare counselors and
other professional helpers for work with older people; case studies of older people who
are undergoing the physical and emotional changes associated with aging, and who are
experiencing emotional-adjustment problems centered on loss and career transition, are
keyed to specific psychosocial theories from which counseling strategies are derived.

DeNeve, Kristina M.; Cooper, Harris (1998) to examined that 137 distinct
personality constructs as correlates of subjective well-being (SWB). Personality was
found to be equally predictive of life satisfaction, happiness, and positive affect, but
significantly less predictive of negative affect. The traits most closely associated with
SWB were repressive-defensiveness, trust, emotional stability, locus of control-chance,
desire for control, hardiness, positive affectivity, private collective self-esteem, and
tension. When personality traits were grouped according to the Big Five factors,
Neuroticism was the strongest predictor of life satisfaction, happiness, and negative
affect. Positive affect was predicted equally well by Extraversion and Agreeableness.

Drageset J.(2004) to examine associations between functional ability to perform basic
activities of daily living (ADL) functions (feeding, continence, going to the toilet,
transferring from bed to chair, dressing and bathing), social contacts with family and
friends/neighbours and emotional and social loneliness. A quantitative research approach,
using a survey design, was performed. The sample comprised 113 subjects aged 65-101
years, living in nursing homes. Data were gathered through structured interviews by
using the following measures: the modified Katz Index of ADL, the Revised Social
Provisions Scale (SPS), and Family and Friendship Contacts Scale. Descriptive statistics,
factor analyses, multiple correlation analyses and multiple regression analyses were used.
Data showed a statistically significant relationship between dependence on the
environment in carrying out ADL and low level of social loneliness. Likewise, high
frequencies of social contact with sons, daughters and grandchildren had a statistically
significant effect on low level of social loneliness. A confirmatory factor analysis
(varimax rotation, eigenvalue 1.0) was employed to explore the two predefined
dimensions (attachment and social integration) of the SPS. The results confirmed, to a
very high degree, the two dimensions of the Weiss Model. Reliability (internal
consistency), measured by Cronbach alpha, was 0.85 and 0.92, for attachment and social integration respectively. Based on this analysis, dependence in ADL function is important for a low level of social loneliness. From the present study it is concluded that ADL (feeding, continence, going to the toilet, transferring from bed to chair, dressing and bathing) and contact with a social network have a statistical effect on a low level of social loneliness. Hence, such associations may be of significance in nursing intervention and may influence the well-being of residents in nursing homes in different stages of life.

Deborah J. Fidler, Karen Caplovitz Barrett and David E. Most (2005) explored age-related differences in smiling and related personality characteristics in individuals with Down syndrome. Participants were 65 children, adolescents, and young adults with intellectual disabilities aged 5–20 years (Down syndrome: 42, mixed etiologies: 23) and their parents. Both directly observable measures of social behavior (smiling frequency and duration) and parent report measures of child personality (subdomains of the Reiss profiles and Achenbach’s child behavior checklist) were examined. Significant interactions between group (Down syndrome versus mixed) and age were observed for smile frequency (decreased with age in Down syndrome), smile duration (decreased with age in Down syndrome), attention seeking (decreased with age in Down syndrome), and anxious/withdrawn (increased with age in Down syndrome). Relationships between smiling behavior and personality/psychopathology dimensions are also reported for both groups. Implications for developmental approaches to studying outcomes in specific genetic disorders are discussed.

Fisseni (1985), Tobin (1985) reviewed of adaptation of adjustment seen as a striving toward self sameness. The adaptive challenge in old age is to maintain self consistency when confronted with assaults that inched not only bodily deterioration but loss of others and whatever it means to confront one’s own mortality.

Field, Dorothy; Weishaus, Sylvia (1983) Although the consistency of personality characteristics has been identified in groups of persons studied from infancy into young adulthood, few such studies have been able to include older adults. To investigate the stability of personality and social characteristics among young-old and old-old adults, 72
adults (51 female, 21 male) from the Berkeley Older Generation Study group were rated on 21 personal-social characteristics through intensive interviews. The subjects were initially interviewed using these characteristics in 1928 (young adults), again in 1968 (young-old adults) and in 1982 (old-old adults, with an age range of 73 to 93 years). In 1982, the mean Wechsler Adult Intelligence Scale IQ for the group was 119. An analysis of the results showed a considerable amount of stability across the 50-year time span, particularly for cognitive characteristics. Intelligence, accuracy of thinking, poise, and talkativeness maintained strong and significant correlations for both men and women across time. In addition, both men and women became less restless, less critical, less worrisome, less excitable, more interested in their children, and had an increased sense of self-esteem in the transition from young-old to old-old age. In cognitive variables and life satisfaction, men tended to score higher than women, while women tended to score higher than men in personal-social characteristics.

