Wisdom and its Relationship to Life Satisfaction Among the Older People in Jordan

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Abstract

This research aimed to examine whether there is a correlation between wisdom and life satisfaction amongst a sample of 52 older people in Jordan residing in care homes aged (65-76 years). Two measures were applied in this research: the wisdom scale and the life satisfaction scale (SWLS). The findings revealed a positive significant correlation between wisdom and life satisfaction among older people. Statistically significant gender differences were observed in the wisdom scale, where men outperformed women. Furthermore, statistically significant gender differences were also evident in all sub-dimensions of the life satisfaction scale, which favored women participants.

Keywords: wisdom, life satisfaction, older people, Jordan

1. Introduction

All members of any society agree that the elderly have the right to receive support and encouragement, as indicated by the Jordanian National Strategy for the Elderly (2017) to enable them to be self-reliant, and for themselves and their families to enjoy the psychological health and well-being necessary to live in dignity and high levels of psychological adjustment and life satisfaction. Positive aging is evident through several factors, including: Good health, secure income, independence, intellectual stimulation, self-fulfillment, and friendships. In light of this, the entire society will reap positive results, as the enjoyment of good health, well-being, and various experiences and skills by the elderly in a society will inevitably lead to reducing the demand for services of a psychological and social nature. Moreover, this sets a positive role model for the younger Jordanian generations. By achieving the main strategic goal of ensuring security, dignity, and achieving well-being for the elderly in Jordanian society, by relying on the national strategic participatory approach, which includes all representatives in the supporting government agencies and voluntary service and care providers for the elderly, as well as the participatory approach starting from the bottom, which it includes all regions in Jordanian society to determine the reality of the elderly in Jordanian society.

Old age is an important developmental stage in a person's life. Unfortunately, many view this age phase negatively; they see it as a stage of illness and stagnation dominated by the inescapable decline of body and mind. In contrast, others look at this life stage positively. Thanks to Erikson's theory, which made a big leap in this area. Erikson contends that this age is the age of wisdom; he suggests that during this stage, people reflect back on their lives and come away with either a sense of...
wisdom and satisfaction from a well-lived life or regret and despair over a worthless life (Cherry, 2022).

Nasser (2003) described people between the ages of 50-65 as wise individuals with constructive, rational, and emotional experiences that help them deal with conflicts objectively. The most central of these positive and objective traits are wisdom, psychological rigidity, and flexibility. However, these traits have not been dealt with widely in research. Canda (2003) confirms that the most influential characteristic in older persons at this age stage is life satisfaction, which is closely linked to psychological health and personal, emotional, and social harmony. Additionally, it is a basic requirement for achieving what is called successful aging in positive psychology, which is manifested through the ability to achieve psychological compatibility and a low level of depression. Given the importance of the elderly stage, we decided to conduct this study to identify the relationship between wisdom and life satisfaction among a sample of elderly people in Jordan.

2. Problem Statement

According to Seligman, wisdom is a virtue that enables a person to respond to conflicts in life with consistency and patience. It is also regarded as a typical human activity, encompassing self-awareness, awareness of the environment, and the ability to make wise decisions in challenging situations (Kazdin, 2000). Satisfaction with life is one of the components of happy aging, such as health safety, emotional control, compatible social relationships, wisdom in dealing with life problems, achieving psychological compatibility with physical and mental changes, quality of life, also including patience, anxiety, frustration, and depression (Pranda & Lachman, 2001).

Many older people experience health problems that may be due to negative psychological reasons, such as dissatisfaction with life and the inability to deal with stressful life events and make decisions wisely. Therefore, this study sheds light on the positive strengths of older persons residing in care homes in Jordan to serve as a theoretical basis for providing the best psychological care for them and to draw attention to the presence of a kind of intersection between physical illness and psychological disorders they exhibit. As most previous studies focused on the weaknesses and disabilities of older people, we hope this study will enrich the psychological literature, especially on the strengths of older people. Therefore, the researcher tries to address this issue through these assumptions: What relationship is there between the dimensions of wisdom and life satisfaction among older people, and is wisdom affected by gender, and is life satisfaction impacted by gender?

