

Aging and Its Correlates: An Indian View

¹Shatarupa Chakraborty, ²N.K. Chadha

¹PhD Research Scholar, ²Chairperson, Council for Doctoral Programme

¹Department of Applied Psychology, Faculty of Behavioral and Social Sciences,

¹Department of Applied Psychology, Faculty of Behavioral and Social Sciences, Manav Rachna International Institute of Research and Studies, Faridabad, Haryana, India.

Abstract : Aging is an experience which is personal and at the same time, universal. With rapid advances in medical care, nutrition, technology as well as reduced fertility rate, the proportion of elderly in the world is significantly greater than what it was some decades ago and is projected to increase in the coming years. Therefore, it is the call of the hour to create awareness and knowledge about the processes that would contribute to healthy and successful aging. This research study is an attempt to further this purpose, where we have taken the variables of emotion regulation and resilience as predictors of life satisfaction among the elderly. Already existing evidence indicates towards the ability of individuals in their third age to display a heightened capability to manage their emotions in adaptive, healthy ways; while growing evidence suggests that resilience plays an important role in ensuring life satisfaction in individuals of all other ages, despite of them dealing with many of life's losses. In our study, both quantitative tools and qualitative techniques have been utilized in order to generate evidence indicating towards the proposition that the elderly individuals who have enhanced satisfaction with life are good at regulating their emotions as well as display higher resilience. This research study is unique in the aspect that it ascertains the degree of emotion regulation and resilience and their influence on satisfaction with life in individuals who are in their third age.

Keywords: geriatric psychology, emotion regulation, resilience, life satisfaction.

I. INTRODUCTION

The quest for a happy and satisfied life is one which we all partake in. In creating our happiness, we learn multiple skills and competencies. Life is characterized by its upheavals and ease of functioning, yet it becomes a challenging task for us to ensure and sustain a degree of satisfaction. As we look at the elderly people, the general attitude is that of old age being a time of disease and destitution, with declining health and financial support. With children involved in building their lives and careers, we believe that the elderly are neglected and not cared for, thus their lives are unhappy and cheerless. Elderly individuals are also perceived as emotional, feeling upset and distressed and not able to handle the turmoil of life effectively and vulnerable, with them taking much longer to recover from the upheavals of life. Such an opinion about old age plays a significant role in us being anxious about this natural reality of our lives, which are our twilight years.

Recent research indicates that such a dull and dreary perspective on old age is usually uncalled for. Old age is an age of degeneration, but people possess and cultivate reasonable buffers against the inevitable decline in physical, mental and social reserves. Therefore, old age doesn't necessarily need to be a time for collapse and disintegration. Two of the key ingredients in ensuring balanced and satisfied elderly years are emotional regulation and resilience. Emotion regulation is considered to be the way in which one modifies the emotions which they experience as well as which emotions they experience (Gross, 1998a) while resilience can be considered as the ability adapt positively despite of facing hardships and adversity (Luthar, 2006). With respect to resilience in twilight years, it can be understood as an adaptive characteristic attributional trait possessed by people in differing degrees and also as a process of being able to adapt effectively. to developmental and cultural change and hardships and difficulties (Leopold & Greve, 2009) as well as an consequence of dealing with stress and tough times. According to Bonnano, Westphal & Mancini (2012), resilience is a complex notion to grasp as it is a cumulative effect of multiple factors, each play a role towards the attainment of a resilient outcome. Resilience is an important notion to study in elderly population, as during the course of an entire lifetime, it is plausible that an individual will face stressors due to which he might develop indications for psychological distress and trauma, therefore, the process which lead to cultivation of resilience over the course of time is important to be studied (Bonnano et al, 2012).

According to Charles & Carstensen (2010), even though physiological functioning affects emotional regulation, the relationship between the decline in physiological functioning and its impact on emotional regulation is relatively understudied. It has been observed that elderly individuals tend to use approaches which allow them to maintain or enhance positive emotions and lessen the experience of negative emotions. Emotion regulation is the process of customizing which emotions one has and how one undergoes and expresses them. It is referred to means and strategies we use to manage and regulate our emotions. With respect to the elderly population, we shall define emotion regulation as the strategies one uses to elicit high levels of positive affect and experience low levels of negative affect.

Life satisfaction is most commonly understood as "a global assessment of a person's quality of life according to his chosen criteria," according to Shin & Johnson (1978). According to Diener (1984), life satisfaction can be thought of as the cognitive assessment of an individual's life. Life satisfaction construes as the cognitive-judgmental aspect of the overarching construct of subjective wellbeing, where individuals decide about how satisfied they are with their current state of being as compared to a personal standard, subjective in nature, which each one of us set for ourselves. Our paper will be an effort to unravel the complex interplay between the factors of emotion regulation and resilience in their capacity to influence life satisfaction in later life. We shall endeavour to understand how emotion regulation and resilience interact with age and other developmental characteristics in order to ensure life satisfaction in twilight years..