**Fischer, Ann R. (2007)** demonstrated that experiences with attachment to and psychological separation from parents predict men's reports of masculine gender-role stress and conflict. This article extends the literature by examining possible variations in these links that may be accounted for by men's core personality characteristics. The author hypothesizes that Big Five personality traits mediate the association between parental relationship quality and masculine role strain. Results from structural equation modeling with data from 307 young men generally were consistent with these hypotheses, with several key findings: (a) Replicating past research, the author observed several associations between parental relationship quality and masculine role-strain variables; (b) as expected, indirect effects were obtained for neuroticism, agreeableness, and conscientiousness, though those for openness and extraversion were not statistically significant; (c) comparison of alternate models suggested that a fully mediated model fit the data reasonably well; and (d) this model accounted for a large proportion of variance in masculine role strain (41%).

**Golant, Stephen M. (1984)** Gerontologists have shown particular interest in whether old people's morale or life satisfaction is influenced by the quality of their residential environment. The extent to which older persons' assessments of their lives are influenced
by their place of residence was examined through structured interviews with a random sample of 400 persons aged 60 and older, living in a middle class urban community. Subjects completed the Life Satisfaction Index A and measures assessing personality characteristics, demographic variables, socioeconomic status, life stage, activity patterns, and environmental experiences. The results revealed statistically significant direct effects of nine social and physical environment experiences on older people's life satisfaction. In addition, nine individual variables were found to independently influence life satisfaction. The individual differences and environmental experiences together explained nearly half of the statistical variation in the older people's life satisfaction levels.

**Goodwin, John; O'Connor, Henrietta** (2002) A study performed in 1962 by Norbert Elias on the adjustment of young people to the transition from school to work had five areas of inquiry; adjustment to relationships with older workers and supervisors; adjustment to job problems; adjustment to role as workers; adjustment to role as money-earner in home relations; and adjustment to role as money-earner in leisure time. The study was an interview-based survey of nearly 900 young adults. The original study concluded that there is a "shock" experience during the transition from school to work young people have difficulties adjusting to the new role and in their relationships with older workers, their family and their income. However, a current look at the original interviews and background materials and concludes that while shock is experienced, it was not to the degree predicted. The origins of the shock conclusion are unclear, there may be differences between the experiences of working class and middle class youth, and it may not be shock that emerges from the difference between the expectations of work and the actual experience of work.

**Gold, Dolores Pushkar** (1993) Responses of 125 older adults to a life-history interview were rated for frequency and extent of off-target verbosity. Talkativeness was rated by participants, 125 peers, and 10 professionals. Talkativeness did not appear to be age linked, suggesting that irrelevance in discourse may instead reflect longstanding personality traits.

**Hull, Kathleen V.** (1990) Within the next 40 years, people age 65 and over will comprise
20% of the population, yet problems facing this older generation and their families are just coming to the attention of researchers and the public. Accordingly, this literature review focuses on the special needs of older adults and their families. After an introductory overview, the paper first reviews studies on adjustment to retirement, addressing issues such as cultural stereotypes, sex differences in adjustment, factors influencing survival rates, successful approaches to post-retirement job seeking, and marital well-being after retirement. The second part of the paper reviews research on social support networks among the elderly, including spouses, children, friends, and hired caregivers. The third section reviews studies of issues related to coping with the death of a spouse, role loss and other stressful transitions common to older adults. The fourth section addresses research on the availability and use of educational opportunities by the aged. The fifth section covers research on the correlates of life satisfaction among the elderly. These include educational level, health, income, marital satisfaction, and relationships with children. The final section reviews studies of leisure activities among older adults, including studies of what motivates older adults to pursue various kinds of leisure activities and the beneficial effects of such activities on life satisfaction.

Haas-Hawkings, Gwen (1980) Although widowhood is a disruptive and inevitable phenomenon for many older people, few studies have explored either adjustment to widowhood or the impact of widowhood on the lives of elderly people. Recently widowed persons (N=51), ranging in age from 49 to 83 years old, were interviewed to examine their relatively immediate psychosocial adjustment to widowhood. The time interval between death of spouse and the interview ranged from 4 to 12 weeks. No correlation was found between the Social Network Scale and any of the four adjustment measures, suggesting that the existence of a social network characterized by stability, intimacy, and reciprocity was not an important factor in the adjustment of these recently widowed persons. Positive correlations were found between preparation for loss and self-reports of adjustment, and between internal control and life satisfaction; negative correlations were found between internal control and psychiatric symptoms, and depression. Loneliness was the most frequently reported problem of widowhood, perhaps indicating that loneliness prior to widowhood may be a significant contributing factor to
post-widowhood adjustment. Compared to samples of other older people, these subjects were relatively well-adjusted as indicated by scores on functional health, depression, and life satisfaction scales.

Hansson RO, Jones WH, Carpenter BN, Remondet JH (1987) Among two samples of older adults, loneliness (measured by the revised UCLA Loneliness Scale) was related to poor psychological adjustment, generally, and to dissatisfaction with family and social relationships. It was also related, however, to fears, expectations, and personality characteristics likely to inhibit the restoration of personal support networks after a stressful life event such as widowhood. Finally, loneliness was associated with maladaptive behavior patterns such as failure to: a) plan for old age, b) engage in rehearsal for widowhood, c) engage in social comparison, or d) learn about available community health and social services.

