

Resilience of the Elderly throughout Widowhood

Social Monitoring and Reporting in Europe
Resilience: an Asset in Difficult Times

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Resilience

- Resilience at various levels (**individual**, community, society)
- Resilience at various stages (before, during and **after event**)
- Resilience can be measured in different ways (process, **resources, outcomes**)

Literature

- Resilience among the Elderly
 - Weak or no influence of socio-economic status (Demakakos, 2008; Blane, 2011)
 - Mostly interpersonal relationships (Demakakos, 2008; Netuveli, 2008; Blane, 2011; Greene and Feld, 1989) but not always (Anusic and Lucas, 2014, in the case of widowhood)
 - Influence of Health (Gallacher et al, 2012; de Paula Couto, 2011)
 - Spirituality : mostly qualitative research and one study elderly women in San Diego (N=1,973) showing a role of spirituality in the presence of stressors (Lamond et al., 2008; Faigin and Pargament, 2011)

Literature

- Resilience and well-being
 - Resilient people show high life satisfaction (Bennett, 2010; Windle et al., 2010; Beutel et al., 2010)
 - Main effect (resilient people have higher SWB) but not interactions effects between stressful events and resilience did not show significant results (de Paula Couto, 2011)
(N=111)

Literature

- Resilience
 - Researchers have an intuitive understanding about resilience but the theoretical framework is sometimes lacking or is at least plural.
 - Resilience can be *thought as*
 - An individual characteristic (Tisseron, 2015)
 - A desirable outcome when facing adversity (Hildon et al., 2008)
 - An interaction between an individual and a stressor/life event
 - An interaction between a set of resources and a stressor/life event
 - Resilience and well-being
 - Well-being can be a part of resilience
 - Well-being can be an outcome of resilience
 - Measuring resilience or its outcomes?
 - Elders Life Stress Inventory
 - Psychological well-being scale
 - Resilience scale
 - CASP
 - Life satisfaction

Factors associated with resilience

- Age, Gender
- Health
- Material resources (income, wealth)
- Religious/spirituality resources (feeling of religiosity, feeling spiritual, religious attendance)
- Social resources (social networks, participation and relationships)
- Personal characteristics (personality traits)
- Other factors...

Gaps in the literature

- Theoretical: What type of resilience? Various conceptualisation
- Measurement: CASP as measure of resilience or its outcomes
- Empirical: what are the resources of elderly people in Europe that contribute to resilience?

Data and methods

Data

SHARE (we pooled all countries that have participated at least in 4 waves (14 countries))

Methods

Fixed effect regressions

Independent variable : life satisfaction (0-10) & CASP-12

Dependent variable: time to event (one wave before to two waves after); resources

Event

- Widowhood (n=1,120)

	Wave 1	Wave 2	Wave 3 (SHARE Life)	Wave 4	Wave 5	Wave 6
Years	2004/2005 (2006 for Israel)	2006/2007 (2009-2010 for Israel)	2008/2009 (2009-2011 for Ireland)	2011 (2011-2012 in Germany and Poland)	2013	2015
Life satisfaction (0-10)		x		x	x	x
CASP	x	x		x	x	x
Widowhood studied			x	x		
Recovery				x	x	x

Data and methods

- **We use the general life satisfaction question:**

“In general, how satisfied are you with your life as a whole, 0 meaning not satisfied at all and 10 completely satisfied.”

