

4.3 EMOTIONAL AND RELATIONAL CORRELATES OF SUCCESSFUL AGEING

Respondents were asked a number of questions about their present emotional state and their relationships, to enable identification of tendencies or trends in relation to key questions about important life changes and successful ageing. These are noted throughout the report as significant subgroup differences.

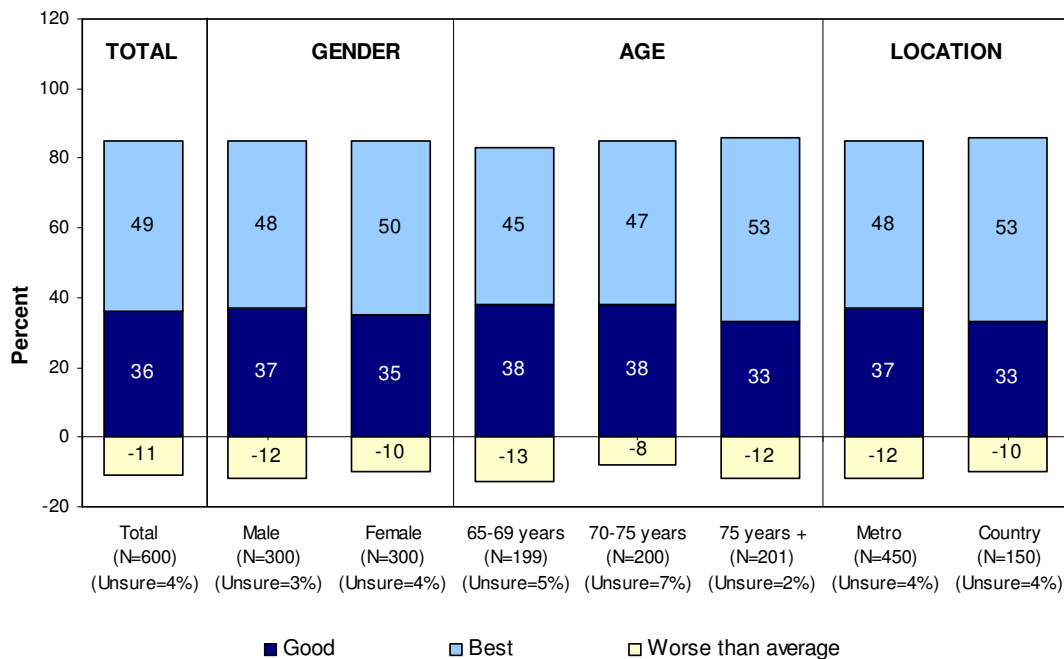
4.3.1 QUALITY OF LIFE RESPONDENTS EXPECTED IN OLD AGE

This question aimed to get an assessment of the quality of life that respondents expected to experience in their 'old age'. They were asked, on the basis of their current quality of life, to select a number between 1 and 9 that corresponded with the best or worst old age, into their 80s and beyond, they believed they could expect to have or were having.

Half (49%) of the respondents indicated that based on their current quality of life they expected to have the best old age possible. This 'best' proportion comprises respondents who offered a rating of 8 or 9, where 9 represented the best old age (based on an examination of responses to analysis variables). As shown in Figure 4.3.1 below, 36% of respondents indicated that they expected to have a good old age, which meant a rating of 7 or 6 on the nine point scale (also based on responses to analysis variables). There were no statistically significant differences between the ratings provided by males and females, by the different age groups, or by metropolitan and country respondents.

Figure 4.3.1 On the basis of your current quality of life, what number would you give yourself to represent the quality of life you expect to have in your old age (80yrs+)?

(Question Q10) (BASE: All Respondents)



* Totals may not equal 100% due to rounding

Please see Appendix B for significant sub-group differences among respondents who expected the 'best' old age.

REGRESSION ANALYSIS

A logistic regression analysis ('enter' method) was carried out to determine which, if any, of the analysis variables (refer to Appendix A description of the process and variables) could be used to predict how likely it is for a senior to expect the best quality of life (i.e. a score of 8 or 9) in their old age (80 years and over).

As shown in Table T4.3.1R(i), when all analysis variables were included in the regression analysis, the variables 'physical health' and 'extent feel loved and cared about' were found to be significant predictors of the quality of life respondents expected to have in their old age. That is to say, it can be predicted to a greater or lesser degree that respondents who felt their physical health was excellent or very good, and those who felt loved and cared about to a great extent, will be more likely to perceive that they will have the best quality of life in their old age, based on their current quality of life, when the same variables are included in the analysis.

***Table T4.3.1R(i) Quality of Life Expect to Have in Old Age (80yrs+)
– Logistic Regression Analysis***

Covariate	Beta Coefficient	Probability	Significance
Physical Health	1.048	.000	Significant
Extent loved & cared about	.868	.002	Significant
Valued by Community	.519	.076	Not significant
Education	-.474	.109	Not significant
Energy level	.344	.181	Not significant
Control of life	.405	.185	Not significant
Age Group	-.350	.214	Not significant
Happiness	.335	.214	Not significant
Location	-.285	.340	Not significant
Marital Status	-.290	.347	Not significant
Stage of Life	.227	.360	Not significant
Contact with Relatives	.278	.400	Not significant
Ever had Children	-.277	.675	Not significant
Birthplace	-.173	.677	Not significant
Marriage happiness	-.165	.790	Not significant
Felt depressed in last 2 weeks	.076	.799	Not significant
Financial position	-.037	.895	Not significant
Contact with Friends	.040	.905	Not significant
Gender	.013	.959	Not significant

As shown in Table T4.3.1R(ii), no demographic variables were found to be significant predictors even when self-assessment criteria were excluded from the regression analysis. However, financial circumstance was close to being a significant predictor of the quality of life that respondents' expected to have in their old age, although the size of the effect would not have been great, going by the relatively low beta coefficient (.432).

Table T4.3.1R(ii) Quality of Life Expect to Have in Old Age (80yrs+) –Regression Analysis - 2 (Demographics)

Covariate	Beta Coefficient	Probability	Significance
Financial position	.432	.055	Not significant
Education	-.249	.335	Not significant
Location	-.210	.407	Not significant
Gender	-.150	.501	Not significant
Ever had Children	.175	.701	Not significant
Marital Status	-.089	.720	Not significant
Birthplace	-.067	.852	Not significant
Age Group	-.003	.991	Not significant

As shown in Table T4.3.1R(iii), when only 'self-assessment' analysis variables were included in the regression analysis, the additional variable of 'valued by the community' was found to be a significant predictor of the quality of life respondents expected to have in their old age. That is to say, those who felt valued by the community as a senior could to some extent be predicted to indicate that they expected the 'best' old age, although the beta coefficient was not as high as with the other two predictor variables.

Table T4.3.1R(iii) Quality of Life Expect to Have in Old Age (80yrs+) – Regression Analysis -3 (Self-assesments)

Covariate	Beta Coefficient	Probability	Significance
Physical Health	1.006	.000	Significant
Extent loved & cared about	.797	.003	Significant
Valued by Community	.622	.027	Significant
Energy level	.369	.139	Not significant
Control of life	.370	.214	Not significant
Stage of Life	.262	.278	Not significant
Happiness	.451	.315	Not significant
Contact with Friends	.183	.569	Not significant
Marriage happiness	-.289	.627	Not significant
Contact with Relatives	.127	.691	Not significant
Felt depressed in last 2 weeks	.028	.924	Not significant

4.3.2 CONTACT WITH RELATIVES

As summarised in Table T4.3.2 below, 23% of respondents had contact with two or more relatives every day, while 60% had contact at least once a week – a total of 83% who had contact at least once a week, which seems like a large proportion but it would include spouses. Just under a fifth (18%) of respondents had contact less often, with 2% having *no* contact with two or more relatives.