Hilleras, Pernilla K.; Jorm, Anthony F.; Herlitz, Agneta; Winblad, Bengt (2004) Explored life satisfaction and the factors that influence it with very old people (N=105). Specifically, information about life events, personality, and social contact were examined. Results show that health and an emotionally stable personality were, independently of other factors, the most important factors for life satisfaction among the very old.

Hansson, Robert O (1987) examined loneliness in older adults (N=177). Loneliness was found to be related to poor psychological adjustment and to dissatisfaction with family and social relationships. It was also related to fears, expectations, and personality characteristics likely to inhibit the restoration of personal support networks after a stressful life event such as widowhood, and to maladaptive behavior patterns.

Igor Kardum and Jasna Hudek-Kne (1995) examined that the effects of Eysenck's personality traits on coping styles and moods, as well as the effects of coping styles on moods. On the sample of 177 subjects Eysenck's Personality Questionnaire (EPQ), a Coping Orientation to Problems Experienced questionnaire (COPE) and mood scale aimed at assessing the usual positive and negative moods were administered. The results
obtained show a strong direct effect of Eysenck's personality traits on positive and negative moods, while their effects on coping styles in stressful situations were considerably lower. Coping styles, especially avoidance and problem-focused, contribute to the emotional outcomes directly and indirectly, mediating the effects of Eysenck's personality traits on moods.

**Ina Rytter Schapiro, Lone Ross-Petersen (2001)** investigated the effect of personality, as measured with the Eysenck Personality Inventory, on the incidence of cancer among 1,031 persons participating in a Danish health survey in 1976–1977 and followed up for 20 years. They thereby accrued a total of 19,993 person-years. The expected number of cancer cases was estimated on the basis of age-, sex-, and site-specific incidence rates in Copenhagen County, Denmark. Overall, 113 malignancies were observed among the cohort members between the date of interview and December 31, 1996. Since 114.3 were expected from county incidence rates, the standardized incidence ratio was 0.99 (95% confidence interval: 0.81, 1.19). No statistically significant deviation of the relative risk from unity was seen for any measure of personality, and no excess risk was seen for any particular type of cancer. A regression model, in which adjustment was made for age, sex, calendar period, alcohol consumption, tobacco smoking, psychiatric illness as rated by the interviewing doctor, marital status, and social class, showed no excess risk of cancer among persons considered to be in medium- or high-risk groups according to the Eysenck Personality Inventory. The authors' data provide no support for the hypothesis of an association between personality and the risk of cancer.

**Izutsu, Satoru; Rose, Charles L.(1987)** shows that as part of a larger study of the demographics, family, household, health, diet, activity, functioning, and mental ability of older Japanese people living in Hawaii which will be compared to similar studies conducted in Japan, personality data were obtained from 101 non institutionalized Japanese with an average age of 92 years, residing in Hawaii. Data were obtained by home interviews with the assistance of a close family member or caregiver who rated the subject on five personality traits (Cooperative, Expressive, Tenacious, Introvert, Sensitive) consisting of eight components per trait. The subjects received markedly higher scores in Cooperative and Tenacious traits than in the other three traits. Identical
findings were obtained from Japanese studies on similar-aged populations. A reasonable hypothesis is that these two traits characterize longevous individuals because of their survivalistic and adaptational functions. There was a positive correlation between the Cooperative and Tenacious traits, and no positive correlations between these traits and the remaining three traits. There were highly significant negative correlations between the Cooperative trait and the three "non-survivalistic" traits. Cooperative and Tenacious traits were also associated with better physical, mental, and social function.

Kuh, George D. (1981) The extent to which college-related changes in personality functioning persisted between college graduation and 10 years later was studied, and developmental patterns common to 18- and 32-year-old college-educated persons were identified. The relationship between various demographic characteristics linked either empirically or theoretically to personality development in the young adult years was also addressed. An Alumni Questionnaire (AQ) and the Omnibus Personality Inventory (OPI) were administered to a sample of 1970 graduates of Luther College. The 200 respondents had completed the OPI prior to the freshman year and in the senior year. The findings seemed to indicate that many of the changes in personality functioning associated with college tend to backslide 10 years after graduation, and that the developmental patterns of young adults differ appreciably. The results indicate that not all of the respondents evidenced increases of those dimensions on which development is expected to occur during college (e.g., aestheticism, integrative maturity). The degree to which college-related changes in personality functioning are maintained seem to be related to the post-college environment. Respondents who were working in the professions were less likely to backslide following graduation. The differences among respondents' patterns of personality functioning during and after college were not easily explained by biographical variables. The results support the premise that development occurs in various dimensions at differential rates over the life span.

Katz, Renee S. (1990) Examined whether personality is related to attitudes toward older people in 228 college students, 78 of whom were working with older people in professional capacities. Results indicated a constellation of personality traits was related to attitudes toward older people, including low anxiety traits, sensitive-intuition traits,
and intellectual ability traits.