3. Research Hypotheses

1. There is no statistically significant correlation between wisdom and life satisfaction among older people residing in care homes in Jordan.
2. There are no statistically significant gender differences between the average responses of older people in Jordan on the wisdom scale.
3. There are no statistically significant gender differences between the average responses of older people in Jordan on the life satisfaction scale.

4. Objectives

The current study aimed to examine whether there is a correlation between wisdom and life satisfaction in a sample of older people residing in care homes in Jordan by identifying the nature of this correlation and determining if gender variables impact the differences in older peoples' responses to wisdom and life satisfaction scales and predicting wisdom factor through examining the study's psychometric and demographic variables.
5. Theoretical and Operational Definitions

Wisdom: It is an exceptional understanding of life manifested through acceptance of life’s pressures and contradictions, through which individuals deal with these situations with positive cognitive and emotional reactions, such as psychological safety, mental and emotional maturity, making objective decisions, and making effective and fruitful manner (Al-Asmi, 2015). Operationally, it is the score that respondents obtain on a wisdom scale consisting of four dimensions: action, empathy, human relations, and problem-solving.

Satisfaction with life: It is the individual acceptance of himself and his achievements in the past and present. It is shown through the individual's compatibility with himself, others, and his life. An individual with life satisfaction usually has an optimistic outlook toward the present and future (Radwan and Hariri, 2001). Operationally, it is the degree that respondents obtain on the SWLS consisting of six dimensions: happiness, sociability, reassurance, psychological stability, social appreciation, and contentment.

The older people category: a stage of life characterized by a state of deterioration and regression that afflicts the older person's psychological and social adjustment capabilities, thus weakening his physical and psychological ability to face the pressures of life and satisfy his various needs (Al-Sheikh, 2006). In this research, they are Jordanian older persons (males and females) over sixty years of age residing in a care home participating in this research.

6. Limitations

The generalization of the findings of this research is limited to a sample of older persons residing in care homes in Jordan from January to June 2023. The generalization of the results is also limited to the study instruments: the wisdom scale, the life satisfaction scale, and their psychometric properties.

7. Literature Review

Al-Miladi (2002) states that certain biological, psychological, and social characteristics are present during the elderly phase. These include noticeable physical weakness, lower efficiency, disturbances in several activities, social disengagement, and isolation. He believes that due to conflicts older persons experience, they show reduced motivation. In contrast, older persons who demonstrate positive or effective aging are characterized by social, mental, and physical well-being. Four distinct dimensions characterize this successful aging process:

1. Behavioral competence, which includes health, cognition, and motor behavior
2. Psychological well-being, including happiness, optimism, and congruence between desired and achieved goals
3. Perceived quality of life includes personal evaluation from family, friends, activities, work, income, and housing
4. The objective environment includes the reality of accommodation, neighborhood, and places of worship (Rowe & Kahn, 1997).

Old aging has traditionally been the subject of negative psychological study, but this attitude has changed over the last thirty years. Over the past years, wisdom has been seen as a multifaceted, intricate concept influenced by age and culture as one primary factor of positive aging. Meanwhile, the key components of wisdom, including its cognitive, affective, and reflexive dimensions, have also been identified by numerous research studies. Studies have revealed that wisdom manifests itself more clearly in older people than in young people or adults due to life’s great experiences, emotional equilibrium, the ego and personality’s strength, and the safety of the senses and perception reflecting positively on their satisfaction with life, their physical and mental well-being, familial and social relationship.

Mabrouk (2007) claimed that some retired older persons feel satisfaction with life even after
retirement. This satisfaction is attributed to the good investment of their skills and knowledge. Some psychologists posit that the emotional regulation that comes with growing older is the reason why happiness tends to rise with age. Three axes are frequently used to characterize the aspects of happiness: life satisfaction, positive emotion, and negative sentiment.

Emotions play an increasingly important role in people's lives, and as people age, their sentiments become more organized. More mature people tend to have a more forward-looking outlook on life, unlike younger ones. Adults tend to value their lives more, especially in social contexts, because they perceive the future as more complex. According to Qun (2005), this appreciation helps to reduce unpleasant emotions and preserve emotional stability. A noteworthy theoretical viewpoint emerged in recent years, highlighting the significance of personality in conceptualizing happiness—especially its affective dimensions. This point of view emphasizes the significance of considering personality factors in any study examining the connection between happiness and age (Choi, 2001).

