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**OLDER ADULTS' ADJUSTMENT TO AGING IN OLD ADULTHOOD: THE IMPACT OF SENSE OF COHERENCE, SUBJECTIVE WELL-BEING AND SOCIO-DEMOGRAPHIC, LIFESTYLE AND HEALTH-RELATED FACTORS**

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**Objective:** The aim of this study was to build a structural model to explore the predictors of adjustment to aging (AtA) in a community-dwelling older population.

**Methods:** A community-dwelling sample of 1270 older adults aged between 75 and 102 years answered a questionnaire to determine socio-demographic (sex, age, professional and marital status, education, household, adult children, family's annual income, living setting and self-reported spirituality), lifestyle and health-related characteristics (perceived health, recent disease, medication and leisure). Several instruments were used to assert psychological variables, namely AtA, sense of coherence and subjective well-being. Structural equation modeling was used to explore a structural model of the self-reported AtA, encompassing all variables.

**Results:** Significant predictors are self-reported spirituality ( $\beta = .816$ ;  $p < .001$ ), perceived health ( $\beta = .455$ ;  $p < .001$ ), leisure ( $\beta = .322$ ;  $p < .001$ ), professional status ( $\beta = .283$ ;  $p < .001$ ), income ( $\beta = .230$ ;  $p = .035$ ), household ( $\beta = -.208$ ;  $p = .007$ ), sense of coherence ( $\beta = -.202$ ;  $p = .004$ ) and adult children ( $\beta = .164$ ;  $p = .011$ ). The variables explain respectively 60.6% of the variability of AtA.

**Conclusions:** Self-reported spirituality is the strongest predictor of AtA. This study emphasizes the need for deepening the variables that influence older adults' AtA, in particular perceived health and further lifestyle-related characteristics, as being relevant for promoting aging well in later life, within a salutogenic context for health care.

**Keywords:** Adjustment to aging; older adults; predictors; subjective well-being; sense of coherence; structural equation modeling.