Kristin R. Krueger, Robert S. Wilson Raj C. Shah, Yuxiao Tang and David A. Bennett (2006) examine the relation of personality to the development of disability in old age. Methods: participants are 813 older Catholic nuns, priests and brothers without dementia or disability at study onset. As part of a uniform baseline evaluation, they completed standard measures of the five principal dimensions of personality. Disability was assessed at baseline and annually thereafter with the Katz scale. The relation of each trait to incident disability was assessed in proportional hazard models controlled for age, sex, education and selected clinical variables. Results: during a mean of about 6 years of observation, 255 persons (31%) became dependent on at least one activity of daily living. Risk of becoming disabled was 85% [95% confidence interval (CI) = 80.5–89.6%] lower in persons with high (90th percentile) compared to low (10th percentile) extraversion and 50% (95% CI = 46.6–54.2%ss) lower in those with high compared to low conscientiousness, and controlling for chronic medical conditions, depressive symptoms or social and cognitive activity did not substantially affect these associations. By contrast, neuroticism had a marginal association with disability risk that was eliminated after controlling for depressive symptomatology, and openness and agreeableness were unrelated to disability risk.

LaBauve, Bill J.; Robinson, Chester R. (1999) Examines retirement, while focusing on issues older adults face in adjusting to retirement, and suggests implications for counseling people who are making this transition. Discusses adjustment to retirement in terms of role, disengagement, activity, continuity, crisis, and compromise/negotiation theories.

Leon, Gloria Rakita (1979) Evaluated physically healthy and emotionally stable men over a 30-year period from middle to old age. Increase in mean scores on the depression scale of the MMPI reflected realistic bodily concerns and physical illness. This group manifested personality strengths in middle age and functioned well in old age.

Larson, Lisa M.; Wei, Meifen; Wu, Tsui-Feng; Borgen, Fred H.; Bailey, Donna C.
study was to determine whether the Big Five personality factors, measured by the NEO Personality Inventory Five-Factor Inventory (Costa & McCrae, 1992), and vocational confidence across Holland's hexagon, measured by the Skills Confidence Inventory (SCI; Betz, Borgen, & Harmon, 2005), were useful in discriminating among educational majors and career aspirations for 312 Taiwanese university students. The Big Five and confidence, in combination, significantly differentiated among 4 college majors and 7 career aspirations in a Taiwanese university sample. Big Five Agreeableness and SCI Realistic, Investigative, and Conventional confidence emerged as most salient in the discrimination. Differences by sex, major, and career aspiration were mostly consistent with social cognitive career theory, Holland's theory, and prior U.S. research.

Leon, Gloria Rakita; And Others(1981) Shows that most men had made a satisfactory social and emotional adjustment over time, but a significant number were troubled by chronic illness. The most common stress factor reported was death of a friend. Past personality patterns coupled with current life stress factors were not predictive of present personality functioning.

Martin, Peter(1992) Compared adults (n=165) in their 60s, 80s, and 100s on personality, life events, and coping. Found personality differences: centenarians scored higher on dominance, suspiciousness, and imagination. Although centenarians scored lower on active behavioral coping than other age groups, they used cognitive strategies when coping with health and family events. Extraversion and anxiety predicted morale and mental health.

Moberg, David 0 (1989) found that various indicators of religion were related to good personal adjustment in old age. Based on earlier research, interview schedules were developed to measure religious activities, religious faith, & personal adjustment among 100 mobile persons who resided in congregate living and public housing facilities in the Milwaukee, Wisconsin metropolitan area. Multiple regression analysis disclosed that religious activities were strongly related to personal adjustment, but religious beliefs were less so than before, perhaps because such a high proportion of the research subjects had high level of religiosity.
McConatha, Jasmin T. et al (1988) examined the relationship between the wellness status & life satisfaction of 180 senior citizen participants for wellness Inventory & the adjustment index were administered. Result indicate a significant positive relationship between perceived wellness & adjustment, Implications for understanding & increasing the adjustment of older adults are discussed.

McLaren, Suzanne; Gomez, Rapson; Bailey, Maria; Van Der Horst, Renee K.(2007) to study Suicide among older people, especially men, is a significant problem. In this study the applicability of the compensatory, the risk-protective, the challenge, and the protective-protective models of resiliency for the prediction of suicidal ideation from depression (the risk factor) and sense of belonging to the community (the protective factor) was investigated. A total of 351 retired Australians (130 males and 221 females), with a mean age of 71.31 years (SD = 7.99), completed the Zung Depression Scale, the suicide subscale of the General Health Questionnaire, and the Sense of Belonging Instrument. When sense of belonging (psychological) was the protective factor, results indicated support for the risk-protective model for men and women, and for the compensatory model for women only. In contrast, when sense of belonging (antecedents) was the protective factor, support was evident for the compensatory model for men and women, and for the challenge model for women only. Results indicate that interventions should be developed to enhance sense of belonging among aging adults.

