



HAL
open science

Life satisfaction and emotional regulation in aging : temporal perspective and effect of gender

Delphine Machot, Carole Lefèvre

► To cite this version:

Delphine Machot, Carole Lefèvre. Life satisfaction and emotional regulation in aging: temporal perspective and effect of gender. Journées d' Étude du Vieillessement Cognitif, Jun 2023, Tours, France. hal-04140158

HAL Id: hal-04140158

<https://hal.science/hal-04140158>

Submitted on 24 Jun 2023

HAL is a multi-disciplinary open access archive for the deposit and dissemination of scientific research documents, whether they are published or not. The documents may come from teaching and research institutions in France or abroad, or from public or private research centers.

L'archive ouverte pluridisciplinaire **HAL**, est destinée au dépôt et à la diffusion de documents scientifiques de niveau recherche, publiés ou non, émanant des établissements d'enseignement et de recherche français ou étrangers, des laboratoires publics ou privés.

Life satisfaction and emotional regulation in aging : temporal perspective and effect of gender.

Delphine Machot Isaac* *delph.isaac@orange.fr*, Carole Lefèvre**,**

Journées d'Étude du Vieillissement Cognitif Tours juin 2023

* Université de Paris 8-IED

** ER-IPC Paris 14e

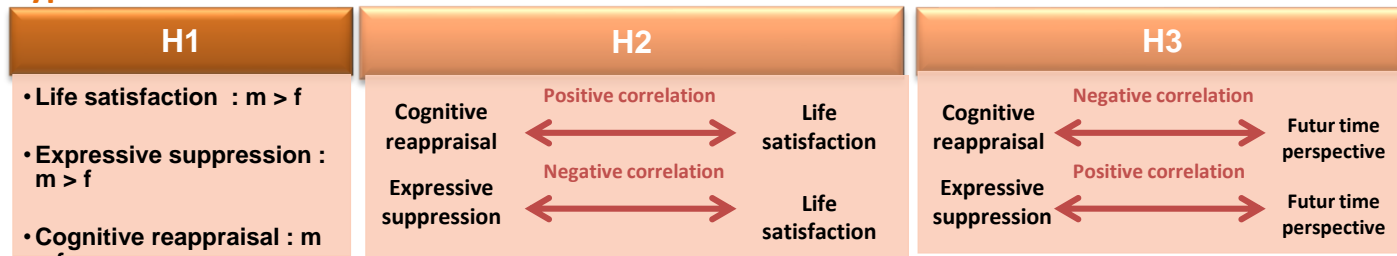


Introduction: Paradoxically, older people report higher levels of life satisfaction than adults under 65 (Urry & Gross, 2010). For some authors, this finding can be explained by the emotional regulation strategies adopted by seniors. Gross and John (2003) postulate that it is the greater use of cognitive reappraisal (though more cognitively costly) and the lesser recourse to expressive suppression that enable access to greater life satisfaction. At the same time, motivational theory postulates that an increasingly narrow temporal perspective would induce the use of more efficient strategies (Carstensen et al., 1999). However, the roles of gender and perception of future time remain to be clarified.

Issues in this study:

- Does gender influence life satisfaction and emotional regulation strategies in the elderly?
- Do gender and perception of future time influence the emotional regulation of older people, and thus their life satisfaction?

Hypothesis :



Méthod :

<p>Tools</p> <ul style="list-style-type: none"> * «<i>Emotion Regulation Questionnaire</i>» (ERQ) Gross & John (1998 ; 2003) * «<i>Satisfaction With Life</i>» Diener et al.(1985). * «<i>Future Time Perspective</i>» (FTP) Carstensen & Lang, (1996) <p>Randomized order, Individual Interviews</p>	<p>N = 59</p> <p>28 males and 31 females aged 65 to 80 (M=70,51 SD=3,98)</p>	<p>Controlled variables</p> <ul style="list-style-type: none"> * absence of recent pathology or disability * widowhood status for men * depressive symptoms * perceived social support
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Results

<p>Life satisfaction</p> <p>X m = f</p> <p>Student t test $p=0,17$</p> <p>Expressive suppression</p> <p>X m = f</p> <p>Student t test $p=0,61$</p> <p>Cognitive reappraisal</p> <p>V m = f</p> <p>Student t test $p=0,61$</p>	<p>Cognitive reappraisal</p> <p>X Negative correlation</p> <p>Pearson test $p < .01$ $r = -.34$</p> <p>Life satisfaction</p> <hr/> <p>Expressive suppression</p> <p>X No correlation</p> <p>Pearson test $p = .07$ $r = -.23$</p> <p>Life satisfaction</p>	<p>Futur time perspective</p> <p>X No correlation</p> <p>Pearson test $p = 0,12$; $r = -.2$ (cognitive reappraisal)</p> <p>$p = 0,5$; $r = .09$ (expressive suppression)</p> <p>Emotional regulation</p>
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Conclusion : Gender and temporal perspective are not inter-individual differences to be considered in order to better understand the role of emotional regulation in the age paradox. It is the use of compensatory strategies that enables us to continue to be satisfied with our lives despite advancing age.

Limitations : This study was restricted to psychosocial models and self-assessments to examine regulation strategies.

Openness: Understanding the specifics of emotional regulation remains a difficult undertaking. However, effective management of negative moods in old age remains a priority, and would seem to benefit from the use of innovative technologies (Virtual Reality, Therapeutic Trainer, Magic Table).

Bibliography:

- Carstensen, L. L., Isaacowitz, D. M., & Charles, S. T. (1999). Taking time seriously: a theory of socioemotional selectivity. *American psychologist*, 54(3), 165.
- Gross, J. J., & John, O. P. (2003). Individual differences in two emotion regulation processes: implications for affect, relationships, and well-being. *Journal of personality and social psychology*, 85(2), 348.
- Urry, H. L., & Gross, J. J. (2010). Emotion regulation in older age. *Current Directions in Psychological Science*, 19(6), 352-357.

Contrary to expectations, a restricted temporal perspective correlates with low-cost cognitive strategies.