- **And the CASP-12 SHARE variable:**

Data and methods

Dimensions	Items	CASP-19	CASP-12	CASP-12 SHARE
Control	1. My age prevents me from doing the things I would like to do	✓	✓	✓
	2. I feel that what happens to me is out of my control	✓	✓	✓
	3. I feel free to plan for the future	✓		
	4. I feel left out of things	✓	✓	✓
Autonomy	5. I can do the things I want to do	✓	✓	✓
	6. Family responsibilities prevent me from doing the things I want to do	✓		✓
	7. I feel that I can please myself what I do	✓	✓	
	8. My health stops me from doing the things I want to do	✓		
	9. Shortage of money stops me from doing things I want to do	✓	✓	✓
Pleasure	10. I look forward to each day	✓	✓	✓
	11. I feel that my life has meaning	✓	✓	✓
	12. I enjoy the things that I do	✓	✓	
	13. I enjoy being in the company of others	✓		
	14. On balance, I look back on my life with a sense of happiness	✓		✓
Self-realization	15. I feel full of energy these days	✓	✓	✓
	16. I choose to do things that I have never done before	✓		
	17. I feel satisfied with the way my life has turned out	✓		
	18. I feel that life is full of opportunities	✓	✓	✓
	19. I feel that the future looks good for me	✓	✓	✓

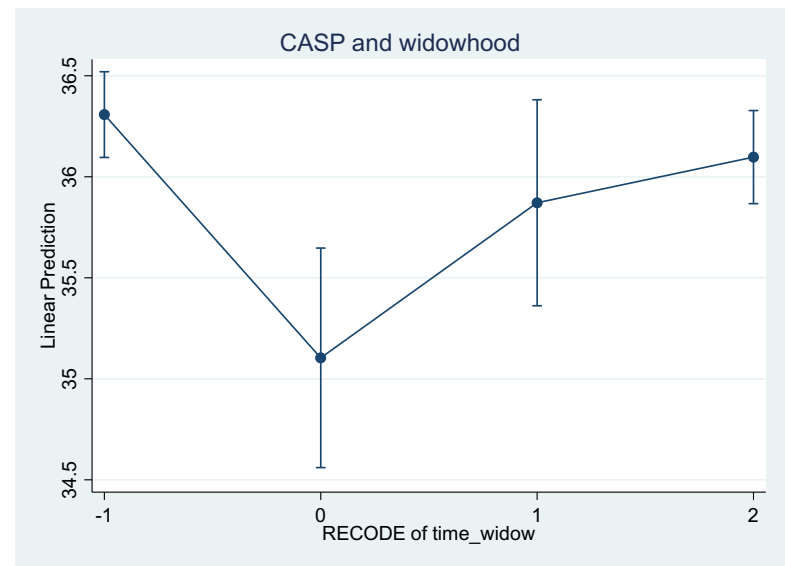
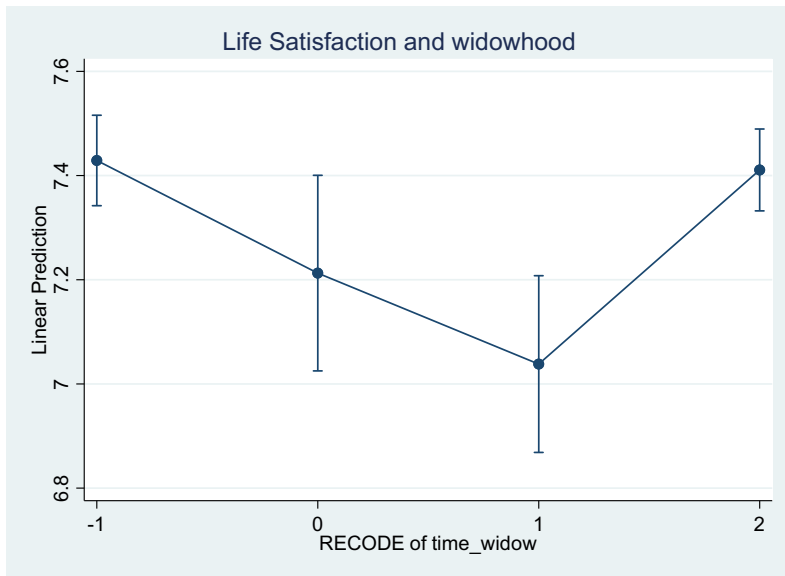
Resources variables

- Personal resources
 - Health: self-perceived health
 - Material resources
 - Wealth: net worth
 - Income: total income (all sources of income)
 - Religious resources
 - Feeling of religiosity: frequency of praying
- Social resources
 - Social participation: participation in social activities ex. sport or any kind of social club
 - Religious resources: frequency of attendance of religious community