Maciel, Anna G.; And Others(1992) Features of everyday conceptions of a "wise person" were examined, based on a model of wisdom-related knowledge (Baltes & Smith, 1990). The goal was to examine whether the psychological theory underlying this model is consistent with lay conceptions of wisdom, and whether everyday conceptions contain additional features not contained in the theory. The model advanced treats wisdom as a body of expert knowledge in the fundamental pragmatics of life. A major question is whether such a knowledge-based approach ignores other facets more closely tied to personality, interpersonal skills, and emotional maturity. One hundred women professionals recruited through a newspaper advertisement who were young, middle-aged, or older, rated 131 descriptive characteristics on a 7-point Likert-type scale on the degree to which each represented their notion of an ideally wise person. Three
interrelated sets of findings were obtained. First, characteristics consistent with the psychological theory of wisdom as expert knowledge were seen as highly typical attributes of a wise person. In addition, social-personality-type characteristics emerged as highly typical. Thus, the lay conception of a wise person contains both knowledge and social-personality components. Second, the lay conception of a wise person enjoys a good deal of social consensus. Third, while there were no structural differences among profiles associated with age/cohort, some mean differences in typicality ratings were found. Older women, in comparison to middle-aged and younger adults, rated more peripheral social-personality characteristics as more typical.

**Myers, Jane E. (1993)** shows that the cycle of social breakdown, self-perpetuating stages of negative adjustment among older persons, can be halted by empowering people through prevention and wellness and by changing attitudes of the culture, care providers, and decision makers toward aging.

**Metzker, Carol (2006)** Appreciative intelligence is the factor that makes some people more successful than others, more resilient to life's lumps and bumps, more creative and persistent when dealing with challenges, and more often able to smile at the end of a tough day. It is the same type of intelligence found in exceptional business leaders, entrepreneurs and inventors. It's not a high IQ. Appreciative intelligence is the ability to reframe things in a new perspective, appreciate what is positive, and envision aspects of the present to create a desirable future. Simply put, it is the ability to see the mighty oak in the acorn. In this article, the author presents the story of Laura Fabiani, a mother of an eight-year-old with cerebral palsy, who showed an exceptional level of appreciative intelligence in her struggles with caring for her son.

**Matti Isohanni (2005)** The findings and some other gender identity themes in the elderly, also were illustrated by qualitative case material. These data suggested that the therapeutic community of aged people should permit active preservation of even conservative and stereotyped gender roles, thereby aiding in the defense and continuity of their often frail identity. The search for new role elements should be supported as well, however, because some elderly continue to develop their gender roles during their final
Nuttman-Shwartz, Orbit (2007) examined the way retirees perceive retirement and continue to work post-retirement. Using a longitudinal design, qualitative and quantitative analyses were performed to examine the effect of preoccupation with work on adjustment to retirement. The findings indicate a wide range of attitudes toward cessation of the working life on the eve of retirement. In addition, most retirees reported increased well being and decreased distress one year after retirement. Although for all participants a correlation was found between adjustment & preoccupation with work on the eve of retirement, no difference in the adjustment measures emerged a year later between those who were fully retired and those who continued to work.

Norris Joan E. (1980) Compared single retired women and widows for the extent of their social involvement and degree of adjustment to old age. Widows were mere socially engaged than singles, primarily because of their involvement in kinship roles. Never married women were better adjusted than the widows.

PAULA M. CALIGIURI (2006) Applying the evolutionary theory of personality, this study proposed and tested the hypotheses that each of the Big Five personality characteristics (Extroversion, Agreeableness, Conscientiousness, Emotional Stability, and Openness or Intellect) predict two criteria of expatriate success: (a) desire to prematurely terminate the expatriate assignment, and (b) supervisor-rated performance on the expatriate assignment. The participants were 143 expatriate employees (and 94 supervisors) from a U.S.-based information technology company. Results from correlation and regression analyses suggest that Extroversion, Agreeableness, and Emotional Stability are negatively related to whether expatriates desire to terminate their assignment. Conscientiousness is positively related to the supervisor-rated performance on the expatriate assignment.

Peter Martin, M. Valora Long and Leonard W. Poon (2002) examine stability and change in personality traits and states for 3 age groups: centenarians, octogenarians, and sexagenarians. One hundred seventy-nine older adults participated in the 2-wave study.
Results concerning age-group differences indicated that centenarians scored higher in Suspiciousness but lower in Intelligence and Stress when compared with the other 2 age groups. Octogenarians were lower in the personality traits Intelligence, Dominance, and Conscientiousness when compared with sexagenarians. Octogenarians were lower in the personality state Arousal, but higher on Regression. Results from the longitudinal analyses for centenarians indicated lower scores for Sensitivity, but higher scores for Radicalism (both personality traits), as well as higher scores of Fatigue and Depression (personality states) at follow-up. For the younger 2 age groups, age changes included higher scores for Sensitivity and Suspiciousness (personality traits). Stability scores for traits and states were considerably lower for centenarians when compared with the younger age groups.