According to the earlier review of the theoretical literature on wisdom and life satisfaction in older persons, wisdom is a trait that older people have because of their wealth of experience, and wisdom can contribute to life satisfaction. According to earlier research, wisdom is the greatest understanding of combining a person’s emotional and sentimental traits with their knowledge. It was also determined that wisdom in the context of the old refers to the capacity to accept one’s own weaknesses and deficiencies, including the knowledge that death is a natural part of life.

8. Previous Studies

Nemours studies have investigated the concept of wisdom and life satisfaction in older people. Zayed (2001) aimed to identify the relationship between the older person’s ability to perform daily routine activities and satisfaction with life. A total of (200) older persons were recruited (men, 100; women, 100). A significant correlation was observed between the older person’s ability to perform daily activities and life satisfaction. In contrast, no significant gender differences were found except acceptance of others in favor of females. Ardel (2003) also conducted a study to examine the relationship between wisdom and personality traits in (180) older persons using the three-dimensional wisdom scale (WS-D3), along with the cognitive influence indicators scale and reflection and emotional state. The (WS-D3) is considered a reliable and valid tool and was prepared to measure the variable of latent wisdom in its relationship to personality traits among older persons, as the reliability rate ranged between (0.66 and 0.85), and validity was calculated differently. The validity rate was high, ranging between (0.54 and 0.61).

Tuffaha (2009) did a study to examine psychological hardiness and life satisfaction in older people living with their families and those residing in care homes. The study sample consisted of (120) men and women over the age of (65) years, including (60) of those residing with their families and (60) who have lived in care homes for more than three years. It was found that older persons living with their families are more satisfied with life than their counterparts. Psychological hardiness was prevalent in those residing in care homes. Gender differences were evident between participants in satisfaction with life, favoring women and favoring men in psychological hardiness. Notably, there was a positive relationship between psychological hardiness and satisfaction with life; the dimension of social interaction (one of the dimensions of life satisfaction) represents the most important indicators of satisfaction.

In Korea, Sung (2011) conducted a study to examine self-wisdom in older people using A- (Q-) methods. Thirty-three statements were classified to select Q- (41) participants through this questionnaire using a scale (9) points. The collected data were analyzed using analysis technology (AQ) software, and the results showed four types of wisdom among the elderly participants. The first type is the experience (work), the second type is the emotional curve (empathy), the third type is the humanistic curve (consideration), and the fourth type is the problem-solving approach (insight).

Moraitou and Anastasiam (2013) used non-recursive path modeling to examine the correlation
between wise and hopeful thinking in 446 older persons. The findings yielded a positive significant relationship between hope and wisdom. Notably, hope affects wisdom, and these positive traits are linked with psychological functioning regarding state affect and memory. Furthermore, it was observed that age affects hopeful and wise thinking. The results suggest that advancing age leads to more hopeful and wise thinking, directly and indirectly.

In Jordan, Miqdadi and Al-Ibrahim (2014) studied the relationship between psychological hardiness, life satisfaction, and depression among 140 older persons residing in care homes, of which (73) were women and (67) were men. The researchers used the psychological hardiness scale, the life satisfaction scale, and the depression scale after confirming the validity and reliability of these scales. The results exhibited a low level of psychological hardiness and satisfaction with life among the participants and that depression was high. Moreover, a positive relationship was evident between psychological hardiness and satisfaction with life, and there were statistically significant differences between older persons in psychological hardiness and life satisfaction favoring men. Jeste and Oswald (2014) analyzed literature on aging, well-being, and wisdom in a review paper. They found that an improvement in specific elements of individual wisdom in later life may make up for the loss of fertility and declining physical health.

The researcher did not find a study linking wisdom to life satisfaction. Some studies revealed that wisdom can predict successful psychological aging. Accordingly, there were several similarities between this study and the relevant ones regarding methodology, the population, the sample, and the measure. Nonetheless, it contradicts the findings of earlier research on the relationship between wisdom and life satisfaction among older people in Jordan as dependent and independent variables, allowing for more research in this area. This study starts from this reality because not many earlier studies addressed the subject and scope of the current study.

