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ASSESSMENT OF THE COMMON PREDICTORS AND THEIR CORRELATION TO SUBJECTIVE WELLBEING AMONG ELDERLY IN THE PHILIPPINES

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Statement of the Problem: The United Nations (2013) and World Health Organization (2011) predicted an increase of elderly population aging 60 and above and this has prompted researchers to address concerns regarding the elderly's general wellbeing. This study aimed to determine the predictors that affect the subjective wellbeing among elderlies in the Philippines which involved individual, family and social variables.

Methodology: The researcher utilized a descriptive correlational design in order to identify patterns of relationship that existed between the individual, family and social characteristics and the level of subjective wellbeing among the elderly. The study was conducted in the municipality of Sagbayan, Bohol, Philippines. The researcher utilized a self-made interview guide, the Perceived Stress Scale, Spiritual Wellbeing Scale and the Satisfaction with Life Scale (SWLS) to gather the needed information. Multiple regressions using the SPSS software was utilized in data treatment.

Findings: The mean level of subjective wellbeing among elderly falls under the average level of life satisfaction indicating that they are generally satisfied with the different aspects of their lives. The study also revealed that the significant predictive variables of subjective wellbeing include age, health status, perceived stress, community participation, family income, and neighbourhood safety. The most common medical conditions affecting the subjective wellbeing of the respondents are upper respiratory tract infection, hypertension, generalized muscle pains, arthritis, and visual problems or disturbances.

Conclusion & Significance: Subjective wellbeing among the elderly increases with old age, good health status, less perceived stress, active community involvement, good family income, and feeling safe with their neighbourhood. The researcher recommends the conduction of further studies exploring other factors that can influence the subjective wellbeing and the development of programs by the local and national government units to enhance the factors that affect their subjective wellbeing.