Peter Martin, Alex Bishop, Leonard Poon and Mary Ann Johnson (2006) There is limited understanding about variables associated with fatigue in late and very late life. The purpose of this study was to explore the longitudinal influences of personality and health behaviors on changes in fatigue. One hundred and seventy-eight participants of the Georgia Centenarian Study were part of this study. Multiple regression analyses were computed to assess the influence of personality, physical activity, stress management, and nutritional risk on fatigue after initial fatigue, self-reported health, and psychosocial variables were controlled for. Anxiety, physical activity, and nutritional risk had significant longitudinal effects on fatigue. Older adults who were anxious, less engaged in physical activity, and who had higher levels of nutritional risk were more likely to show increased fatigue levels. The results suggest that more clinical and research attention should be paid to changes of fatigue in older populations.

Pilkington FB (2005) Grieving a loss is a profound and universal human experience. This phenomenological-hermeneutic study was an inquiry into the lived experience of grieving a loss. The nursing perspective was Parse's human becoming theory. Participants were 10 elderly persons residing in a long-term care facility. The study finding specifies the structure of the lived experience of grieving a loss as aching solitude amid enduring cherished affiliations, as serene acquiescence arises with sorrowful curtailments. Findings are discussed in relation to the guiding theoretical perspective and related literature.
Porter E.J. (1994) Older widows' experience of living alone is described in this research. Based on Husserl's (1913/1962) philosophy, a phenomenological method was used. Prior to data-gathering, knowledge pertaining to older widows' experience was bracketed. During semi-structured, tape-recorded conversations, seven older widows described how they lived at home alone. From data pertaining to their actions, intentions and perceptions, four phenomena of the lived experience were developed: (a) making aloneness acceptable; (b) going my own way; (c) reducing my risks; and (d) sustaining myself.

Robert B. Wilson, Kristin R. Krueger (2006) reported that the higher level of childhood adversity is associated with lower level of psychosocial adjustment in old age. Participant were 253 older persons (mean age; 79.8. Childhood adversity was assessed with a 16 item measure based on portions of the childhood trauma questionnaire and other inventories. Psychological adjustment was assessed with multiple measures of neuroticism and social engagement. Based in part on a factor analysis, composite measures of total adversity, emotional neglect, parental intimidation, parental violence, family turmoil, and financial need were developed. In a series of linear regression models adjusted for age, sex, own education, and parental education, the composite measure of childhood adversity was associated with all facets of neuroticism and accounted for more than 13% of the variance in the composite neuroticism measure. Emotional neglect & parental intimidation had the strongest associations with neuroticism. Childhood adversity was not related to frequency of participation in social activities, but more, adversity was associated with having a smaller network and feeling more emotionally isolated. They conducted that Childhood adversity was associated with less adaptive psychosocial functioning in old age.

Roberson, Donald N., Jr. (2003) The increasing numbers and influence of older adults is causing many segments of western society to re-evaluate the concept of old age. Medical advances and personal lifestyles have resulted in older adults living longer and healthier lives. As one ages, adjustments in work, family, and health must be made. Self-directed learning (SDL) is one way of negotiating these changes. There is a need for more research about older adults and self-directed learning, and there is a lack of research.
concerning the link between SDL and late life adjustment. The purpose of this study was to understand how older, rural adults utilize self-directed learning in the adjustments of late-life. This research study employed a descriptive qualitative design that used in-depth, semi-structured interviews for data collection. The sample of ten purposefully selected older adults from a rural area reflected diversity in gender, race, education, and employment. The age of the participants ranged from 75 to 87. Four research questions guided this study: (1) What is the nature of the SDL of these older adults? (2) What is the process of SDL? (3) What are the late life adjustments of these older adults? (4) How does the rural context shape the SDL of these older adults? Data analysis guided by the constant comparative method revealed the following findings: The nature of self-directed learning is highly engaging, variably structured, collaborative, and goal-directed. There is a specific process of self-directed learning beginning with an incentive to learn plus an interest, leading to accessing resources; with systematic attention and adjustments in their learning, some projects ended while others remained ongoing. There is also a catalyst, usually another person, interspersed in this process. The rural setting provided a constructive atmosphere for learning. Helpful aspects were the quiet and simple atmosphere, nature, and the people; negative comments centered on lack of resources. Three conclusions were drawn related to how older adults incorporate self-directed learning: late life adjustments are a primary incentive for self-directed learning, self-directed learning is an integral process in the lives of older adults, and the rural environment is a predominantly positive context for learning.