II. Literature Review

With rapid advancements in healthcare facilities, technology, as well as enhanced education and reduced fertility rate, the population of the elderly in India is increasing and projected to increase in the coming years. Also, the issues and challenges faced by the elderly tend to be along the lines of losses faced during old age such as death and bereavement, economic instability, isolation and loneliness and a slow decline in a sense of confidence and self-worth. Despite of such indications, it has been recorded that elderly individuals can maintain satisfactory levels of personal wellbeing and happiness, they tend to be more

optimistic than their younger cohorts and also are better at regulating their emotions. In addition to this, it has been observed that both built environment and social environment play an important role in fostering and facilitating resilience in old age. An important line of thought in this arena of research is the role of relationships in fostering resilience; since the success of a relationship is, among other things, dependent upon how one manages his emotional responses and expressions, it is important to understand the mutual relationship between the two.

In order to understand emotion regulation, it is critical that we understand what emotions denote. According to Lazarus (1991) and Scherer, Schorr, & Johnstone (2001), emotions occur when a person assesses and reviews a particular circumstance as being relevant to a specific type of a goal which is in operation at present. These goals may be enduring or momentary, conscious, difficult and complex or simple, widely shared or highly personal. When we possess a particular goal, the way the situation is reviewed and assessed and given meaning to in light of the goal give rise to certain kinds of emotions. This meaning making process is instrumental in experience of various kinds of emotions. Yet another characteristic of emotions is that emotions lead to the experience of a complete and widespread phenomena with variations in the degrees of behavior, subjective experience and changes in central and peripheral bodily systems (Mauss, Levenson, McCarter, Wilhelm, & Gross, 2005). Although emotions are subjective and personal in nature, emotions tend to incite us to act. Emotion regulation refers the process of modifying the emotions one has, when one has them and how one experiences and expresses them (Gross, 1998b). Therefore, emotion regulation can be thought of as the way one adjusts and modifies their emotions and the way emotions modify and adjust other experiences. There are three core functions of emotion regulation: activation of goal to modify the emotion generative process, utilization of those processes which play a role in revising the emotion trajectory and impact of emotion regulation. Two kinds of emotion regulation processes can be used to activate the goal; they are intrinsic emotion regulation process, where an individual manages his own emotions and extrinsic emotion regulation process, where an individual regulates another's emotions. many different kinds of processes can be used to manage and regulate one's emotions and these processes lies within the range of being implicit, unconscious and effortless to explicit, conscious and effortful in nature; an example of explicit emotion regulation act would be trying to look at the bright side of a situation whereas an example of implicit emotion regulation act would be not paying attention to upsetting stimuli (Gyurak, Gross, & Etkin, 2011). The third core feature of emotion regulation is concerned with the latency, rise time, extent, period and offset of responses, there may be increase or decrease in these components depending upon the degree of emotion regulation used by the individual. Emotion regulation is utilized to enhance experience of positive emotions and reduce experience of negative emotions, individuals tend to down-regulate negative emotions such as anger, sadness and anxiety, especially making attempts to decrease their behavioral and experiential aspects (Gross, Richards, & John, 2006) while people try to up-regulate positive emotions, such as love, interest and joy by sharing their positive experience with others (Quoidbach, Berry, Hansenne, & Mikolajczak, 2010). However, individuals also, at times, up-regulate negative emotions which allows them to develop a focused mindset, develop empathy and determine and guide other's behaviour while individuals might also attempt to down regulate one's positive emotions to maintain a pragmatic mindset, be conscious of social conventions and hide one's emotions. In case of elderly individuals, emotion regulation can be thought of as attempts to experience diminished degrees of negative affect and evoke relatively heightened degrees of positive affect. Aging of the cardiovascular system, central nervous system and neuroendocrine system has critical implications for emotional aging. Age related changes in both structure and function of the brain can be observed from early to mid 60 years of age; they tend to be in the nature of decrease in brain volume and decline in the density of white matter, demyelination and the consequent decline in neural processing. With aging, there is also a lowered activation of amygdala and a heightened activation of pre-frontal cortex and such findings are used by researchers to explain the developmental betterment in emotion regulation abilities (McRae et al., 2012). With respect to aging in cardiovascular system, there is a diminished increase in heart rate on exposure to stressors but there is a heightened increase in blood pressure. On a neuroendocrinal level, there is a greater and faster activation of the hypothalamic pituitary axis due to real or perceived stressors leading to a release in cortisol. It has been found in many studies that as individuals grow older, there is a decline in self reported negative affect and this decrease is linear in nature with increase in age (Grühn, Kotter-Grühn, & Röcke, 2010; Stone, Schwartz, Broderick, & Deaton, 2010). In a large survey conducted with a sample from United States and Germany, it was found that reports of daily happiness (in US Sample) and reports of joviality (in German Sample) tended to follow a U shaped curve with the factors reaching a low point in mid-50 and the steadily increasing as an individual progresses with aging. Even though older individuals report experiencing less emotions in their daily life, the intensity of emotions, positive and negative, is similar across all age groups (Carstensen et al., 2000, 2011). Older adults also tend to appraise vague, speculative and distressing stimuli in a more good natured and agreeable manner, they also tend to perceive everyday stressful events in a more less threatening manner (Charles & Almeida, 2007). They are also more likely to focus more on positive events rather than negative events (Charles & Carstensen, 2008).