9. Methodology

This section presents the study approach, population and sample, instruments, variables, and the statistical processing methods used to process its data. The current study was based on a set of procedures, where the study tools were prepared by applying them to exploratory samples from the study population to ensure their psychometric properties (validity and reliability), and then the study population and sample were determined, the study tools were applied, and finally the data was transcribed into a computer. Extracting results and presenting a set of recommendations.

9.1 Approach

The descriptive analytical method was employed in this study since it deals with collecting descriptive data, analyzing them, and interpreting the results to reach the generalizations of the phenomenon of the study, and this is what this study aims to do.

9.2 Population and Subject

To achieve the study’s goals, the population of this research included older people who resided in care homes in the Amman Governorate. These people were identified through a list of residents in those care homes, both male and female. According to the Ministry of Social Development in Jordan, there are approximately 2.5 million older men and women in Jordan. Of these, only 1.5% reside in nursing homes, where they receive daily medical care, follow-up, condition monitoring, and all other necessary services. The sample consisted of (52) older persons residing in care homes. Of which (26) are males and (26) are females, aged between (65 - 76) years. They were recruited in the study to examine whether there is a correlation between wisdom life satisfaction in this category and whether gender variables impact the differences. The study sample was chosen purposefully. Table (1) shows the distribution of the participants by the demographic variable.
Table 1: The distribution of the participants by the demographic variable

<table>
<thead>
<tr>
<th>Demographic variable</th>
<th>the number</th>
<th>percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Men</td>
<td>26</td>
<td>50%</td>
</tr>
<tr>
<td>Women</td>
<td>26</td>
<td>50%</td>
</tr>
<tr>
<td>Total</td>
<td>52</td>
<td>100%</td>
</tr>
</tbody>
</table>

The sample size was (110) older people divided into two age groups, a group (65 - 76 years) and (77 years and over). The second group was excluded (77 and over) because later, it was found that some of those older people were diagnosed with cognitive, perceptual, and emotional disorders and other diseases.

9.3 Measures

9.3.1 Wisdom Scale (WS)

The current study adopted Sung’s (2011) scale after being translated into Arabic (Al-Asmi, 2012). It consists of (33) Q-statements addressing the four types of wisdom, namely experience-oriented action (12), emotion-oriented sympathy (10), human relationship-oriented consideration (5), and problem-solution-oriented insight (6). The validity and reliability of the scale were checked considering the psychometric properties of the participants in this study.

To determine the validity and reliability of the employed scale, Al-Asmi (2015) carried out a comprehensive analysis. A considerable agreement of 92% was found when the validity was evaluated by calculating the equivalency between two translations. Furthermore, the inter-rater reliability was validated, yielding an astounding 95% agreement rate. The overall scale’s and its sub-dimensions internal consistency validity was calculated, producing values between 0.44 and 0.57. Al-Asmi computed the reliability coefficient using the split-half and Cronbach’s alpha approaches to ensure reliability. The reliability values obtained validated the consistency and reliability of the scale, falling between 0.61 and 0.76. Together, these results validate the validity and efficacy of the scale and show that it is appropriate for use in scientific research projects.

In the current study, the validity of the scale was confirmed in two ways: the first method was content validity, where the scale was presented to five arbitrators with specializations in the field of psychology, counseling, and mental health; This is with the aim of extracting the veracity of the judges for the scale. They were asked to give their opinion on the clarity of the paragraphs and the extent to which they relate to wisdom among the elderly group. The arbitrators’ comments were taken into account, whether those of 75% of the arbitrators, and any other suggestions, even if they came from one arbitrator. The amendments consisted of reformulating some paragraphs and replacing some words. The second method was construct validity, by extracting the item’s correlation coefficient with wisdom among the elderly group, by applying the scale to the exploratory sample, where the values of the correlation coefficients ranged between 0.63 - 0.79, and with regard to the stability of the scale in the current study, the stability of the scale was confirmed. In two ways: The first method, the Cronbach alpha coefficient was calculated as an indicator of internal consistency, as it ranged on the dimensions between 0.51 - 0.80, while the second method consisted of calculating the stability reliability coefficient by applying it to the same construct validity exploratory sample, and it was re-applied two weeks after the first application. The values on the dimensions ranged between 0.53 - 0.78, and these values are positive indicators that can be relied upon to use the tools of the previous study in the current study.
9.3.2 Satisfaction with Life Scale (SWL)