Rutman, Deborah L. (1988) People who decide or are forced to relocate often undergo a lengthy waiting period before they can move. This waiting period may be a highly stressful time for individuals anticipating relocation. This study explored relocating older adults’ (N=63) coping strategies and the impact of these strategies on health, cognitive functioning, and well being. Older adults awaiting relocation to subsidized, age-segregated apartments were interviewed prior to relocation; 54 respondents were interviewed again 9 to 12 months later when approximately one-half of the subjects had moved. Interviews focused on the effects and meaning of the anticipatory period on health, functioning, morale, attitudes, and daily activities. The results support the
hypothesis that respondents who appraised relocation as stressful would use different coping strategies than respondents who perceived the experience to be non-stressful. The former subgroup was more likely to use emotion-focused techniques. Among subjects who were still anticipating relocation at the time of the second interview, emotion-focused techniques were used more often than were problem-focused techniques. Relocated and non-relocated subjects did not differ in terms of their use of emotion-focused techniques. Most respondents used multiple techniques to cope with relocation. No one technique was found to be superior to others, or to facilitate higher morale or psychological well-being, although the use of problem-focused strategies was predictive of health and adjustment among the relocated respondents.

**Robert S. Wilson, Carlos F. Mendes de Leon, Julia L. Bienias** (2004) examined the relation of personality to mortality in 883 older Catholic clergy members (69% women). At baseline, they completed the NEO Five-Factor Inventory, which assesses the five principal dimensions of personality. They were followed for a mean of 5.1 years, during which 182 deaths occurred. Risk of death was nearly doubled in those with a high neuroticism score (90th percentile) compared with a low score (10th percentile) and was approximately halved in those with a high conscientiousness score compared with a low score. Findings for extraversion were mixed, and neither agreeableness nor openness was strongly related to mortality. The results suggest that personality is associated with mortality in old age.

**Robb C, Small B, Haley WE.** (2008) examines the impact of functional disability on subjective well-being (SWB) and the moderating effects of personal resources on a sample of 144 community-dwelling, older adult couples age 60-84 years, with emphasis on gender differences in both direct and moderating effects. Functional disability in self and in the spouse was associated with poorer well-being in both men and women, but differences were found by gender in the effects of coping resources. While high neuroticism was associated with poorer well-being for both husbands and wives, extraversion and social support had unique benefits in enhancing well-being only in husbands. Husbands were more introverted, and had fewer social resources, and individual differences in social resources may be more critical for older husbands.
Results are interpreted in terms of gender differences in coping and their implications for interventions to enhance well-being in older adults.

**Rudinger G, Lantermann ED.** (1980) There is a complex structure of conditions which are accepted to be of effect on development of intelligence in old age. We turned particularly to the socioeconomic conditions with their stimulating or depriving attributes. With a pathanalytic model we were able to explain about 38% of variance of intellectual performance at the first measurement point of the Bonn Longitudinal Study of Aging (BLSA). With this model we took into consideration the family environment of the aged BLSA people (60-75 yrs.) at their youth as well as some indicators of the aged peoples' socioeconomic status (educational and occupational level) in their later life history.

**Roberts, Brent W.; Walton, Kate E.; Viechtbauer, Wolfgang** (2006) used meta-analytic techniques (number of samples = 92) to determine the patterns of mean-level change in personality traits across the life course. Results showed that people increase in measures of social dominance (a facet of extraversion), conscientiousness, and emotional stability, especially in young adulthood (age 20 to 40). In contrast, people increase on measures of social vitality (a 2nd facet of extraversion) and openness in adolescence but then decrease in both of these domains in old age. Agreeableness changed only in old age. Of the 6 trait categories, 4 demonstrated significant change in middle and old age. Gender and attrition had minimal effects on change, whereas longer studies and studies based on younger cohorts showed greater change.

**Riitta-Leena Metsäpelto** (2002) used variable- and person-oriented approaches to examine the relationship between personality traits (at age 33) and parenting (at age 36) among 94 mothers and 78 fathers. The SEM revealed that Openness to Experience (O), low Neuroticism (N), and Extraversion (E) were related to parental nurturance; low O to parental restrictiveness; and low N to parental knowledge about the child's activities. Cluster analysis based on the three parenting factors yielded six gender-related parenting types with distinguishable personality profiles. Authoritative parents (mostly mothers) and emotionally involved parents (mostly fathers), who were high in nurturance and high
to moderate in parental knowledge, were high in E and high to moderate in O. Authoritarian parents (mostly fathers) and emotionally detached parents (mostly mothers), who were low in nurturance, high to moderate in restrictiveness, and moderate to low in parental knowledge, were low in O and E. Permissive parents, who were low in restrictiveness and parental knowledge and moderate in nurturance, were high in N, E, and O. Engaged parents, who were high in nurturance, restrictiveness, and parental knowledge, were moderate in all personality traits. Agreeableness and Conscientiousness did not differ between the parenting types.

Robert Wilson, Kristin R. Krueger (2006) reported that the higher level of childhood adversity is associated with lower level of psychosocial adjustment in old age. Participant were 253 older persons (mean age; 79.8. Childhood adversity was assessed with a 16 item measure based on portions of the childhood trauma questionnaire and other inventories. Psychological adjustment was assessed with multiple measures of neuroticism and social engagement. Based in part on a factor analysis, composite measures of total adversity, emotional neglect, parental intimidation, parental violence, family turmoil, and financial need were developed. In a series of linear regression models adjusted for age, sex, own education, and parental education, the composite measure of childhood adversity was associated with all facets of neuroticism and accounted for more than 13% of the variance in the composite neuroticism measure. Emotional neglect & parental intimidation had the strongest associations with neuroticism. Childhood adversity was not related to frequency of participation in social activities, but more, adversity was associated with having a smaller network and feeling more emotionally isolated. They conducted that Childhood adversity was associated with less adaptive psychosocial functioning in old age.