As perception of time is strongly related to age of an individual and its position on the life cycle, elderly individual tend to become aware of their limited lifespan and tend to prioritise emotional goals which is observed in their actions of being selective in their friendships, preferring emotionally meaningful and satisfying encounters rather than fleeting ones, essentially, regulating their exposure to and experience of positive emotions which are highly satisfying in nature, such a phenomenon is a characteristic of advanced age.

With respect to advanced age and related regulation of emotions, it has been observed that individuals become better at understanding emotional situations as well as they have a vaster and a more sophisticated arsenal of emotional regulation strategies to choose from, and they become consistently better at choosing emotion regulation strategies (Labouvie-Vief, DeVoe, & Bulka, 1989).

Older adults tend to place more attention to positive rather than negative information and this might play a role in maintaining positive mood and also repairing dull mood (Isaacowitz, Toner, Goren, & Wilson, 2008). However, older adults might be less effective in using cognitive reappraisal to reduce the intensity of unpleasant emotions (Opitz, Rauch, Terry, & Urry, in press) but they are effective in using positive reappraisal, ie, looking at a situation in a positive light than younger adults (Shiota & Levenson, 2009). Brassens et al. (2012) established that activation of structures involved in effective emotional regulation plays an important role in assuring healthy emotional aging by reducing regret responses amongst the elderly. Emotion regulation provides certain distinct advantages especially in advanced ages, they being greater adaptation of cardiovascular and immune system,

greater cognitive resources, enhanced sense of self efficacy, enhanced ability to seek social support , mature defence mechanisms, use of proactive coping skills and greater life satisfaction (Davis, Zautra, Johnson, Murray & Okvat, 2007).

For long as adversity has been present, the narratives about dealing with them and emerging stronger better adjusted and better equipped with skills and competencies to deal with contingencies have been continuing for just as long. Older people have or will be facing substantial difficulties in their later lives; therefore, it is critical to understand the construct of resilience in later life. Being resilient essentially implies being able to function well ,or possibly better, in single or multiple domains, after being faced with challenges; thus playing an important role in ensuring successful aging according to Rowe & Kahn (1987) definition of positive aging. For elderly, resilience may be considered to have been successfully taken place, if an individual facing challenges achieves growth in the domains highly significant to him. Thus resilience becomes the key factor that moves individuals beyond just securing the necessary cognitive capacities, physical capabilities and social and emotional support.

Resilience is generally considered as a dynamic process of adapting to challenges(Luther et al., 2000), by understanding resilience as a dynamic process, we try to observe the measures one takes to ensure resilient responses in old age and the techniques and channels of resilience (Windle, 2000). In this view, resilience is seen as a bridge between the coping and development processes, wherein, an individual's resilience can be considered to be a factor of his internal and external protective factors which can change the way he responds to external circumstances. They can be considered as psychologically resilient when, in the face of significant stressors, they display effective adaptation characterised by management of stressful events, recuperating to previous or baseline levels of subjective or objective wellbeing after being exposed to a traumatic event. Resilient individuals can change the meaning of stressful event, diminish the damage caused by stressful event, reduce their exposure to such stressful events., maintain positive self esteem, reduce negative reactions and create opportunities for reversing the impact of stress. Richardson (2002) provided a more expansive definition to resilience by including the coping processes one uses in face of significant life challenges as well as day-to-day stressors. In this theory, he gives importance to developmental accomodation and adjustments one makes in face of everyday stressors. The two postulates underlying his theory are: resilience is caused by one's ecosystem and each individual is capable of resilience. The feature of resilience pushes people to pursue wisdom, altruism and self actualisation and allows individuals to align with and draw from their spiritual strength while being in a state of biopsychospiritual homeostasis. According to Richardson, coming in terms with life's disruptions can be important points for growth. Therefore, this theory becomes an important one to consider for the elderly individuals, as there are many elderly individuals who consider their lives to be satisfactory despite of living with daily struggles, stressors and disability (Lamond et al., 2009). There are multiple factors associated with resilience, some of them being age, with findings suggesting that elderly individuals are just as resilient as younger individuals and resilience doesn't decline with age (Gooding et al., 2012). Spiritual individuals also tend to be more resilient in old age as spirituality can be a way in which individuals root themselves in the face of adversity. Resilience in advanced ages can be displayed in multiple ways, such as feeling competent even after seeking assistance, looking at the brighter side of life despite of being aware and not glossing over the darker side, being active but at the same time, relaxed, be the same, despite of changes in appearance and being in the now, while also being conscious of the past and the future (Nygren, Norberg & Lundman, 2017). Regulation of emotions while facing adversity also plays an important role in ascertaining resilience. Kessler and Staudinger (2009) found out, in a study done on 277 participants between the ages of 20 years to 80 years that an important component of old age resilience is regulation of affect. Also, in a study done by Ong, Zautra & Reid (2010), it was established that individuals who display higher levels of resilience also experience positive emotions more frequently and less intense chronic pain than individuals who report lowered resilience Life satisfaction can be considered as a global appraisal of feelings and opinions about one's life at a particular point of time and such an appraisal can range from positive to negative to nature (Buetell, 2006). According to Veenhoven (1996), life satisfaction can be thought of as the extent to which an individual deems the overall quality of his life to be positive, ie, how much the individual likes the life he leads. Life satisfaction is thought to be a consistent and broader aspect of one's life and is influenced by multiple factors such as work, relationship with family and friends, romantic relationships, health and wellness and many more. Life satisfaction is highly subjective in nature and is a cognitive evaluation of the elements one deems most important. There are essentially two theories explaining life satisfaction: bottom up theories, which indicate that life satisfaction results from satisfaction in various domains of life, and top down theories, which state that life satisfaction influences, and at times, determines, satisfaction in other domains of life (Heady, Veenhoven, & Wearing, 1991). The recent theory on life satisfaction is given by Jussi Suikkanen(2011), where she states that a person is satisfied when a "more informed and rational hypothetical version of her" judges that his life fulfills an ideal life plan. Her theory is important as it counters the impact of transitory happiness which may momentarily colour an individual's satisfaction with life. Life satisfaction also tends to increase in old age. The elderly tend to put more importance in intangibles such as good family relationships, health rather than tangibles such as money or status. For the elderly, wisdom is an important factor in ascertaining life satisfaction. A recent study done on elderly individuals in China (Ng, Tey & Asadullah, 2017) gave a comprehensive list of factors which influence life satisfaction in old age, the factors include the variables of health (as well as self rated health), education, cognitive ability, access to social security provisions, living with family members