The Life Satisfaction Scale developed by Al-Desouki (1998) was utilized in this research. This scale consists of 29 statements divided into six sub-dimensions, namely, happiness (7 statements), social (5 statements), reassurance (6 statements), psychological stability (3 statements), social appreciation (5 statements), and contentment (3 statements). The response options were rated on a five-point scale: (5) always applies, (4) applies, (3) between and between, (2) does not apply, and (1) never applies.

Zayed (2001) thoroughly analyzed the reliability and validity of the previously mentioned scale. An impressive 90% agreement rate was obtained by basing the inter-rater validity on the agreement rate. The evaluation of the internal consistency validity of the overall scale and its sub-dimensions produced scores that fell between 0.52 to 0.63. Zayed used the split-half and Cronbach’s alpha techniques to determine reliability, and the results showed reliability coefficients ranging from 0.68 to 0.79. These reliability scores confirm the validity and efficacy of the Life Satisfaction Scale for scientific research projects by highlighting its consistency and reliability.

The independent variable in this study is gender, represented by the older people (men and women) in care homes in Jordan. Regarding the dependent variables, the first one is wisdom, measured in terms of validity and reliability by participants’ responses on the WS. The second is life satisfaction, measured by participants’ responses on the SWL.

In the current study, the validity of the scale was confirmed in two ways: the first method was content validity, where the scale was presented to five arbitrators with specializations in the field of psychology, counseling, and mental health; This is with the aim of extracting the veracity of the judges for the scale. They were asked to give their opinion on the clarity of the paragraphs and the extent to which they relate to life satisfaction among the elderly group. The arbitrators’ comments were taken into account, whether those of 75% of the arbitrators, or any other suggestions, even if they came from one arbitrator. The amendments consisted of reformulating some paragraphs and replacing some words. The second method was construct validity, by extracting the item’s correlation coefficient with life satisfaction among the elderly group, by applying the scale to the exploratory sample, where the values of the correlation coefficients ranged between 0.61 - 0.77, and with regard to the stability of the scale in the current study, it was confirmed that The reliability of the scale was achieved in two ways: the first method, the Cronbach alpha coefficient was calculated as an indicator of internal consistency, as it ranged on the dimensions between 0.54 - 0.79, while the second method consisted of calculating the reliability coefficient by applying it to the same exploratory sample for construct validity, and it was re-applied two weeks after application. First, the values on the dimensions ranged between 0.66 - 0.81, and these values are positive indicators that can be relied upon to use the tools of the previous study in the current study.

10. Findings

Hypo 1: There is no statistically significant correlation between wisdom and life satisfaction among older people residing in care homes in Jordan.

Statistical Pearson correlation coefficient values were computed to determine the relationship between the dimensions of wisdom and life satisfaction in the older people in Jordan, as shown in Table (2):

Table 2: Pearson correlation coefficient between wisdom and life satisfaction in Older people in Jordan