There were no significant differences in the level of contact with relatives among men and women. A significantly larger proportion of respondents aged 65 to 69 years had contact with two or more relatives every day. Those aged 70 years and over were significantly more likely to have contact at least once a week. As shown in Table T4.3.3 below, a larger proportion of metropolitan respondents had contact with two or more relatives at least once a week. In contrast, country respondents were significantly more likely to have contact once a month or less.

Table T4.3.3 How often do you currently have contact with 3 or more relatives?
(Question Q16)
(BASE: All Respondents)

	TOTAL	GENDER		AGE			LOCATION	
		Male	Female	65-69 yrs	70-74 yrs	75yrs plus	Metro	Country
	N=600 %	N=300 %	N=300 %	N=199 %	N=200 %	N=201 %	N=450 %	N=150 %
Every day	23	22	25	33	23	17	23	23
At least once a week	60	57	61	51	62	64	63	50
About once a fortnight	6	7	5	4	8	6	5	8
About once a month	5	6	4	7	3	5	3	9
Less than once a month	5	6	4	3	5	6	4	9
Never	2	2	1	2	0	2	2	1
TOTALS	100	100	100	100	100	100	100	100

* Totals may not equal 100% due to rounding.

Please see Appendix B for significant sub-group differences within the various analysis variables

4.3.3 CONTACT WITH CLOSE FRIENDS

Table T4.3.4 summarises the proportion of respondents who had contact with two or more close friends either every day, at least once a week, or less often. The first key feature to point out is that similar proportions are evident in relation to contact with two or more close friends as were apparent in relation to contact with two or more relatives (see Table T4.3.3). One quarter (24%) had contact with two or more close friends every day, while 60% had contact at least once a week. This means that 16% of respondents had contact with two or more close friends about once a fortnight or less often. Of this proportion 1% never had contact with two or more close friends.

There were no significant differences based on gender or location. However, upon review of Table T4.3.4 below, the reader will note that a significantly larger proportion of respondents aged 65 to 69 years had contact with two or more friends at least once a week compared to those aged 75 years and over.

Table T4.3.4 How often do you have contact with 2 or more close friends? (Question Q17) (BASE: All Respondents)

	TOTAL		GENDER		AGE			LOCATION	
			Male	Female	65-69 yrs	70-74 yrs	75yrs plus	Metro	Country
	N=600 %	N=300 %	N=300 %	N=199 %	N=200 %	N=201 %	N=450 %	N=150 %	
Every day	24	21	27	22	22	27	23	26	
At least once a week	60	60	60	66	64	54	61	58	
About once a fortnight	8	9	7	7	8	8	7	10	
About once a month	5	6	4	3	4	6	5	5	
Less than once a month	2	3	2	1	2	3	3	0	
Never	1	1	1	0	0	2	1	1	
TOTALS	100	100	100	100	100	100	100	100	

* Totals may not equal 100% due to rounding.

Please see Appendix B for significant sub-group differences within the various analysis variables

4.3.4 CURRENT HAPPINESS

Respondents were all asked to indicate overall how happy they were in their current stage of life and these results are summarised in Table 4.3.4. Half (50%) indicated they were 'very happy', while 44% indicated they were 'fairly happy'. This results in a net 'happiness' result of 94%. However, subgroup differences suggest that the best differentiation in terms of current happiness is between those who were 'very happy' and those who were only 'fairly happy' or less than happy.

On this basis, therefore, exactly half (50%) of the respondents may be truly happy, while just over two-fifths (44%) occupy the 'middle ground', leaving a very small proportion (7%) whose lack of happiness may be having a negative impact on their lives.

Respondents aged 70 to 74 years were significantly more likely to be 'very happy' in their current stage of life than those aged 75 years and over, and country respondents were significantly more likely than metropolitan respondents to give this response. There were no significant differences based on gender.

Table T4.3.4 Overall, how happy would you say you are at this current stage of your life? (Question Q19a) (BASE: All Respondents)

	TOTAL	GENDER		AGE			LOCATION	
		Male	Female	65-69 yrs	70-74 yrs	75yrs plus	Metro	Country
	N=600 %	N=300 %	N=300 %	N=199 %	N=200 %	N=201 %	N=450 %	N=150 %
Very happy	50	49	51	51	54	47	46	60
NET LESS THAN VERY HAPPY	50	51	49	49	46	53	54	40
Fairly happy	44	45	43	44	42	45	47	35
Neither happy nor unhappy	5	5	4	4	3	6	5	4
Fairly unhappy	1	1	1	1	1	1	1	1
TOTALS	100	100	100	100	100	100	100	100

Please see Appendix B for significant sub-group differences within the various analysis variables in relation to being currently 'very happy'.

REGRESSION ANALYSIS

A logistic regression analysis ('enter' method) was carried out to determine which, if any, of the analysis variables (refer to Appendix A for description of the process and variables) could be used to predict if a senior was likely to be 'very happy' in their current life stage.

As shown in Table T4.3.5R(i), a number of variables were found to be significant predictors of current happiness.

More specifically the following respondents were significantly more likely to be currently 'very happy':

- Those who strongly disagreed that they had felt depressed for the two weeks prior to the interview
- Those who perceived ageing was a positive stage of life
- Respondents who felt greatly loved and cared about
- Those who were in excellent or very good physical health
- Respondents who felt valued by the community, and
- Those who felt in control of their life.

Table T4.3.5R(i) Current Happiness – Logistic Regression Analysis

Covariate	Beta Coefficient	Probability	Significance
Felt depressed in last 2 weeks	.989	.000	Significant
Stage of Life	.782	.000	Significant
Extent loved & cared about	.893	.001	Significant
Physical Health	.581	.006	Significant
Valued by Community	.683	.012	Significant
Control of life	.738	.014	Significant
Location	-.442	.066	Not significant
Contact with Friends	.504	.099	Not significant
Ever had Children	.978	.130	Not significant
Birthplace	.518	.161	Not significant
Marital Status	.306	.229	Not significant
Education	.271	.313	Not significant
Financial position	.167	.478	Not significant
Age Group	.096	.676	Not significant
Contact with Relatives	.114	.711	Not significant
Energy level	.056	.798	Not significant
Gender	-.034	.876	Not significant
Marriage happiness	-.023	.964	Not significant

As shown in Table T4.3.5R(ii), no demographic variables included in the analysis were found to be significant predictors of current happiness, even when only demographic variables were included in the analysis.

Table T4.3.5R(ii) Current Happiness Regression Analysis - 2 (Demographics)

Covariate	Beta Coefficient	Probability	Significance
Birthplace	.544	.068	Not significant
Ever had Children	.721	.073	Not significant
Location	-.342	.087	Not significant
Financial position	.295	.129	Not significant
Age Group	.232	.206	Not significant
Marital Status	.187	.350	Not significant
Gender	-.063	.729	Not significant
Education	-.014	.949	Not significant

However, as shown in Table T4.3.5R(iii) when only 'self-assessment' analysis variables were included in the regression analysis, the same variables were found to be significant predictors of current happiness as when all variables were included (see T4.3.5R(i)).