III. Objective

The following objectives were framed for the present study:

- To understand the average levels of cognitive reappraisal and expressive suppression components of emotion regulation, resilience and satisfaction with life among the elderly individuals living in urban areas of Delhi-NCR
- To ascertain the degree of correlation between cognitive reappraisal component of emotion regulation and life satisfaction and expressive suppression component of emotion regulation and life satisfaction and resilience and life satisfaction for elderly individuals in urban areas of Delhi-NCR
- To ascertain the contribution of independent variables of cognitive reappraisal, expressive suppression and resilience upon the dependent variable of life satisfaction of elderly individuals in Delhi-NCR
- To qualitatively comprehend how the constructs of emotion regulation and resilience drive the degree of life satisfaction in general lives of the elderly.

IV. Hypothesis

- There will be a positive correlation between the cognitive reappraisal component of emotion regulation and life satisfaction
- There will be a negative correlation between the expressive suppression component of emotion regulation and life satisfaction
- There will be a positive correlation between resilience and life satisfaction
- Cognitive reappraisal of emotions and resilience will contribute towards better life satisfaction
- Expressive suppression of emotions will contribute towards worsened life satisfaction
- Cognitive reappraisal, expressive suppression and resilience will qualitatively contribute to heightened satisfaction with life.

V. Method

Participants

The participants of this study were 121 elderly individuals who were between the ages of 60-80 years, whose mean age was 72.6 years. Out of the 121 elderly individuals, there were 56 women and 65 men participants. The participants were all residents of the Delhi-NCR region and were living in their homes with their families.

Materials and Procedure

In the First Phase of the study, three self report measures were used for the purpose of gathering information regarding individual's degrees of emotion regulation, resilience and subjective wellbeing. Informed consent was taken from all the participants prior to beginning the study. Participants were given clear instructions about answering the questions and their doubts and concerns were assuaged prior to the beginning of the study. They were also made aware that their responses would be kept confidential and be used only for academic research purposes. The variables of emotion regulation and resilience were selected as independent variables and the variable of life satisfaction as chosen to be the dependent variable. Each participant was required to complete three questionnaires measuring these variables, after which, appropriate debriefing was done for the participants. The participants were made aware that they would not be given any incentive for the participating in the study and could leave from the study at any time they wished to. The self report measures used are as follows

Emotion Regulation Questionnaire: For measuring emotion regulation ability, the Emotion Regulation Questionnaire (Gross, J.J., & John, O.P. (2013)) is selected for use. It was found having a reliability of 0.69 which can be considered to be a satisfactory degree of reliability for this measuring instrument.

Brief Resilience Scale For measuring resilience, Brief Resilience Scale was used which was devised by B.W. Smith, J. Dalen, K. Wiggins, E. Tooley, P. Christopher and J. Bernard. The questionnaire was developed in 2008 and the internal consistency was found using Cronbach's alpha which ranged between 0.80-0.91

Satisfaction with Life Scale For measuring subjective wellbeing, Satisfaction with Life Scale was used which was developed by Ed Diener, Robert A. Emmons, Randy J. Larsen and Sharon Griffin in 1985.

Each of the self report measures was in Likert Scale type and was found to have appropriate degrees of reliability and validity. The general research strategy was analysis using descriptive statistics, correlational study, followed by regression analysis for which the data was collected via administration of self report measures (questionnaires).