<table>
<thead>
<tr>
<th>Satisfaction</th>
<th>Wisdom</th>
<th>Happiness</th>
<th>Social</th>
<th>Reassurance</th>
<th>Psychological stability</th>
<th>Social esteem</th>
<th>Contentment</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Action</td>
<td></td>
<td>0.52**</td>
<td>0.53**</td>
<td>0.53**</td>
<td>0.68**</td>
<td>0.62**</td>
<td>0.60**</td>
<td>0.68**</td>
</tr>
<tr>
<td>Sympathy</td>
<td></td>
<td>0.65**</td>
<td>0.62**</td>
<td>0.41**</td>
<td>0.64**</td>
<td>0.66**</td>
<td>0.63**</td>
<td>0.78**</td>
</tr>
</tbody>
</table>
There is a positive and statistically significant correlation (0.01 and 0.05) between all dimensions of wisdom and life satisfaction. This result is explained by the fact that life satisfaction is one of the aspects of positive and successful aging. During this period, the positive individual shows psychological harmony, accepts the physical and mental changes he is experiencing, and deals wisely with problems. Many characteristics emerge at this age stage, such as good quality of life, dealing realistically with levels of anxiety and depression, emotional balance, and healthy social relationships. This illustrates how an older person’s wisdom positively affects his life satisfaction. By exercising caution and wisdom when making life-changing decisions, wise older people are able to handle change and the stressful events that surround them more effectively. This, in turn, leads to their overall satisfaction with life and their ability to make meaningful decisions. This result is also attributed to the fact that the elderly practice social activities, communicate with others, and have independence, positivity, and optimism. All of this contributes to satisfaction with their lives and their existence, and they find life generous and deal with the life events they face with a high level of wisdom due to their sense of self-confidence. The result of this hypothesis is partly consistent, depending on the sample and tools, with the results of the study of Zayed (2001) and the results of the Tuffaha study (2009), as well as the results of the study of Jeste and Oswald (2014). The result of this hypothesis differs partly, and depending on the sample and tools, with the results of the study of Ardelt (2003), and the results of the study of Miqdadi and Al-Ibrahim (2014).

Hypo 2. There are no statistically significant gender differences between the average responses of older people in Jordan on the wisdom scale.

The differences between the scores of participants’ responses on the wisdom scale used in this research were calculated using the T-test to determine the significance of the degree of statistical differences.

Table 3: T-test for wisdom scale by gender variable

<table>
<thead>
<tr>
<th>Subdimensions /wisdom scale</th>
<th>Male (n=26)</th>
<th>Female (n=26)</th>
<th>Degree of freedom</th>
<th>T-value</th>
<th>P value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Work</td>
<td>50.30</td>
<td>37.98</td>
<td>50</td>
<td>**6.38</td>
<td>0.00</td>
</tr>
<tr>
<td>Sympathy</td>
<td>44.70</td>
<td>32.09</td>
<td>50</td>
<td>**7.93</td>
<td>0.00</td>
</tr>
<tr>
<td>Human relationships</td>
<td>19.85</td>
<td>15.50</td>
<td>50</td>
<td>**4.07</td>
<td>0.00</td>
</tr>
<tr>
<td>Problem-solution insight</td>
<td>20.66</td>
<td>14.36</td>
<td>50</td>
<td>**6.55</td>
<td>0.00</td>
</tr>
<tr>
<td>Total</td>
<td>135.51</td>
<td>99.93</td>
<td>50</td>
<td>**8.75</td>
<td>0.00</td>
</tr>
</tbody>
</table>

The results in Table (3) demonstrate statistically significant gender differences at the significance level (0.01) between older people residing in care homes in Jordan in all sub-dimensions on the wisdom scale, favoring the men category.

The reason for the differences among the older people (men/women) could be associated with the nature men enjoy as they have more positive attitudes, make decisions effectively and carefully, pay attention to all the details when dealing with stressful life circumstances, look at details when
making important decisions, and have the ability to take responsibility, which in turn gives them confidence and wisdom. We should not forget that the nature of upbringing in the Arab countries, particularly Jordan, holds men responsible from a young age. He grows up able to accept and bear the pressures of life, learns patience, steadfastness, and commitment, sets realistic goals and solutions, and thus gradually learns wisdom. Practical experiences, the widening circle of social relations, and great communication among groups of elderly males also contribute to their being characterized by a high degree of wisdom compared to women. The result of this hypothesis differs partly, depending on the sample and tools, with the results of the study of Zayed (2001), and also with the results of the study of Tuffaha (2009), and the result of this hypothesis agrees only with the results of the study of Miqdadi and Al-Ibrahim (2014), and this makes the current study more distinctive, modern, and original.

**Hypo 3.** There are no statistically significant gender differences between the average responses of older people in Jordan on the life satisfaction scale.

To confirm the validity of this hypothesis, the differences were calculated between the scores of the participants’ responses on the life satisfaction scale used in the current study using the T-Test to determine the significance of the degree of statistical differences, see Table (4).