Table T4.3.5R(iii) Current Happiness Regression Analysis – 3 (Self-Assessment)

Covariate	Beta Coefficient	Probability	Significance
Felt depressed in last 2 weeks	.960	.000	Significant
Stage of Life	.734	.000	Significant
Extent loved & cared about	.937	.000	Significant
Physical Health	.626	.003	Significant
Valued by Community	.723	.006	Significant
Control of life	.728	.012	Significant
Energy level	.034	.461	Not significant
Marriage happiness	.172	.722	Not significant
Contact with Relatives	.074	.801	Not significant
Contact with Friends	.496	.871	Not significant

REASONS FOR CURRENT HAPPINESS LEVEL

'Very Happy'

All respondents were asked to indicate *why* they chose the reasons they gave for the current happiness level. As summarised in Table T4.3.6 below, among the 296 respondents who were 'very happy' in their current stage of life, the most common responses (each accounting for between two-fifths and one-fifth of the sample), were 'having family around me' (40%), being 'in good physical health' (32%), 'having friends around me/ social life' (26%), having a 'loving spouse/partner' (25%), 'keeping busy/active' (23%), having an 'optimistic/positive attitude' (23%) and 'no stress/worries' (21%). Some, but not all, of the significant predictors of happiness found in the logistic regression analysis are reflected in these reasons.

Table T4.3.6 Reasons for being happy (Question Q19b) (BASE: Those 'very happy' with current stage of life)

	TOTAL	GENDER		AGE			LOCATION	
		Male	Female	65-69 yrs	70-74 yrs	75yrs plus	Metro	Country
		N=296 %	N=149 %	N=147 %	N=100 %	N=108 %	N=88 %	N=209 %
Have family around me	40	34	45	39	34	46	40	42
In good physical health	32	36	29	29	30	36	36	24
Have friends around me /have social life	26	21	30	24	22	30	27	23
Loving spouse/partner	25	33	18	29	29	19	24	27
Keeping busy/active	23	23	24	24	22	24	21	29
Optimistic/positive attitude	23	20	25	23	18	25	21	27
No stress/worries, good life, have all needs	21	20	21	18	24	20	24	13
Financially comfortable	18	21	16	12	21	21	18	18
Still have independence/can do what I want	16	12	19	6	22	19	15	17
Live in comfortable surroundings	14	11	16	12	10	18	13	16
Do paid work, volunteer, help others contribute	11	5	15	7	8	16	11	12
My family/friends are happy	7	8	7	10	4	8	8	6
Control life, have licence, travel, holidays	7	6	7	6	6	8	5	10
Still mobile	6	6	7	3	7	8	8	3
Have good mental health	6	4	7	4	7	6	7	3
Look after grandchildren, children/grandchildren are healthy	6	6	7	9	6	5	4	12
Have hobbies, interest	5	7	4	7	5	5	5	7
Other positive responses	3	4	2	2	3	5	3	2

* Totals do not equal 100% due to multiple responses

** Results less than 5% not shown above, see in Appendix C.

Women were significantly more likely than men to say that they were 'very happy' because they 'do paid work, volunteer, help others'. In contrast, men were significantly more likely to specify that they had a 'loving spouse/partner'. Those aged 70 years and over were significantly more likely than those aged 65 to 69 to say that they 'still have independence' to explain why they were 'very happy'.

Please see Appendix B for significant sub-group differences in relation to respondents' reasons for being currently 'very happy'.

'Fairly Happy'

As summarised in Table T4.3.7 below, among the 266 respondents who were fairly happy in their current stage of life, the most common responses (each accounting for between one-quarter and one-fifth of the sample), were 'in good physical health' (25%), 'have family around me' (24%), 'keeping busy/active' (23%), 'having friends around me/have a social life' (20%), and having an 'optimistic/positive attitude' (19%).

Table T4.3.7 Reasons for being fairly happy (Question Q19b) (BASE: Those 'fairly happy' with current stage of life)

	TOTAL	GENDER		AGE			LOCATION	
		Male	Female	65-69 yrs	70-74 yrs	75yrs plus	Metro	Country
		N=266 %	N=131 %	N=135 %	N=88 %	N=83 %	N=95 %	N=211 %
In good physical health	25	25	25	27	27	23	27	18
Have family around me	24	20	28	21	20	29	26	16
Keeping busy/active	23	21	24	27	12	26	20	33
Have friends around me /have a social life	20	11	28	17	14	26	21	19
Optimistic/positive attitude	19	22	16	20	18	18	20	16
No stress/worries, good life, have all needs	16	18	14	16	22	12	15	17
Still have independence/can do what I want	15	13	17	17	12	16	14	20
Financially comfortable	14	18	10	14	14	14	15	12
Live in comfortable surroundings	13	14	12	9	12	15	11	19
Loving spouse/partner	12	15	10	11	15	12	13	10
Do paid work, volunteer, help others contribute	9	6	11	13	3	10	5	23
Still mobile	6	5	7	5	7	7	5	9
Have hobbies/interests	6	8	4	5	8	4	5	8
Satisfactory domestic situation	6	3	7	4	2	8	6	5
Other positive responses	6	4	8	4	5	8	8	2
Don't know	5	5	4	2	2	8	5	4

* Totals do not equal 100% due to multiple responses

** Results less than 5% not shown above, see in Appendix C.

Five of the top six reasons for being 'very happy' were also in the top six for being 'fairly happy', though at a lower level in most cases. However, having 'loving spouse/partner' dropped to tenth place amongst those who were 'fairly happy', from fourth place among those who were 'very happy'.

Women were significantly more likely to mention 'have friends around me/have a social life' for being 'fairly happy'. Those aged 65 to 69 years were more likely to specify 'keeping busy/active' or 'do paid work, volunteer, help others' to explain why they were fairly happy at present. Country respondents were significantly more likely to indicate that they 'live in comfortable surroundings', 'do paid work, volunteer, help others' and are 'still mobile' for being 'fairly happy'.

Please see Appendix B for significant sub-group differences in relation to respondents' reasons for being currently 'fairly happy' – and also for being 'unhappy'.

4.3.5 ENERGY LEVELS COMPARED WITH OTHER PEOPLE OF THE SAME AGE

Respondents were asked whether they had more or less energy than most people their age. As summarised in Table T4.3.8 below, 26% of respondents indicated that they had much more energy than most people their age, while 31% indicated they had a little more energy – a total of nearly three-fifths (57%) who believed they had more energy than most other people their age. (This finding, which cannot actually be true, indicates either the biased nature of perception, or respondents' desire to be seen as more energetic than most).

A further third (34%) indicated that their energy level was about the same as most people their age. Only a small proportion (9%) indicated that they either had a little less energy (7%) or a lot less energy (2%) than most people their age. There were no significant differences based on gender, age or location.

Table T4.3.8 Would you say you have more or less energy than more people your age? (Question Q20) (BASE: All Respondents)

	TOTAL		GENDER		AGE			LOCATION	
			Male	Female	65-69 yrs	70-74 yrs	75yrs plus	Metro	Country
	N=600 %	N=300 %	N=300 %	N=199 %	N=200 %	N=201 %	N=450 %	N=150 %	
Much more energy	26	27	24	23	27	27	26	23	
A little more energy	31	34	29	32	31	31	31	33	
About the same	34	32	36	36	34	33	35	33	
A little less energy	7	5	8	6	5	8	6	8	
A lot less energy	2	3	2	3	3	2	2	3	
TOTALS	100	100	100	100	100	100	100	100	

** Totals may not equal 100% due to rounding*

The general trend among the sub-group differences was that those who were in a more positive state of mind or comfortable life position were significantly more likely to perceive that they had much more energy than most people their age.