The next phase of the study consisted of conducting in depth semi structured interviews with 5 elderly individuals who had volunteered to be a part of the study. An interview schedule was prepared in advance and each interview lasted for 1 to 1.5 hours. Rapport was built before beginning the interview session. The interview was recorded and transcribed and thematic analysis was done as the method of data treatment.

VI. Design

This study was conducted in two phases. In the Phase 1, self report questionnaires were used to measure the dimensions of emotion regulation, resilience and life satisfaction. The variable of emotion regulation has been regarded as a confluence of the variables of cognitive reappraisal and expressive suppression and separate scores were obtained on these two constructs. After the primary data was collected, the correlation and linear regression between the dimensions of cognitive reappraisal and life satisfaction, expressive suppression and life satisfaction and resilience and life satisfaction was found out. In phase 2, the qualitative method of semi structured interview was conducted to gain a richer understanding of the constructs of cognitive reappraisal and expressive suppression (thus emotion regulation), resilience and life satisfaction. Three individuals were interviewed and the collected data was transcribed and coded and themes were generated to understand the relationship and interplay between cognitive reappraisal and expressive suppression (thus emotion regulation), resilience and life satisfaction in the elderly and how the elderly make use of these constructs in order to lead a healthy and satisfied life. Rapport formation was done prior to beginning the data collection from every participant. To ensure that the participants reply honestly on the self report measures, they were assured about the confidentiality of their responses and they were also informed that there were no correct or incorrect answers to the questionnaire and they were. They were also given adequate clarifications regarding the meaning of statements, if they needed any, during the study. Semi structured interview was conducted in order to understand the understanding about the aspects of emotion regulation, resilience and subjective wellbeing which individuals hold. It was carried out to sensitively understand the multiple voices and emotional processes which were undoubtedly associated with the factors of optimism, resilience and subjective wellbeing

VII. Results

Emotion regulation and resilience were taken as independent variables in our study and life satisfaction was taken as dependent variable. We had tried to understand the influence of emotion regulation and resilience on life satisfaction. The construct of emotion regulation was understood as a confluence of the variable of cognitive reappraisal and expressive suppression. The data was collected on 121 individuals between the ages of 60 years to 80 years. The mean age of the individuals was found to be 72.6 years. There were 56 women and 65 men in the sample. After collection of data, the data was analysed using descriptive statistics, for which the mean and standard deviation was calculated.

Table 1: Descriptive Statistics of Cognitive Reappraisal, Expressive Suppression, Resilience with Life Satisfaction

Dimension	Mean	Standard Deviation
Cognitive Reappraisal	34.11	10.53
Expressive Suppression	18.56	5.90
Resilience	20.84	6.69
Life Satisfaction	26.85	8.61

From Table 1, we can see that from the dimension of Cognitive reappraisal, we can understand that elderly individuals tend to utilise the skill of cognitive reappraisal in order to modify their emotional response to situations, their average score obtained on the cognitive reappraisal facet of the questionnaire is higher than average, also, during administration of the questionnaire, it was observed that many elderly individuals-both men and women reported that whenever they are in a difficult or slightly unpleasant situation, they try to think about the situation in a different, more positive way, which helps them keep cool and remain calm and collected and also happy during unpleasant situations. However, the standard deviation in the sample is 10.53 which is indicative of the tendency that not all individuals attempt to perceive adversity by changing their viewpoint of it

In the dimension of Expressive Suppression, we can see that the elderly individuals also tend to suppress their emotions and do not express easily how they are feeling as is apparent from the mean score obtained of 18.56 by the sample, which is a slightly above average score, indicating that elderly individuals also tend to indulge in activities of suppressing their feelings and not sharing them with others. However, if provided with a safe space, they are willing and happy to share their feelings with others. However, by looking at the standard deviation, we can say that not sharing emotional needs and feelings with others is not the only way one suppresses their emotions and that there is a large amount of variation in the way and extent to which individuals suppress their feelings.

In the dimension of Resilience, the mean score obtained by elderly individuals was 20.84, which is again a higher than average score, indicating that elderly individuals tend to possess a moderately high degree of satisfaction, however the standard deviation observed in the data 6.69, indicating that once again, there is a considerable amount of variation in the scores obtained and a lot many individuals do not possess or have not been able to successfully develop a considerable amount of resilience ability.

In the dimension of Life Satisfaction, the mean score obtained by the sample was 26.85, which is a high score, indicating that most of the individuals in their twilight years are quite happy and satisfied with their lot but still in this aspect also, but still there is a considerable amount of variation in the results obtained as seen from the standard deviation of 8.61.