Sezaki, Shinya; Bloomgarden, Joan (2000) Addresses art therapy for homebound people, giving special attention to the set of needs for this environment; the desired personality traits of the in-home therapist; the structure of the therapeutic relationship; and appropriate art therapy goals. Presents two case studies of home-bound art therapy which demonstrate the complexities and possibilities of this therapy with the adult homebound.
SJ Almada, AB Zonderman, RB Shekelle (1991) MMPI measures of neuroticism (N) and of cynicism (C) were obtained at the initial examination of 1871 employed, middle-aged men in Chicago. Neither N nor C was significantly associated cross-sectionally with systolic blood pressure or serum cholesterol, but both were positively associated with cigarette smoking and alcohol consumption. N was not significantly associated with risk of death from coronary disease, other cardiovascular diseases, cancer, all other causes combined, or all causes combined after adjustment for C, age, cigarette smoking, alcohol consumption, systolic blood pressure, and serum cholesterol. C was significantly associated with coronary death and total mortality after adjustment for N and the other variables listed above, and relative risks of 1.4 to 1.6 were observed for all endpoints. These results support the idea that neuroticism is not associated with major causes of mortality, but that cynicism is associated with several causes. The associations between cynicism and mortality may be mediated by cigarette smoking and excessive alcohol consumption since adjustment for these factors may have been incomplete due to correlation between cynicism and errors in self-reported data.

Thorson, James A.; Perkins, Mark L. (1980) A study of college students showed that persons scoring higher in aggression demonstrated more negative attitudes toward the aged. Females, older students, and graduate students were more positive. Students majoring in business subjects tended to be more negative, while social work students had the most positive attitudes toward older people.

Tiffany, Phyllis G.; Dey, Kay (1983) studied the Control over self, lifestyle, and environment is a major factor in how one ages. To investigate how age acts as an environmental force in affecting perceptions of control, 45 adults, aged 60-80, from western Kansas were administered the Wechsler Adult Intelligence Scale (WAIS), the Tiffany Experienced Control Scales (ECS), the Minnesota Multiphasic Personality Inventory (MMPI), and the Personal Mental Health Data Form for Older People. Subjects were divided into three groups according to living situations (residential facility, community residence with family members, economically independent community residence apart from family). The ECS measured control in terms of direction (from or over the environment) and situations (work, school, sex, community, home, other people,
and in general). An analysis of the results of the MMPI and the ECS showed that a clear relationship existed between the neurotic triad of the MMPI (psychopathic deviance, schizophrenia, psychasthenia) and the experience of control from the environment. Subjects who scored high on the hypochondriasis, depression, and conversion hysteria subscales of the MMPI also experienced high control from the environment; low incidence subjects experienced more control over the environment.

**Turner, Barbara Formaniak;** And Others (1995) studied was to test hypotheses drawn from the social role model about the process that people use in deciding what other people are like, focusing on the difference that other people's age, race, and sex make. A sample of non-Latino White students (N=671) ranging in age from 18 to 81 years used the Bem Sex-Role Inventory (BSRI) to rate a person in one of 12 target groups (a race-unspecified or African-American woman or man in their late 20s, late 40s or late 60s). Race-unspecified targets were almost always seen as non-Latino Whites. Old persons and women were seen as significantly more communal and less agentic in personality than younger adults and men, respectively. When students' estimates of the likelihood that the target they were rating was retired was controlled, the main effect for age of target in communal traits disappeared. This finding supports the interpretation that age stereotypes partly stem from perceivers' observations of people's social roles.

**Yah Huey Jou** (1996) longitudinally examined the effects of personality and social support on adjustment. Questionnaires were responded to over 4 periods of stay: just before arrival in Japan and three months, a months, and 21 months after arrival in Japan. Extraversion and neuroticism were measured in the 1st period, and needed, actual support, and adjustment in the 2nd, 3rd and 4th periods. Thirty three participants completed data were analyzed. Three multiple regression analyses indicated that a) needed support was a negative predictor and b) actual support was a positive predictor of adjustment over all periods while c) extraversion was a positive predictor of the 4th period adjustment and d) there was no association between neuroticism and adjustment the effects of support and personality on adjustment which varied according to the period of stay.
Zhang, Li-fang (2008) study replicated investigation of the link between Holland's six career interest types and Costa and McCrae's big five personality traits in a Chinese context. A sample of 79 university students from Hong Kong evaluated their own abilities and responded to the Short-Version Self-Directed Search (SVSDS) and the NEO Five-Factor Inventory. Results demonstrated external validity for the SVSDS, and suggested that even when students' self-rated abilities were taken into account, career interests and personality traits still significantly overlapped, although each construct made a unique contribution to the variance in the data.