Please see Appendix B for significant sub-group differences among respondents who said they had much more energy than most people their age.

4.3.6 EXTENT RESPONDENTS FELT LOVED AND CARED ABOUT

Respondents were asked to select a number between 1 and 9 to represent the extent they felt 'loved and cared about these days', where 1 stood for 'very little' and 9 for 'very much'. As summarised in Table T4.3.8, about half the respondents (53%) gave the highest rating of 9. (This is described throughout this report as the sub-group who felt they were loved and cared about 'to a great extent', although the question referred to it as standing for 'very much'.) A further quarter (24%) indicated a rating of 8, which is described as a 'large extent' throughout this report.

In addition, 12% of respondents indicated a rating of 7 out of 9, 4% gave 6 out of 9, and another 4% gave 5 out of 9. A very small proportion (2%) chose the lowest points on the scales (4, 3 and 1). The proportion of respondents described as indicating they felt loved and cared about to 'less than a large extent' therefore equates to approximately 22% (the sum of ratings of 7 or less on the 9 point scale). In addition, 1% of respondents indicated they were unsure how to rate the extent to which they felt 'loved and cared about these days'.

A significantly larger proportion of women indicated that they felt loved and cared about to a great extent. In contrast, men were significantly more likely to opt for the 8 or 7 on the nine point rating scale. Looking at *age*, the only significant difference related to the rating of 8 out of 9, where we see respondents aged 65 to 69 years were more likely to opt for this level than older respondents. There were no significant differences based on location.

Table T4.3.8 How much do you feel loved and cared about these days? (Question Q21) (BASE: All Respondents)

	TOTAL	GENDER		AGE			LOCATION	
		Male	Female	65-69 yrs	70-74 yrs	75yrs plus	Metro	Country
		N=600 %	N=300 %	N=300 %	N=199 %	N=200 %	N=201 %	N=450 %
Great Extent (very much)	53	40	63	46	56	55	52	55
Large Extent (8 out of 9)	24	32	18	33	22	20	25	24
7 out of 9	12	16	9	12	14	12	13	10
6 out of 9	4	4	4	4	2	4	3	5
5 out of 9	4	5	3	3	4	5	4	5
4 out of 9	1	1	0	0	-	1	1	-
3 out of 9	0	1	0	-	-	1	0	1
Very little (1 out of 9)	1	0	1	0	0	1	1	0
Unsure	1	1	0	1	2	0	1	-
TOTALS	100	100	100	100	100	100	100	100

* Totals may not equal 100% due to rounding

Please see Appendix B for significant sub-group differences among respondents who said they felt loved and cared about to a great extent or large extent, respectively.

4.3.7 FELT DEPRESSED FOR THE PREVIOUS TWO WEEKS

All respondents were asked to indicate how strongly they agreed or disagreed with the statement: 'Over the last two weeks I have felt depressed almost every day'. Obviously the more positive response, in this sense, is to disagree with this statement.

Sub-group differences suggest that the best differentiation in terms of feeling depressed is between those who 'strongly disagreed' with the premise, and those who only 'moderately disagreed', or agreed (moderately or strongly). On this basis, just over three-quarters (78%) of respondents appeared to be free of depression in the two weeks prior to the interview, while one in eight (13%) occupied the 'middle ground', leaving a very small proportion (8%) who acknowledged that they had felt depressed during the two weeks prior to the interview.

There were no significant differences based on gender, age or location.

Table T4.3.9 How strongly do you agree or disagree with the statement 'over the last 2 weeks, I have felt depressed almost every day'?
(Question Q22)
(BASE: All Respondents)

	TOTAL	GENDER		AGE			LOCATION	
		Male	Female	65-69 yrs	70-74 yrs	75yrs plus	Metro	Country
	N=600 %	N=300 %	N=300 %	N=199 %	N=200 %	N=201 %	N=450 %	N=150 %
Strongly disagree	78	77	79	82	79	76	79	78
Net moderately disagree to strongly agree	21	22	20	18	20	23	21	23
Moderately disagree	13	14	11	11	14	13	12	16
Moderately agree	6	5	7	5	5	7	6	7
Strongly agree	2	3	2	2	1	3	3	-
TOTALS	100	100	100	100	100	100	100	100

* Totals may not equal 100% due to rounding

Please see Appendix B for significant sub-group differences among respondents who 'strongly disagreed' that they had felt depressed for the previous two weeks, and also among those who either only 'moderately disagreed' or 'agreed'.

The two lists of sub-group differences referred to above were all in the expected direction and some were quite strong – eg physical health, current happiness, extent of feeling loved and cared about, and feeling in control of one's life. As noted elsewhere, the Strawbridge et al (2002) study used the Depression Scale from the DSM-IV. Owing to the length of the questionnaire in the present study, it was decided to use one question in place of the scale. It is therefore gratifying to find that these results suggest that the one-question measure appears to have a reasonable degree of validity.

4.3.8 RESPONDENTS' PERCEPTIONS OF CONTROL OVER THEIR LIVES

Respondents were asked if they felt they controlled their life, or whether it was more determined by circumstances outside their control. Strawbridge et al (2002) used a 15-point scale derived from a 30-point scale devised by Wallhagen and Lacson (1999). As with 'depression', the length of the present questionnaire precluded the use of such a scale, and a single question was used instead.

Half (49%) of the respondents indicated that they felt that they controlled their life to a great extent. In addition one-third (34%) indicated that their life was under their control to a reasonable extent. This sums to 83% of respondents indicating they feel their life was under their control to at least some extent.

Conversely, 10% felt their life was about half under their control and half outside their control, while 4% believed it was outside their control to a reasonable extent and 2% outside their control to a great extent. The residual 1% of respondents indicated that they did not know.

Respondents aged 75 years plus were significantly more likely to perceive their life was outside their control to a great extent, though this group of respondents was extremely small. The only other significant differences relating to gender, age or location were limited to the 1% of respondents who said they did not know.

Table T4.3.10 Do you feel that you control your life or is more determined by circumstances outside your control? (Question Q23) (BASE: All Respondents)

	TOTAL	GENDER		AGE			LOCATION	
		Male	Female	65-69 yrs	70-74 yrs	75yrs plus	Metro	Country
	N=600 %	N=300 %	N=300 %	N=199 %	N=200 %	N=201 %	N=450 %	N=150 %
Under your control to a great extent	49	50	49	50	53	47	50	47
Under your control to a reasonable extent	34	34	33	34	34	33	31	39
About half under my control & half outside my control	10	11	8	10	8	10	9	10
Outside your control to a reasonable extent	4	3	5	6	3	4	5	3
Outside your control to a great extent	2	2	3	1	1	4	3	1
Don't know	1	-	2	-	-	2	1	-
TOTALS	100	100	100	100	100	100	100	100

* Totals may not equal 100% due to rounding

Please see Appendix B for significant sub-group differences among respondents who felt they controlled their life to a great extent, and then among those who felt their life was outside their control to a reasonable or great extent.

As with the question on depression, all subgroup differences were in the expected direction, and some were quite strong – e.g. health, happiness, energy, and feeling loved and cared about. Also as with the ‘depression’ question, these results suggest that this single question about feeling in control of one’s life has a reasonable degree of validity.