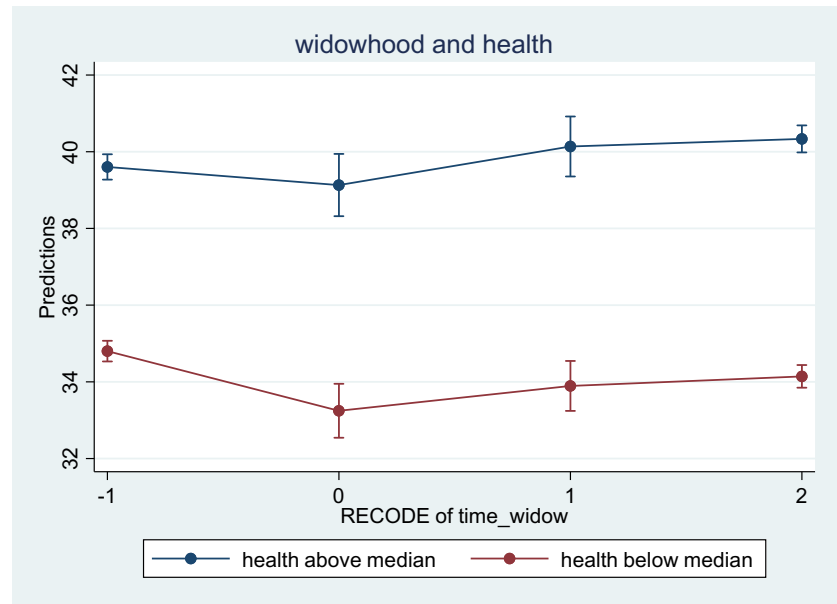
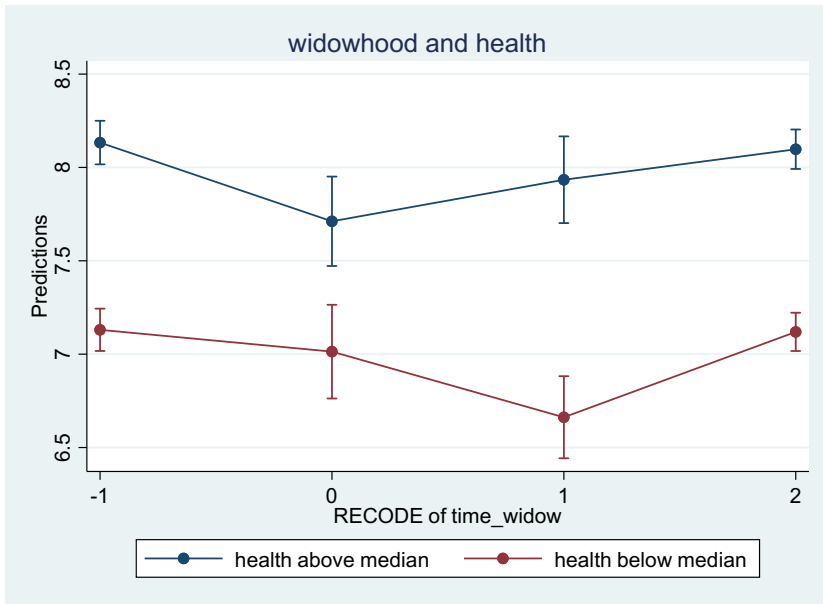
Results

		LS	LS	LS	CASP	CASP	CASP
Time to event		0	1	2	0	1	2
Personal	Health	-.3046613	.2693025	-.0246418	1.082483	1.440122**	1.389577***
	Wealth	-.2980162	-.205472	-.1075906	.4834807	-.8914827	.3762886
	Income	-.0939429	-.2872049	.0349144	1.330363	.1246123	-.1008223
	feeling of religiosity	.3117032	-.1174017	-.0542134	-.3091549	-.7233559	-.5349148
Social	Social participation	-.3887457*	-.0212408	-.182084	.4950399	2.081015***	1.29565***
	Religious attendance	-.0896263	.1705858	-.1162456	.4002358	.3444889	-.4070593