After computing the descriptive statistical data of the sample, correlation between the variables of cognitive reappraisal and life satisfaction, expressive suppression and life satisfaction and resilience and life satisfaction was computed. For this purpose, Pearson's Product Moment correlation was used to find out the degree of correlation between the variables of cognitive reappraisal and life satisfaction, expressive suppression and life satisfaction and resilience and life satisfaction. The following results were obtained

Table 2: Correlation between Cognitive Reappraisal, Expressive Suppression and Resilience with Life Satisfaction

Correlation Between Cognitive Reappraisal and Life Satisfaction	0.87
Correlation Between Expressive Suppression and Life Satisfaction	-0.51
Correlation Between Resilience and Life Satisfaction	0.75

Table 2 indicates the degrees of correlation between constructs of cognitive reappraisal and life satisfaction, expressive suppression and life satisfaction and resilience and life satisfaction. Regarding the degree of correlation, there is a strong positive correlation of 0.87 between the dimension of cognitive reappraisal and life satisfaction, indicating, as there is an increase in the score obtained on the component of cognitive appraisal, a subsequent increase in the score of life satisfaction is also observed. Such a relationship points out that with an enhancement in usage of the technique of cognitive reappraisal of situations, there is also a subsequent increase in the degree of life satisfaction an individual experiences.

A moderate negative correlation of -0.51 can be observed between the dimensions of expressive suppression and life satisfaction, indicating that as there is an increase in one construct, there is a subsequent decrease in the other construct, ie, with an increase in usage of the expressive suppression technique of emotion regulation, there is a subsequent decrease in the degree of satisfaction with life experienced by the individual.

Between the dimensions of resilience and life satisfaction, a high degree of positive correlation of 0.75 can be observed, indicating that as the scores on the construct of resilience increases, a corresponding increase in the scores obtained on the construct of life satisfaction can also be observed. Such a positive correlation indicates that as an individual demonstrates greater degrees of resilience in his life, he also subsequently experiences a greater degree of life satisfaction

Table 3: Regression Between Cognitive Reappraisal and Satisfaction with Life

Regression Between Cognitive Reappraisal and Life Satisfaction	
Multiple R	0.87
R Square	0.77
Adjusted R	0.77
Standard Error	4.10
Observations	120

Table 3 charts the linear regression analysis of the cognitive reappraisal aspect being able to explain the degree of life satisfaction amongst the elderly individuals. The predictor variable was taken to be cognitive reappraisal and criterion variable was life satisfaction. From the Adjusted R Square score of 0.77, it is clear that the variables of cognitive reappraisal, to a great extent, are

able to explain the degree of life satisfaction experienced by an individual. It indicates that any manipulation in the independent variables of cognitive reappraisal will lead to a subsequent change in the dependent variable of life satisfaction

Table 4: Regression Between Expressive Suppression and Satisfaction with Life

Regression Between Expressive Suppression and Life Satisfaction	
Multiple R	0.51
R Square	0.26
Adjusted R	0.26
Standard Error	7.39
Observations	120

Table 4 charts the linear regression analysis of the expressive suppression aspect being able to explain the degree of life satisfaction amongst the elderly individuals. The predictor variable was expressive suppression and criterion variable was life satisfaction. From the Adjusted R Square score of 0.26, it is clear that the variable of expressive suppression, to a great extent, is not able to explain the degree of life satisfaction experienced by an individual. Even though there is a moderate negative correlation between the constructs of expressive suppression and life satisfaction, still there isn't enough evidence to indicate that suppressing your feelings truly leads to a decline in satisfaction with life among the elderly

Table 5: Regression Between Resilience and Satisfaction with Life

Regression Between Resilience and Life Satisfaction	
Multiple R	0.75
R Square	0.57
Adjusted R	0.57
Standard Error	5.62
Observations	120

Table 5 charts the linear regression analysis of the expressive suppression aspect being able to explain the degree of life satisfaction amongst the elderly individuals. The predictor variable was resilience and criterion variable was life satisfaction. From the Adjusted R Square score of 0.57, it is clear that the variable of resilience is to a great extent able to explain the degree of life satisfaction experienced by an individual. It indicates that resilience satisfactorily predicts the extent of life satisfaction experienced by an individual.

Table 6: Multiple Regression Between Cognitive Reappraisal and Expressive Suppression Components of Emotion Regulation, Resilience and Satisfaction with Life

Multiple Regression Between Cognitive Reappraisal, Expressive Suppression, Resilience, and Life Satisfaction	
Multiple R	0.90
R Square	0.81
Adjusted R	0.81
Standard Error	3.72
Observations	120

With the help of multiple regression, we can ascertain about the degree of variation in the criterion variable of life satisfaction which can be accounted for by a combination of the predictor variables of cognitive reappraisal, expressive suppression and resilience. We found in our study that a huge amount of variation in life satisfaction can be chalked up to the variation in the degree of cognitive reappraisal, expressive suppression and resilience.

In the Phase 2 of the data collection, a semi structured interview was conducted with 3 participants to yield rich, situated and contextual data as well as thick description of the phenomena of cognitive reappraisal and expressive suppression (thus, emotion regulation), resilience and life satisfaction and their interaction with each other. An interview schedule was prepared with a set of open ended questions which would allow the interviewee to think, deliberate and ponder over his life experiences, his values and his own personal ways of regulating emotions, being resilient and ultimately lead a happy and satisfied life. The interviewees were encouraged to be sensitive and authentic in their communication of their ideas, feelings and life experiences. Through the process of conducting interviews, there was a push towards gaining a deeper, contextual and more situated comprehension of the concepts of cognitive reappraisal and expressive suppression, thus emotion regulation, resilience and satisfaction with life and a conception of their interplay with one another and their contribution towards creating a healthy and happy life.