4.3.9 HAPPINESS OF CURRENT / MOST RECENT RELATIONSHIP

Respondents were asked how happy their current or most recent marriage or relationship was or had been for them. This question was also taken from the Strawbridge et al (2002) study.

Among the 589 respondents who were either currently married (including *de facto* relationships) or had previously been married (and were now either divorced, separated or widowed), a substantial majority (71%) said they were overall ‘very happy’ with their marriage or relationship. A further quarter (24%) said they were ‘fairly happy’. This left 3% who were not very happy and 2% who were not at all happy with their relationship.

As with some other variables, sub-group differences indicate that the most positive response tends to follow a different pattern from the other responses, with second most positive response showing a pattern more similar to the two negative responses.

As evident upon review of Table T4.3.11 below, a significantly larger proportion of men were very happy with their marriage or relationship, while women were significantly more likely to be less than very happy. There were no significant differences based on age or location.

Table T4.3.11 All in all, how happy is/was your marriage or relationship for you? (Question Q24) (BASE: Have had marriage/defacto)

	TOTAL	GENDER		AGE			LOCATION	
		Male	Female	65-69 yrs	70-74 yrs	75yrs plus	Metro	Country
	N=589 %	N=294 %	N=295 %	N=197 %	N=193 %	N=199 %	N=441 %	N=148 %
Very happy	71	75	68	68	74	72	70	73
Net fairly happy or unhappy	29	25	31	32	25	28	29	26
Fairly happy	24	22	24	25	21	24	25	20
Not very happy	3	2	5	4	3	3	3	4
Not happy at all	2	1	2	3	1	1	1	2
Don't know	0	0	0	-	0	1	0	0
TOTALS	100	100	100	100	10	100	100	100

* Totals may not equal 100% due to rounding

Please see Appendix B for significant sub-group differences among respondents who were or had been ‘very happy’ with their most recent relationship, and then among those who were or had been less than very happy with it.

4.3.10 FEELING VALUED AS A SENIOR

Respondents were asked how valued as a senior they personally felt, and the results are shown in Table T4.3.12a. A quarter (25%) of respondents indicated that they felt 'very valued' as a senior. In addition 52% felt 'fairly valued', resulting in a net valued result of 77%.

There were no significant gender differences; however, age demonstrates that the older seniors were significantly more likely to feel valued by the community than those aged 65 – 69. A significantly larger proportion of metropolitan respondents indicated that they did *not* feel valued as a senior.

Table T4.3.12a
As a senior, how valued by the community do you personally feel? (Question Q1)
(BASE: All Respondents)

	TOTAL	GENDER		AGE			LOCATION	
		Male	Female	65-69 yrs	70-74 yrs	75yrs plus	Metro	Country
	N=600 %	N=300 %	N=300 %	N=199 %	N=200 %	N=201 %	N=450 %	N=150 %
Very valued	25	21	29	24	23	28	23	30
Fairly valued	52	52	52	47	57	53	52	53
Not very valued	12	15	10	18	10	9	14	7
Not at all valued	6	7	5	7	6	5	6	4
Depends on individual	1	1	1	1	1	1	1	1
Don't know	4	5	3	3	2	5	4	5
TOTALS	100	100	100	100	100	100	100	100
NET VALUED	77	73	81	70	80	80	75	84
NET UNVALUED	18	22	15	26	16	14	20	11

* Totals may not equal 100% due to rounding

Please see Appendix B for significant sub-group differences among respondents who felt 'very' or 'fairly' valued by the community.

4.3.11 ATTITUDES TOWARDS AGEING AS A STAGE OF LIFE

Respondents were asked if they thought ageing was a positive or negative stage of life, or in between. As summarised in Table T4.3.13a, 55% of respondents believed ageing was a positive stage of life, while 12% indicated it was a negative stage. Some 29% specified ageing is 'in between' positive and negative. There were no marked differences between the views of men compared to women, as well as based on the respondents' age or the location in which they reside.

Table T4.3.13a
Personally, do you think
ageing is a positive or
negative stage of life, or in
between?
(Question Q2)
(BASE: All Respondents)

	TOTAL	GENDER		AGE			LOCATION	
		Male	Female	65-69 yrs	70-74 yrs	75yrs plus	Metro	Country
	N=600 %	N=300 %	N=300 %	N=199 %	N=200 %	N=201 %	N=450 %	N=150 %
Very positive	29	26	31	29	31	28	29	29
Fairly positive	26	28	25	27	29	24	26	27
In between	29	29	29	30	27	30	28	31
Fairly negative	8	9	7	7	7	10	9	7
Very negative	4	5	3	4	2	5	4	4
Depends on individual	4	3	4	2	4	4	4	1
Don't know	1	1	0	1	1	-	1	-
TOTALS	100	100	100	100	100	100	100	100
NET POSITIVE	55	53	56	56	59	51	54	56
NET NEGATIVE	12	14	10	10	9	15	12	14

* Totals may not equal 100% due to rounding

Please see Appendix B for significant sub-group differences among respondents who felt that ageing was a 'very' or 'fairly' positive stage of life.

4.4 PHYSICAL CORRELATES OF SUCCESSFUL AGEING

Respondents were asked a number of questions relating to health issues, to enable identification of tendencies or trends in relation to key questions about important life changes and successful ageing. These are noted throughout the report as significant subgroup differences.

4.4.1 SELF-ASSESSED PHYSICAL HEALTH

Respondents were asked to describe their present physical health as per a read-out scale. As summarised in Table T4.4.1 below, 14% of respondents indicated that their overall health was 'excellent', while 35% perceived it was 'very good' and 34% rated it as 'good'. However, 15% of respondents indicated that their physical health was 'fair' and 3% rated it as 'poor'.

Subgroup differences suggest that the best differentiation in terms of health is between those whose health is 'excellent' or 'very good' and those whose health is 'good', 'fair' or 'poor'. On this basis, therefore, about half (49%) of respondents can be said to enjoy truly 'good health', while one-third (34%) occupy the 'middle ground', and the health of just under one-fifth (18%) would appear to be having some negative impact on their lives.

There were no significant differences based on gender or location. However, a significantly larger proportion of those aged 65 to 69 years rated their physical health as 'very good', compared to the proportion aged 75 years plus. Respondents aged 75 years and over were more likely to rate their physical health as 'fair' compared to those aged 65 to 74 years.

Table T4.4.1
(Question Q11)
(BASE: All Respondents)

	TOTAL	GENDER		AGE			LOCATION	
		Male	Female	65-69 yrs	70-74 yrs	75yrs plus	Metro	Country
		N=600 %	N=300 %	N=300 %	N=199 %	N=200 %	N=201 %	N=450 %
Excellent	14	15	13	15	15	12	15	11
Very good	35	32	37	40	36	31	34	38
Good	34	33	34	30	35	36	35	31
Fair	15	17	13	12	11	18	13	18
Poor	3	3	3	3	3	3	3	1
TOTALS	100	100	100	100	100	100	100	100

* Totals may not equal 100% due to rounding

Please see Appendix B for significant sub-group differences among respondents who rated their physical health as 'excellent'.

A trend emerges clearly from the sub-group differences: the more positive indicators respondents had in their lives (emotional as well as physical) the more likely they were to rate their physical health as at least very good, while those who had more negative indicators (e.g. not very happy, less energy, not well off) were more likely to rate their physical health as either fair or poor.

