

The Influence of Self-Efficacy, Self-Esteem, Aging Anxiety on Successful Aging in Middle-Aged Women

Jin-Hui Cho

Professor, Department of Nursing, Dongnam Health University, 16328, South Korea.

Abstract

Background/Objectives: The purpose of the study was to identify factors influencing successful aging in middle-aged women.

Method/Statistical Analysis: The subjects of this study were 298 middle-aged women living in 4 cities. The data were collected through structured questionnaire and analyzed using descriptive statistics, t-test, ANOVA, Pearson correlations, Spearman correlations and multiple regression analysis with the SPSS/WIN 21.0 program.

Findings: As a result of regression analysis using self-efficacy, self-achievement and aging anxiety as independent variables, factors affecting successful aging were self-efficacy and aging anxiety. Their explanatory power is 16.8%. Aging anxiety was found to have the most significant influence on the degree of successful aging.

Improvements/Applications: This study shows that self-efficacy and aging anxiety have important effects on successful aging in middle-aged women. In addition, middle aged women learned that nursing knowledge needs to be accumulated and researched to increase self-efficacy or to reduce anxiety about aging.

Keywords: *women, successful aging, self-efficacy, aging anxiety.*

Introduction

Middle age is a transitional period between adolescence and old age, 40-60 years of age, with a decline in biological capacity but social responsibility. As life expectancy increases, the process of aging is prolonged and therefore, we must approach with an integrated concept of successful aging, including the wisdom aspect, rather than focusing only on passive responses to age-related declines [1]. In order to have a long and healthy old age, it is necessary to prepare in advance and the middle age in the transition of life into old age will be the most critical point [2]. In a study of middle-aged women, they said they were interested in the life of the old age. The higher the awareness of successful aging, the higher the degree of preparation

for retirement [3]. Therefore, it is necessary to study the factors that influence the successful aging of the middle age. Self-efficacy is a personal belief that they can cope with the various situations they face and that they can influence the progress of things that can happen in their daily life [2]. It is also assumed that such factors would have a positive effect on successful aging, but few studies have reported the relevance of these factors in middle-aged women. Self-fulfillment is a personal confirmation, expectation, or belief of one's ability to perform a specific action or activity successfully. It means the satisfaction of achieving or achieving one's purpose. Self-fulfillment is a measure of satisfaction when one achieves their purpose and is used as an index to measure the level of successful aging in a study of the elderly [4]. Therefore, it is necessary to study the factors that influence the successful aging of the middle age. Self-efficacy is a personal belief that they can cope with the different situations they face and that they can influence the progress of what can happen in their daily life. 4 and furthermore, it is assumed that it will have a

Corresponding Author:

Jin-Hui Cho,

Department of Nursing, Dongnam Health University.

E-mail: jhcho@dongnam.ac.kr

positive effect on successful aging, but few studies have reported the relevance of these factors in middle-aged women. Self-satisfaction is the satisfaction level when he achieved his purpose and was used as an index to measure the level of successful aging in the study of the elderly [5].

All generations are in a line of life and are expected to be essential factors for successful aging in middle-aged women. Aging anxiety expresses anxiety about an individual's aging, which refers to anxiety caused by physical, mental and social problems derived from aging. Since studies on aging anxiety have negative responses in life satisfaction [6] and self-efficacy [7-8], it is assumed to have similar effects on successful aging in middle-aged women, but few studies have reported the relevance of these factors. We think that research is necessary.

Method

This study is a descriptive research to analyze the effects of self-efficacy, self-fulfillment and aging anxiety on successful aging in middle-aged women.

The study subjects are middle-aged women living in four cities in Seoul, Suwon, Seongnam and Yongin. A total of 310 women aged 40 to 60 were able to understand and respond to the purpose of the study. A total of 298 responses collected after excluding questionnaires with missing responses.

The purpose of this study is to identify the factors affecting successful aging and to provide necessary data for the development of nursing intervention program criteria. The specific purpose is as follows. First, identify differences in successful aging according to the general characteristics of the subject. Second, the effects of self-efficacy, self-fulfillment and aging anxiety on successful aging of the subjects identified.

Rowe & Kahn defined successful aging as "a low chance of developing disease, a low risk for disease and disability, high physical and mental functioning and participation in social and productive activities." [8] Successful aging consists of physical, psychological and social aspects. Physical aging refers to a score measured by Park [9] as a single question. Higher scores on a five-point scale indicate better physical aging. Psychological aging refers to the score of self-acceptance attitude measured by Kim [10]. Their questionnaire has a total of 20 questions and the reliability coefficient in their

study was Cronbach's $\alpha = .81$. Human aging is a score measured using the five questions of Kim [11]. The higher the score, the more successful the aging of the social aspects. In their study, the reliability factor was Cronbach's $\alpha = .72$. The higher the score, the higher the successful aging and the reliability coefficient of the overall successful aging was Cronbach's $\alpha = .72$.