Table 4: T-test values for the statistical differences between participants’ responses on the SWL by gender variable

<table>
<thead>
<tr>
<th>Satisfaction with life</th>
<th>Male (n=26)</th>
<th>Female (n=26)</th>
<th>Degree of freedom</th>
<th>T value</th>
<th>P value</th>
<th>Significant (female)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happiness</td>
<td>25.7±4.19</td>
<td>29.8±3.52</td>
<td>50</td>
<td><strong>4.02</strong></td>
<td>0.00</td>
<td>Significant</td>
</tr>
<tr>
<td>Social</td>
<td>15.85±2.24</td>
<td>20.28±2.23</td>
<td>50</td>
<td><strong>5.28</strong></td>
<td>0.00</td>
<td>Significant</td>
</tr>
<tr>
<td>Reassurance</td>
<td>20.33±2.91</td>
<td>21.3±3.69</td>
<td>50</td>
<td><strong>2.27</strong></td>
<td>0.00</td>
<td>Significant</td>
</tr>
<tr>
<td>Psychological stability</td>
<td>7.65±1.73</td>
<td>12.03±2.01</td>
<td>50</td>
<td><strong>7.30</strong></td>
<td>0.00</td>
<td>Significant</td>
</tr>
<tr>
<td>Social appreciation</td>
<td>15.70±3.20</td>
<td>20.30±4.21</td>
<td>50</td>
<td><strong>3.55</strong></td>
<td>0.00</td>
<td>Significant</td>
</tr>
<tr>
<td>Contentment</td>
<td>7.66±1.52</td>
<td>13.3±1.28</td>
<td>50</td>
<td><strong>10.98</strong></td>
<td>0.00</td>
<td>Significant</td>
</tr>
<tr>
<td>Total</td>
<td>92.89±10.6</td>
<td>116.74±11.03</td>
<td>50</td>
<td><strong>7.30</strong></td>
<td>0.00</td>
<td>Significant</td>
</tr>
</tbody>
</table>

There are statistically significant gender differences at the significance level (0.01) between the male and female older people in Jordan in all sub-dimensions of the life satisfaction scale, as women outperformed men on the SWS. This finding can be attributed to the fact that older women exhibit high levels of life satisfaction, bolstered by their propensity to follow positive life trends and engage in social activities that foster social harmony and interaction.

Going back to the sources of life satisfaction, which are different for men and women, helps to explain this result as well. Men at this age (60 and over) usually are retired, and their economic and material status has changed; therefore, this big shift in their lives could negatively impact their satisfaction with life. Meanwhile, aged women look at this shift positively because it allows them to maintain familial and social relations.

Finally, the difference between the results of the current study and the previous ones could be attributed, according to the knowledge of the researcher, to the variance in the cultural and social environment in which this current study was applied, as this study was conducted and applied in a cultural and social environment based on the Arab and Eastern standard that has its privacy which differs from other global cultural systems and standards. The result of this hypothesis agrees, partially and depending on the sample and tools, with the results of the study of Zayed (2001), as well as with the results of the Tuffaha study (2009). The result of this hypothesis differs, partially and depending on the sample and tools, with the results of the study of Miqdadi and Al-Ibrahim (2014).
11. Recommendations

Considering the results of this study, we suggest the following:

- The necessity of working and consolidating all institutional, service, health, social, media and legal efforts with care service providers for the elderly category in Jordan with the aim of reaching advanced levels in the comprehensive integrated care system for this category.
- Providing better health-supportive programs to older people, especially psychological ones, at the community and local levels.
- Inviting public and private institutions to provide appropriate services to older people for psychological rehabilitation through establishing clubs and educational, social, sports, and recreational care programs for older people, through amendments to effective legislation, regulations and laws.
- Working to activate the system a psychology counseling unit for older people in care homes to develop their self-esteem and increase their satisfaction with life.
- Providing counseling programs for older people to develop the concept of wisdom through positive cognitive and emotional content, the ability to make objective judgment, and raise their degree of wisdom, especially females, through more participatory community actions.
- Develop special care programs to enhance the participation of older people in community organizations and make appropriate decisions about their demands, in all aspects.

Conducting applied research on the effectiveness of counseling programs in increasing the degree of wisdom and life satisfaction among older people, studying the relationship between stressful life events with wisdom and life satisfaction among older people, And other psychological and demographic variables.

References