4.4.2 HEALTH RISK FACTORS

Respondents were read out a list of health risk factors and asked to indicate which of these applied to them at present. As summarised in Table T4.4.2 overleaf, nearly half (46%) of all respondents indicated that *none* of the items applied to them. However, 38% indicated that they suffered from either high blood pressure or hypertension. The next most common health risk factor was getting little or no physical activity, which was acknowledged by 17% of respondents as applying to them at present. In addition, 8% of respondents smoked tobacco, 7% identified as being very overweight or obese, and 4% indicated that they drank more alcohol than they should.

A significantly larger proportion of women than men indicated that they got little or no physical activity, while men were significantly more likely than women to smoke tobacco and drink more alcohol than they should. Looking at age, the only statistically significant difference related to physical activity, where a significantly larger proportion of those aged 75 years plus indicated they got little or no physical activity compared to the proportion aged 70 to 74 years who indicated the same. There were no significant differences in relation to health risk factors between metropolitan and country respondents.

Table T4.4.2 Which of the following health 'risk factors' apply to you at present?
(Question Q12)
(BASE: All Respondents)

	TOTAL	GENDER		AGE		
		Male	Female	65-69 yrs	70-74 yrs	75yrs plus
	N=600 %	N=300 %	N=300 %	N=199 %	N=200 %	N=201 %
Have high blood pressure / hypertension	38	35	40	33	43	38
Get little or no physical activity	17	12	21	16	11	22
Smoke tobacco	8	11	5	11	6	6
Am very overweight or obese	7	6	8	8	7	7
Drink more alcohol than I should	4	6	3	5	3	4
None of these	46	49	43	47	46	45

* Totals may not equal 100% due to multiple responses

As with 'physical health', the more positive indicators respondents had in their lives (emotional as well as physical), the more likely they were to have no risk factors. It is widely believed that emotional factors can influence health, or perceptions of health. It is also likely that poor health can adversely affect peoples' emotional state, making causation not a straightforward deduction.

Please see Appendix B for significant sub-group differences among respondents who said they had *none* of the health risk factors read out.

There were also a number of significant differences in relation to the types of health risk factors that applied to seniors. **Please see Appendix B for significant sub-group differences in relation to *types* of health risk factors experienced.**

4.4.3 HEALTH PROBLEMS

Respondents were read out a number of health problems and asked to indicate whether they had ever experienced or were currently experiencing any of these conditions. Results summarised in Table T4.4.3 show that 17% of respondents had experienced *none* of the health problems listed.

By far the most common health problem experienced by seniors was arthritis and other joint problems (mentioned by 58%). A significantly larger proportion of women suffered from arthritis and other joint problems.

One quarter (24%) of respondents had experienced cardiovascular disease. This was significantly more likely to be a health condition that male respondents suffered from. Men were also significantly more likely to specify they had diabetes, while women were significantly more likely to indicate they had osteoporosis, asthma and bronchitis. Further, men were significantly more likely to have had a stroke or emphysema.

It is interesting to highlight that there were no significant differences based on age, and the only significant difference found in relation to location was that country respondents were significantly more likely to have experienced emphysema.

Table T4.4.3 Which of the following health problems have you had or do you currently experience?

**(Question Q13)
(BASE: All Respondents)**

	TOTAL *	GENDER		AGE			LOCATION	
		Male	Female	65-69 yrs	70-74 yrs	75yrs plus	Metro	Country
	N=600 %	N=300 %	N=300 %	N=199 %	N=200 %	N=201 %	N=450 %	N=150 %
Arthritis and other joint problems	58	52	62	55	57	60	55	63
Cardiovascular disease	24	29	21	21	24	27	25	21
Cancer & treatment side effects	19	21	17	18	19	19	20	14
Osteoporosis	18	6	28	13	14	23	18	16
Diabetes	15	21	9	18	11	14	15	14
Asthma	12	9	15	11	10	14	12	13
Bronchitis	11	8	13	10	11	11	10	14
Stroke	6	8	3	4	3	8	5	6
Emphysema	5	7	2	5	7	4	4	7
None of these	17	20	15	22	14	16	17	17

* Totals may not equal 100% due to multiple responses

Sub-group differences followed the general trend, that if respondents had more negative indicators (shown either through emotional state or in terms of circumstances such as being widowed or not well off) then they were significantly more likely to experience health problems.

Please see Appendix B for significant sub-group differences among respondents and the health problems they experienced.

All respondents had the opportunity to comment on any *other* health conditions, disabilities or impairments that they felt had had a negative affect on their quality of life. Approximately three out of five respondents indicated that there was nothing else that they experienced. However, the other responses were as follows:

- 11% vision problems
- 7% back problems
- 6% other internal disorders
- 5% hearing or other ear problems
- 4% kidney problems
- 3% mobility reduction
- 3% prostate, bladder or incontinence problems
- 2% high blood pressure / cholesterol
- 1% migraines, headaches, allergies or sinus issues
- 1% insomnia, tiredness, lethargy, and
- 1% brain/nervous system diseases.

Another 7% indicated 'other' health conditions which were less common, and one respondent said that they did not know. The reader should note that the above total to more than 100% due to multiple responses being accepted.

4.4 ASSISTANCE REQUIRED

DAILY ACTIVITIES

As summarised in Table T4.4.4, most respondents (96%) *never* required assistance for daily activities such as bathing or showering, dressing, eating, using the toilet or grooming. There were no significant differences in relation to gender and location; however, respondents aged 65 to 74 years were significantly more likely to *never* require assistance for daily activities than older respondents.

Table T4.4.4 Please indicate how often you require assistance for each of the following – DAILY ACTIVITIES

(Question Q15)
(BASE: All Respondents)

	TOTAL	GENDER		AGE			LOCATION	
		Male	Female	65-69 yrs	70-74 yrs	75yrs plus	Metro	Country
	N=600 %	N=300 %	N=300 %	N=199 %	N=200 %	N=201 %	N=450 %	N=150 %
Very often	1	0	1	-	-	2	1	2
Fairly often	1	0	2	0	1	2	1	-
Not very often	2	2	3	2	1	4	2	3
Never	96	97	95	98	99	93	96	96
TOTALS	100	100	100	100	100	100	100	100

* Totals may not equal 100% due to rounding

Please see Appendix B for significant sub-group differences among respondents in relation to carrying out daily activities.

PHYSICAL ACTIVITIES

As summarised in Table T4.4.5 below, another very large proportion of respondents (88%) never required assistance to carry out physical activities such as standing up without feeling dizzy or fainting, moving from bed to chair, climbing one flight of stairs without resting, and walking a quarter of a mile. However, 2% of respondents indicated they 'very often' required assistance for these tasks and 3% required assistance 'fairly often'. The residual 8% indicated they did not require assistance very often; however, they clearly required assistance at some time. Once again there were no significant differences based on gender and location.

Table T4.4.5 Please indicate how often you require assistance for each of the following – PHYSICAL ACTIVITIES

**(Question Q15)
(BASE: All Respondents)**

	TOTAL		GENDER		AGE			LOCATION	
			Male	Female	65-69 yrs	70-74 yrs	75yrs plus	Metro	Country
	N=600 %	N=300 %	N=300 %	N=199 %	N=200 %	N=201 %	N=450 %	N=150 %	
Very often	2	1	2	1	1	3	2	0	
Fairly often	3	1	4	0	3	4	3	2	
Not very often	8	7	8	6	3	11	8	5	
Never	88	90	86	92	93	82	87	92	
TOTALS	100	100	100	100	100	100	100	100	

* Totals may not equal 100% due to rounding

As shown above, respondents aged 65 to 74 years were significantly more likely to never require assistance carrying out physical activities. In contrast, those aged 75 years plus were significantly more likely to respond they required assistance but not very often or they required assistance but only fairly often.