VIII. Discussion

In our study, we had attempted to determine the association between the dimensions of emotion regulation and resilience on the degree of life satisfaction among the elderly individuals living in Delhi-NCR region. We had hypothesised that there will be a positive correlation between the cognitive reappraisal component of emotion regulation and life satisfaction, there would be a negative correlation between the expressive suppression component of emotion regulation and life satisfaction and there would be a positive correlation between resilience and life satisfaction amongst the elderly individuals. Furthermore, we had also speculated about the ability of cognitive reappraisal, expressive suppression and resilience to have an influence upon determining life satisfaction. To satisfy these aims, we had utilised the quantitative methods of correlation and linear regression and the qualitative technique of interview followed by thematic analysis of the data generated to obtain overarching themes which govern satisfaction of life among the elderly.

In our study, our first objective was to ascertain the average degrees of cognitive reappraisal of emotion, expressive suppression of emotions, resilience and life satisfaction among the elderly individuals. We found that amongst the elderly individuals, the mean score obtained on the cognitive reappraisal aspect of emotion regulation is 34.11, which is a moderately high score, indicating that while facing difficult or unpleasant situations, individuals try to think about the situations in a more favourable light so as not to feel too disheartened. They do so by changing their thoughts and opinions about the situation, trying to find

something of benefit in the unpleasant situation or by selecting which situation and one puts oneself in and for how long. Individuals in their twilight years generally are able to manage and regulate their emotions in this way but still, there are several instances, where despite of indulging in such methods of regulating emotions, they are not able to do so, and hence, because of being unable to regulate emotions by using cognitive reappraisal strategies, they no longer use such strategies.

The mean score obtained in expressive suppression component of emotion regulation was 18.56, which is a slightly above average score, indicating that many times, elderly individuals try to suppress their emotions as an attempt to regulate and manage them. They can indulge in tasks such as not expressing both positive and negative emotions, keeping them to oneself and not talking about feelings emotions.

The mean score obtained in resilience is 20.84, which is a higher than average score, indicating that elderly individuals develop substantial capabilities to bounce back from difficult times and maintain a positive outlook towards life. During their lifespans, they have developed skills and techniques which help them to mitigate tough times and still maintain an optimistic attitude towards life.

Finally, the mean score obtained on the component of life satisfaction was found to be 26.85, which is a high score, indicating that most of the elderly individuals, on looking back to their lives found their lives to be satisfactory. Despite of having ups and downs, they described their life to be pleasant.

The difference between mean score obtained on the component of life satisfaction and the component of resilience is not that great, indicating that resilience and life satisfaction often go hand in hand, with each influencing the other. Positive experiences in life determine life satisfaction and also enhance an individual's resilience, thus in order to have a fulfilling life, it is important to face challenges head on and maintain an upbeat attitude while facing them.

We tried to determine the degree of correlation between the component of cognitive reappraisal and life satisfaction and found a strong positive correlation of 0.87, indicating that there is a strong association between the components of cognitive reappraisal and life satisfaction. Cognitive reappraisal is the ability to reframe an event so as to change one's emotional response to it; individuals who utilise cognitive reappraisal technique tend to experience less disruptive feelings (Gross, 1998) and such an ability plays a role in ascertaining satisfaction with life. Life satisfaction, according to Sumner (1966) is a "positive evaluation of conditions of life, a judgment that at least on balance, it measures up favourably against your standards or expectations." In our study, we can say that there is a positive correlation between the way one perceives the emotion provoking situations one faces with the satisfaction with life one experiences. Regarding the influence of cognitive reappraisal tactics of emotion regulation on satisfaction with life, we may say that usage of reappraising emotion provoking situations in ways which maintain positive outlook do have an impact in ensuring long term and global satisfaction with life as evidenced by the adjusted r square score of 0.77. Reviewing the way we analyse the degree and intensity of stressfulness of a situation does impact the way we perceive our global satisfaction and happiness.

We tried to determine the degree of correlation between expressive suppression of emotions and life satisfaction and we found a moderate negative correlation of -0.51. Expressive suppression is the "conscious inhibition of one's own emotionally expressive behaviour while emotionally aroused" (Gross & Levenson, 1993) and is generally thought to be linked with reduced life satisfaction. In our study, we found a negative moderate correlation between the dimensions of expressive suppression and life satisfaction, indicating that as the scores on the construct of expressive suppression increased, there was a corresponding decrease on the score obtained on the construct of life satisfaction. However, there is a moderate correlation between the two constructs, indicating that it isn't always necessary that an increase in usage of expressive suppression will lead to a decrease in life satisfaction. In our culture, suppression of emotions is taught and valued as such a behaviour is in alignment with Asian and Indian values of emotional moderation. After conducting the linear regression analysis, we did not observe any relationship between usage of expressive suppression tactics of managing and regulating emotions and satisfaction with life, we did not observe any relationship between the two, as evidenced by the adjusted R square score of 0.26

With regards to resilience and life satisfaction, we found a high positive correlation of 0.75 between the two constructs, indicating that an increase in the degree of resilience is strongly associated with an increase in the degree of satisfaction with life experienced by an individual. As an individual learns to bounce back from adversity and not mope around because of the failures and backtracks in life, he also learns to view his life in a more positive manner and report enhanced satisfaction with life. Such a view can be evidenced by the adjusted r square of 0.57, which is a moderate score, therefore, we can say that there can be a relationship between the way resilience influences the life satisfaction of an individual.