Self-efficacy is Belief that they believe they can successfully do what they need to achieve good results. It is a belief in their ability to cope with different situations. In this study, self-efficacy was measured using the Korean self-efficacy scale developed by Lee et al [12]. It consists of a total of 10 questions and the higher the total score on the 4-point scale, the higher the perceived self-efficacy. In their study, the reliability coefficient was Cronbach's $\alpha = .88$.

Self-fulfillment is a personal confirmation, expectation, or belief of one's ability to perform a specific action or activity successfully. It means the satisfaction of achieving or achieving one's purpose [5]. In their study, the scores were measured using twelve questions about self-fulfillment suggested by Roh [13]. The tool consists of a five-point scale, with higher scores indicating higher levels of self-fulfillment. In their study, the reliability coefficient was Cronbach's $\alpha = .85$.

Aging anxiety is a synthesis of aging and anxiety means fear of their aging process and the aging anxiety scale (AAS) developed by Lastheir and Faulkender [6] used, which Kim et al [14] has revised in Korean and it is a score measured by a tool that verified reliability and validity. In their study, the reliability coefficient was Cronbach's $\alpha = .89$.

Data collection for their study was conducted from August to September 2012, using a self-response method through a structured questionnaire. Participants' anonymity, confidentiality and research content were not used for any purpose other than the study and the survey was conducted to those who signed the written consent. The subjects read and filled out the questionnaire directly. The time required to respond to the questionnaire was about 20 to 30 minutes. Collected data were analyzed using the SPSS / WIN 21.0 program as follows. First, subjects' general characteristics, self-efficacy, self-fulfillment, aging anxiety and successful aging were analyzed using frequency and percentage, mean and standard deviation. Second, t-test and

ANOVA were used to identify the differences in successful aging according to the general characteristics of the subjects. Third, Pearson correlation analysis used for the correlation between variables. Fourth, multiple regression was conducted to understand the effects of self-efficacy, self-fulfillment and aging anxiety on successful aging.

Result and Discussion

1. General Characteristics of Subjects and Differences in Successful Aging

[Table 1] shows the difference of successful aging according to general characteristics.

Frequency analysis was performed to examine the demographic characteristics of the subjects. As for the analysis results, first of all, the total age of 298

respondents was 164 (55.0%) in their 40s, followed by 120 in 50s (40.3%) and 14 in 60s (4.7%). Educational background was 135 high school graduates (45.3%), 113 high school graduates (37.9%). The marriage status was 276 married (92.6%) and 22 (7.4%) divorced or bereaved. The most common occupations were ‘housewives’ 111 (37.2%), 74 (24.8%) ‘others’, 59 (19.8%) ‘professional jobs’, 37 (12.4%). The highest household income was 78 people (26.2%) with ‘more than 5 million won’, followed by 69 people (23.2%) under ‘300-400 million won’, 44 people (14.8%) under ‘200-300 million won’. Expected life expectancy was 183 (61.4%) among ‘80-90 years old’, followed by 58 (19.5%) under 80 ‘and 57 (19.1%)’ over 90 years old. The results of analyzing the differences in the successful aging according to the demographic characteristics of the study subjects show was no statistically significant difference in all items for successful aging.

Table 1. General Characteristics of Subjects and Differences in Successful Aging (N=298)

Variables	Categories	N(%)	Successful Aging		
			M±SD	F/t	p
Age (year)	40~49	164 (55.0)	3.98±.54	.562	.571
	50~59	120 (40.3)	3.91±.63		
	≥60	14 (4.7)	4.01±.69		
Education	≤ Middle school	27 (9.1)	3.89±.65	.396	.756
	High school	135 (45.3)	3.93±.57		
	College	113 (37.9)	3.99±.60		
	Graduate school	23 (7.7)	4.00±.50		
married status	married	276 (92.6)	3.96±.57	.540	.589
	Divorce and Bereaved	22 (7.4)	3.89±.69		
job	White collar	37 (12.4)	3.94±.54	.379	.863
	Technical job	6 (2.0)	4.09±.36		
	Business, commerce	11 (3.7)	3.76±.72		
	Housewife	111 (37.2)	3.98±.62		
	Professional	59 (19.8)	3.95±.54		
	Etc	74 (24.8)	3.94±.59		
Household income (10,000 won)	< 100	26 (8.7)	3.86±.74	.340	.888
	100 ~ <200	39 (13.1)	4.03±.51		
	200 ~ <300	44 (14.8)	3.96±.72		
	300 ~ <400	69 (23.2)	3.97±.65		
	400 ~ <500	42 (14.1)	3.90±.40		
	≥500	78 (26.2)	3.96±.50		
Life expectancy	< 80	58 (19.5)	4.01±.58	.480	.619
	80~89	183 (61.4)	3.95±.59		
	≥ 90	57 (19.1)	3.95±.58		

2. Correlations among Successful Aging, Self-Efficacy, Self-Esteem, Aging Anxiety.

The correlation between self-efficacy, self-fulfillment, aging anxiety and successful aging are as follows [Table 2].

increases and the higher the aging anxiety, the more successful aging decreases.