Please see Appendix B for significant sub-group differences among respondents in relation to carrying out physical activities.

MENTAL ACTIVITIES

As summarised in Table T4.4.6 below, less than half the respondents (43%) indicated that they *never* required assistance for mental activities such as remembering things without difficulty, remembering where they put something or finding the right word when talking. This proportion is in sharp contrast with the proportion who never required assistance for daily or physical activities, and is an unexpected result.

An additional 46% indicated they required assistance but not very often, while 11% *often* required assistance with mental activities. The 'net often' proportion divides into 2% who indicated very often and 9% fairly often.

There were no significant differences based on age in relation to this assessment; however, men were significantly more likely to indicate they required assistance (but not very often) compared to women. The apparent gender difference in those who never required assistance, showing a larger proportion of women never needing assistance, was not significant.

Further, a larger proportion of country respondents indicated that they *never* required assistance for mental activities.

Table T4.4.6 Please indicate how often you require assistance for each of the following – MENTAL ACTIVITIES

(Question Q15)
(BASE: All Respondents)

	TOTAL	GENDER		AGE			LOCATION	
		Male	Female	65-69 yrs	70-74 yrs	75yrs plus	Metro	Country
	N=600 %	N=300 %	N=300 %	N=199 %	N=200 %	N=201 %	N=450 %	N=150 %
Very often	2	1	2	2	0	2	2	1
Fairly often	9	8	10	9	8	10	11	6
Not very often	46	53	41	43	51	46	49	40
Never	43	38	47	47	41	41	39	54
TOTALS	100	100	100	100	100	100	100	100

* Totals may not equal 100% due to rounding

The fact that age was *not* a significant factor in needing help with mental activities suggests strongly that this question is *not* tapping only age-related cognitive deterioration or dementia. For instance, the finding that country residents were more likely than metropolitan residents to *never* need assistance suggests the possibility that the relatively high proportion of respondents who needed help for mental activities may have been due in part more to the complexity of metropolitan life than to selective cognitive deterioration among metropolitan seniors.

[Please see Appendix B for significant sub-group differences among respondents in relation to carrying out mental activities.](#)

4.5 DEMOGRAPHIC AND SOCIAL CORRELATES OF SUCCESSFUL AGEING

Respondents were asked a number of questions of a more factual nature about themselves, to enable identification of tendencies or trends in relation to key questions about important life changes and successful ageing. These are noted throughout the report as significant subgroup differences.

4.5.1 GENDER

As per the research quotas, half the sample were men and half were women. The sampling also aimed to get as close to a 50/50 gender split as possible within each of the age and location groups. However, the data was then weighted to reflect the actual population profile of Western Australian seniors, as summarised in Table T4.5.1 below.

Table T4.5.1 Gender
(BASE: All Respondents)

	TOTAL N=600 %	AGE			LOCATION	
		65-69 yrs N=199 %	70-74 yrs N=200 %	75yrs plus N=201 %	Metro N=450 %	Country N=150 %
		Male	45	50	48	41
Female	55	50	52	59	56	51
TOTAL	100	100	100	100	100	100

* Totals may not equal 100% due to rounding

Sub-group differences relating to gender have been reported in the main text throughout the Report.

4.5.2 AGE

Table T4.5.2 provides an overview of the age profile for the sample of seniors, based on weighted data to reflect their representation in the population. As shown, 30% of respondents were aged 65 to 69 years, 24% were aged 70 to 74 years, 25% were aged 75 to 79 years, 15% were aged 80 to 84 years, and 6% were aged 85 years and over.

Table T4.5.2 Which of the following age groups do you fall into?
(Question Quota 3)
(BASE: All Respondents)

	TOTAL N=600 %	GENDER		LOCATION	
		Male N=300 %	Female N=300 %	Metro N=450 %	Country N=150 %
		65 to 69 years	30	33	28
70 to 74 years	24	26	23	24	25
75 to 79 years	25	23	26	24	25
80 to 84 years	15	12	18	15	15
85 years and over	6	5	6	7	2
TOTALS	100	100	100	100	100

* Totals may not equal 100% due to rounding

Sub-group differences relating to the age variable have been reported in the main text throughout the Report.

4.5.3 LOCATION OF RESIDENCE

As shown in Table T4.5.3 below, 74% of the sample were from the Perth Metropolitan area and 26% were from country WA. These proportions were closely aligned for gender and age sub-groups.

Table T4.5.3 Location (BASE: All Respondents)	TOTAL	GENDER		AGE		
		Male	Female	65-69 yrs	70-74 yrs	75yrs plus
		N=600 %	N=300 %	N=300 %	N=199 %	N=200 %
Metro	74	72	76	72	73	76
Country	26	28	24	28	27	24
TOTAL	100	100	100	100	100	100

* Totals may not equal 100% due to rounding

Sub-group differences relating to location of residence have been reported in the main text throughout the Report.

4.5.4 ACTIVITIES

All respondents were read out a number of items and asked which if any of them they currently did. These results are summarised in Table T4.5.4 below.

Table T4.5.4 Which of the following activities do you currently do? (Question Q18) (BASE: All Respondents)	TOTAL	GENDER		AGE			LOCATION	
		Male	Female	65-69 yrs	70-74 yrs	75yrs plus	Metro	Country
		N=600 %	N=300 %	N=300 %	N=199 %	N=200 %	N=201 %	N=450 %
Doing your own housework	83	81	85	89	87	78	85	78
Voluntary work	35	35	36	41	38	30	33	43
Regularly minding or caring for a child/grandchild	23	27	20	33	28	14	25	19
Part time paid employment	7	9	5	12	7	4	6	10
Full time paid employment	3	5	1	7	2	1	2	5
None of these	7	7	8	4	4	11	9	2

* Totals do not equal 100% due to multiple responses

* Because this table included paid employment it was decided to place it among the usual demographic and social variables rather than among 'physical correlates of successful ageing', although in most respects it fit better under the latter.

Only 7% of respondents indicated that they carried out *none* of the activities that they were prompted with, while the other 83% indicated that they did their own housework at the least. A significantly larger proportion of women, those aged 65 to 69 years, and metropolitan respondents indicated that they did their own housework.

The next most common activity that seniors participated in was voluntary work at 35%. Respondents aged 65 to 69 years and those living in the country were significantly more likely to do voluntary work.

Just below one quarter (23%) of respondents regularly minded or cared for a child or a grandchild and this was significantly more likely to be carried out by those aged 65 to 74 years in contrast to those aged 75 years plus.

Only 3% of respondents were in full-time paid employment, and 7% in part-time paid employment. Male respondents were significantly more likely to be in full-time paid employment, as were country residents. Those aged 65 to 69 years were significantly more likely than those aged 75 years and over to be in either full-time or part-time paid employment.

A significantly larger proportion of those aged 75 years plus and metropolitan respondents indicated that they carried out *none* of the activities listed in Table T4.5.4.

Please see Appendix B for significant sub-group differences among respondents in relation to carrying out the activities listed in Table T4.5.4.

