

عنوان مقاله:

The Role of Spirituality and Social Support in Iranian Elderly Happiness: A Cross-sectional Study

محل انتشار:

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خلاصه مقاله:

Background: Spiritual well-being and social support are important factors in reducing loneliness and depression, improving the quality of life, and successful aging in elderly people. This study aimed to investigate the relationship between spiritual well-being, social support, and happiness among elderly people. Methods: This cross-sectional research was performed on ۴۳۴ elderly people recruited from the health centers of Saveh University of Medical Sciences in Iran. Eligible participants who matched the selection criteria were selected through a multi-stage random sampling method. Socio-demographic information, the Spiritual Well-Being Scale, social support, and the Oxford Happiness Scale were used as tools for data collection. Finally, all data were analyzed by SPSS, and a multiple linear regression analysis was employed to determine factors associated with happiness. Results: The mean scores of happiness, spiritual well-being, and social support were 64.0 ± 13.2 , 96.4 ± 18.6 , and 42.8 ± 10.9 , respectively. Overall, ۲۱ (۴۸.۶%) elderly people had high levels of spiritual well-being. The findings indicated that ۴۳% ($R^2 = 0.43$) of the variance of change in happiness could be attributed to spiritual health, social support, and socio-demographic variables, including membership in non-governmental organizations, age, underlying disease status, marital status, and physical activity. Conclusion: Spiritual well-being and social support play an important role in elderly happiness. The results of the current study might be considered a basis for planning health promotion programs among the elderly. It is recommended that authorities assist in meeting the social and spiritual needs of the elderly to increase their overall happiness.

کلمات کلیدی:

Elderly, Spiritual health, Social support, Happiness

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