Table 2. Correlations among Successful Aging, Self-Efficacy, Self-Esteem, Aging Anxiety(N=298)

Variables	self-efficacy	self-fulfillment	aging anxiety
	r (p)	r (p)	r (p)
self-fulfillment	.328(<.01)	1	
aging anxiety	-.267(<.01)	.024	1
successful aging	.225(<.01)	.016	-.390(<.01)

3. Influencing Factors on Successful Aging.

The effects of self-efficacy, self-achievement and aging anxiety on successful aging are as follows [Table 3].

To analyze the factors that influence self-efficacy, self-achievement and aging anxiety on successful aging, multiple regression analysis was selected as an independent variable. In the regression analysis has about

Successful aging had the most significant negative correlation with aging anxiety ($r = -.390$) and positive correlation with self-efficacy ($r = .225$). That shows that the higher the self-efficacy, the more successful aging

16.8% explanatory power on the effects of self-efficacy, self-achievement and aging anxiety on successful aging. The significance test of regression coefficient showed that self-efficacy ($t = 2.326, p < .05$) and aging anxiety ($t = -6.345, p < .001$) had a significant effect on successful aging. The coefficient of standardization represents the relative influence of each independent variable on successful aging, with aging anxiety ($= -.353$) being the most influential, followed by self-efficacy ($= .137$). The higher the self-efficacy, the more successful aging

increases and the higher the aging anxiety, the more successful aging decreases.

Table3. Influencing Factors on Successful Aging (N=298)

Variables	B	SE	β	t	p	Tolerance	VIF
(Constant)		.321	4.255	13.245	<.001		
self-efficacy	.137	.090	.209	2.326	.021	.816	1.225
self-fulfillment	-.020	.056	-.020	-.359	.720	.879	1.138
aging anxiety	-.353	.046	-.289	-6.345	<.001	.914	1.094

$R^2 = .168$, Adj. $R^2 = .160$, $F = 19.805$, $p < .001$, Durbin-Watson = 1.929

aged women's self-efficacy. In this study, aging anxiety was the most significant variable for successful aging and self-efficacy was also a significant factor.

Discussion

The purpose of this study was to investigate the self-efficacy, self-satisfaction, aging anxiety and middle-

A middle-aged in previous study reported that elderly life experience had the effect of alleviating aging

anxiety^[15] and the relationship between depression and self-esteem in aging anxiety among middle-aged adults^[16], middle-aged adults. The results were in agreement with the results of some previous studies that reported a significant inverse correlation between aging anxiety and self-efficacy in Koreans^[17]. These results indicate that middle age is a period of loss and a transition to an opportunity for successful aging and it is fearing aging, but it is gradually trying to accept the aging process and future life. In addition, self-efficacy was identified as an important variable affecting the successful aging of middle-aged women. Many previous studies supported the results^[18-19]. This result is in line with the findings of self-efficacy which have positive effects on health promotion behavior, life satisfaction and quality of life. Therefore, self-efficacy was identified as an important variable to successfully adapt to various changes in the new transitional period of middle-aged women's life. Self-efficacy is said to have a significant impact on the choice and continuity of behavior as an expectation of efficacy, which is the belief that an individual can successfully perform the actions necessary to achieve a result. Therefore, strategies for enhancing self-efficacy should be established in health education and nursing interventions for successful aging of middle-aged women.

Conclusion

This study is a descriptive research to identify the factors of successful aging in middle-aged women. As a result of regression analysis using self-efficacy, self-achievement and aging anxiety as independent variables, factors affecting successful aging were self-efficacy and aging anxiety. Their explanatory power is 16.8%. Aging anxiety was found to have the most significant influence on the degree of successful aging. None of the general characteristics affected the successful aging. The results of this study showed that the effects of self-efficacy and aging anxiety were significant for the successful aging of middle-aged women. Through this, it was necessary to understand the aging instability of middle-aged women and to study the accumulation of nursing knowledge and the development of interventions. Therefore, for successful aging of middle-aged women, it is possible to increase self-efficacy, which is a personal belief that they can cope with various situations during their lives and to see the positive effects of adaptation and aging process. We think it is crucial to develop strategies, policies and diversified support programs. Also, it is necessary to repeat research with a broader target in

preparing a successful aging strategy.

Ethical Clearance: Not required

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Conflict of Interest: Nil

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