4.5.5 EDUCATION

As summarised in Table T4.5.5 (below), 36% of respondents had completed between one to three years of their secondary school education. The next most common responses, in terms of the highest education level achieved, was to obtain a trade certificate or other post-school certificate (at 18%), to have completed four to five years of secondary school (at 16%) and to have not received any secondary schooling (at 12%). However, 17% of respondents had actually achieved university education by either completing a bachelor degree (9%) or a post-graduate degree or diploma (8%). A further 2% had at least begun a degree.

Table T4.5.5 What is the highest level of education you have achieved?
(Question Q28)
(BASE: All Respondents)

	TOTAL	GENDER		AGE			LOCATION	
		Male	Female	65-69 yrs	70-74 yrs	75yrs plus	Metro	Country
		N=600 %	N=300 %	N=300 %	N=199 %	N=200 %	N=201 %	N=450 %
Completed one to three years secondary school	36	29	42	34	39	35	35	39
Trade certificate or other post-school certificate	18	19	16	16	17	19	19	13
Completed four to five years secondary school	16	15	17	18	18	14	17	13
Did not receive any secondary schooling	12	12	12	4	9	18	10	16
Bachelor's degree	9	13	6	12	9	6	8	10
Post-graduate degree or diploma	8	9	6	12	6	5	8	8
Started but did not complete Bachelor's degree	2	3	2	4	1	2	2	2
TOTALS	100	100	100	100	100	100	100	100

* Totals may not equal 100% due to rounding

It is evident upon review of the above table that the older the respondent the more likely they were to have only received primary school education. This was a statistically significant difference. In addition a significantly larger proportion of seniors aged 65 to 69 years reported that they had completed a post-graduate degree or diploma, compared to older respondents.

Men were significantly more likely to have completed a bachelor's degree compared to women, who were more likely to have only completed only one to three years of secondary school. There were no significant differences based on location.

4.5.6 FINANCIAL POSITION

Three quarters (74%) of respondents perceived that their financial position was *at least* 'fairly well off'. More specifically, as evident from Table T4.5.6, 69% indicated they were 'fairly well off' and 5% 'very well off'. In contrast, 22% of respondents specified that they were 'not very well off' and 3% indicated that they were 'not at all well off'. The residual 1% of respondents indicated 'don't know' in relation to this question.

Table T4.5.6 Regarding your current financial position, would you say you are... (Question Q29) (BASE: All Respondents)

	REGARDING YOUR CURRENT FINANCIAL POSITION, WOULD YOU SAY YOU ARE...							
	TOTAL	GENDER		AGE			LOCATION	
		N=600 %	Male N=300 %	Female N=300 %	65-69 yrs N=199 %	70-74 yrs N=200 %	75yrs plus N=201 %	Metro N=450 %
NET 'WELL OFF'	74	73	75	73	74	75	74	75
Very well off	5	6	5	4	5	6	6	4
Fairly well off	69	68	70	69	69	69	68	71
NET 'NOT WELL OFF'	25	25	24	25	25	24	25	24
Not very well off	22	22	22	24	22	20	22	22
Not at all well off	3	3	2	1	3	4	3	3
Don't know	1	1	1	2	1	0	1	1
TOTALS	100	100	100	100	100	100	100	100

** Totals may not equal 100% due to rounding*

Interestingly, there were no significant gender, age or location differences in relation to respondents' current financial position. However, there were some other sub-group differences in relation to respondents' assessment of their financial situation.

Please see Appendix B for significant sub-group differences in relation to respondents' financial position.

4.5.7 BIRTHPLACE

As summarised in Table T4.5.7 below, 64% of respondents were born in Australia, while 26% were from another main English-speaking country and 10% were from a non-English-speaking country.

Table T4.5.7 Where were you born? (Question Q30) (BASE: All Respondents)

	TOTAL N=600 %	GENDER		AGE			LOCATION	
		Male N=300 %	Female N=300 %	65-69 yrs N=199 %	70-74 yrs N=200 %	75yrs plus N=201 %	Metro N=450 %	Country N=150 %
		Australia	64	60	68	57	64	68
Other English-speaking country	26	30	23	32	27	22	29	19
Non English-speaking country	10	10	9	11	9	9	11	5
TOTALS	100	100	100	100	100	100	100	100

* Totals may not equal 100% due to rounding

There were no significant differences based on gender; however, older respondents were significantly more likely to be born in Australia compared to those aged 65 to 69 years. A significantly larger proportion of respondents living in the country areas of WA were actually born in Australia. In contrast, metropolitan respondents were significantly more likely than country respondents to have been born in another English-speaking country or in a non-English-speaking country.

4.5.8 INDIGENOUS STATUS

Of all respondents, only 1% were of either Aboriginal or Torres Strait Islander origin. This equates to four respondents, all of whom indicated that they were of Aboriginal origin.

4.5.9 MARITAL STATUS

Table T4.5.9 summarises the marital status of the sample. As shown, just over half (56%) of the respondents were currently married or in a *de facto* relationship, and this had been their only relationship, while another 10% were currently married or in a *de facto* relationship which was their second or subsequent relationship. One quarter (26%) of respondents were widowed, and 7% were currently separated or divorced. Only 2% of the sample had never been married or in a *de facto* relationship before.

Table T4.5.9 What is your marital status? (Question Q7a) (BASE: All Respondents)

	TOTAL	GENDER		AGE			LOCATION	
		Male	Female	65-69 yrs	70-74 yrs	75yrs plus	Metro	Country
	N=600 %	N=300 %	N=300 %	N=199 %	N=200 %	N=201 %	N=450 %	N=150 %
Currently married/ <i>de facto</i> (only relationship)	56	70	44	71	59	44	55	57
Currently married/ <i>de facto</i> (second relationship)	10	14	6	10	12	8	10	10
Currently separated / divorced	7	6	8	10	7	5	7	8
Widowed	26	8	41	8	18	42	26	24
Never married/ <i>de facto</i>	2	2	1	1	4	1	2	0
TOTALS	100	100	100	100	100	100	100	100

* Totals may not equal 100% due to rounding.

- As shown above, women were significantly more likely to be widowed, while men were more likely to be currently in a relationship.
- Respondents aged 70 years and over were significantly more likely to be widowed, compared to the proportion aged 65 to 69 years. Respondents aged 65 to 74 years were significantly more likely than those aged 75 years and more to be currently married or in a *de facto* relationship that was their only relationship. A significantly larger proportion of those aged 65 to 69 years were currently separated or divorced.
- There were no statistically significant differences based on location.

Please see Appendix B for significant sub-group differences among respondents in relation to marital status.

4.5.10 EVER HAD CHILDREN

As shown in Table T4.5.10 below, 94% of respondents had had children and there were no significant differences based on gender, age or location.

Table T4.5.10 Have you ever had children?
(Question Q7b)
(BASE: All Respondents)

	TOTAL	GENDER		AGE			LOCATION	
		Male	Female	65-69 yrs	70-74 yrs	75yrs plus	Metro	Country
	N=600 %	N=300 %	N=300 %	N=199 %	N=200 %	N=201 %	N=450 %	N=150 %
Yes	94	95	94	95	95	93	94	95
No	6	5	6	5	5	7	6	5
TOTALS	100	100	100	100	100	100	100	100

* Totals may not equal 100% due to rounding

However, the following sub-groups were significantly more likely to have had children:

- Married/*de facto* respondents (97% versus 91% for widowed)
- Those who were very happy at present (97% versus 92% for less than very happy)
- Those who felt loved and cared about to a large or great extent (97% and 95% respectively versus 88% for less than a large extent).

5.0 REFERENCES

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