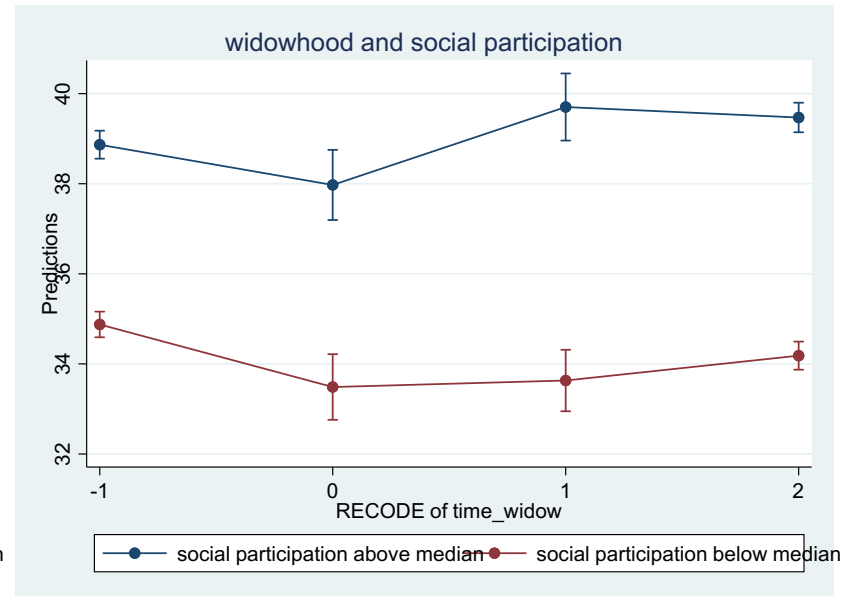
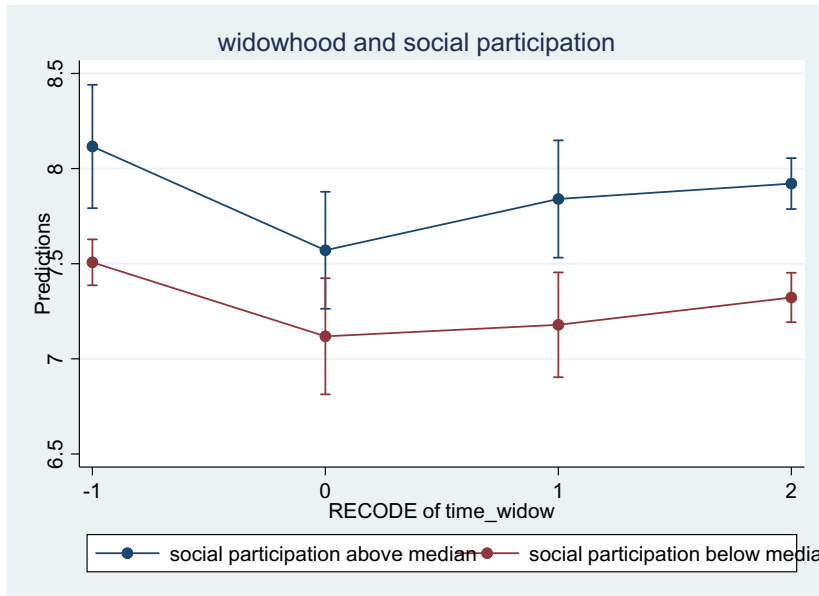
Results



Results-personal resource



Results-social resource



Bereavement has been called a “social network crisis”
 (Stylianios & Vachon 1993).

Conclusion

Resilience of the Elderly using SHARE data:

- Income and wealth as material resources do not help to recover in case of widowhood
- Health & Social participation do help on CASP not on Life Satisfaction. This indicates that efforts should be done to improve and maintain a good level of health of the elders.
- Surprisingly we found no effect with religious resources
- Future steps: check for other negative life event such as health impediment (mental as well as physical) and separation/divorce to examine if other resources may contribute to resilience.

Thank you for your attention.

Remarks/questions are more than welcomed!

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