In our study we have found that one's satisfaction with life is often a result of an interplay between the components of cognitive reappraisal of emotional events, expressive suppression of emotions and resilience. When we try to view stressful situations in a way which allows us to see the positives of that situation, when we try to manage and modify our emotional expressions and also learn to recover from inevitable setbacks, we begin to view our lives in a positive and brighter way.

In order to generate in depth data, semi structured interviews were held with three participants. The purpose of conducting interviews was to understand the perspectives of elderly individuals and their understanding of a happy and satisfied life. By using the technique of semi structured interviews, the participant and the interviewer were able to take a detailed journey into the life and lived experience of the interviewee and look at all those instances and areas where the participant felt the highest and an intense degree of satisfaction and we sought to understand the factors of it. Through semi structured interviews, we could understand how the narratives the participants create regarding their lives; shape their lives and the meaning of it. Semi structured interviews were an important and a potent way for them to inform us about the times they were in adverse situations, how they handled that situation and what they learnt from it. Their stories of maturity and change are what we sought to understand how the factors of cognitive reappraisal, expressive suppression and resilience mould the satisfaction with life of an individual. The following themes emerged from the semi structured interviews:

- **Loneliness:** the elderly individuals, on being interviewed expressed that post retirement, they feel lonely as their children are engaged in work and their grandchildren are also busy with their lives. They have no one to talk to and share their feelings with. The participants felt that during their work lives, their days were full and they had active social lives, they were sought after, but post retirement, due to factors such as declining health of self and cohorts, diminishing finances, declining mobility, their access to friendly company have also decreased. Due to such loneliness and at times, isolation, the negative emotions which they experience are not voiced. Also, the elderly feel that their younger family members

would not be able to relate to their problems and issues and at times, they simply don't want to bother the younger family members when they are feeling disturbed. Family dynamics also play a role in the elderly feeling so vulnerable and helpless, therefore they try to keep their emotions within themselves and at times, rationalise it by assuming that old age generally brings with itself feelings of sadness

- Looking for Good: The elderly individuals have stated that often they try to look for good in different situations. All the participants of the interview were retired individuals and they admitted to feeling happy and delighted and at the same time, a little lost after retirement as now they had time in their hands to use as they wished. Many of the retirees reported feeling excited post retirement as they could now focus on their hobbies and beloved pastimes. The retirees reported that many of their children were also settled out of their homes. Although they missed their children, they tried to understand that the children were doing well in life and living happy and successful lives, thus trying to look at the positive in a typically distressing situation
- Learning New Skills: It is observed in their conversations that the elderly individuals enjoy learning new activities and often they try to do it. In conversation with the elderly gentlemen and ladies, it was found that many of them joined various new hobby classes, such as theatre and music after their retirement. They enjoy the new skills they learn as well as appreciate it when the instructor is patient with them. They expressed that they enjoyed these new recreational activities as it helped them pass the time as well as meet new people with whom they can share their lifelong experiences as well as their daily comings and going-ons. They look forward to going to these classes and it adds a lot of value and cheer to their lives
- Family: For most of the elderly, having a steady communication with family helps them maintain a satisfactory life. Also, having a close group of friends allows them to feel connected and maintain a support system
- Filial Attachment: In the Indian context, filial attachment is held sacred and the children consider it as their *dharma* to take care of their aging parents. This in turn, acts as a protective factor for the elderly parents where they are shielded from many of life's harshness which they might be incapable of handling. Also, the attachment and caring bonds which the children have with their parents acts as a helpful support and buffer in instances where the parents are try to enjoy their lives in a new way. Many children encourage their aging parents to try new experiences in their lives, while parents also look forward to their children's support and encouragement while undertaking new ventures

IX. Conclusions

This study was conducted to understand the relationship between regulation of emotion and resilience and their impact on satisfaction of life among the elderly individuals living in the Delhi-NCR area. To study this, we determined the degree of correlation and regression between the components of cognitive reappraisal facet of emotion regulation and life satisfaction, expressive suppression facet of emotion regulation and life satisfaction and resilience and life satisfaction. We had also conducted in depth semi structured interviews to determine the aspects which are key to life satisfaction among the elderly. We found out that reappraising the situation to manage their emotion indeed helps in enhancing life satisfaction and so does meeting the life challenges in a resilient manner. We found that a high degree of correlation exists between the components of cognitive reappraisal and resilience and life satisfaction. And that cognitive reappraisal, expressive suppression and resilience all combine together to influence the degree of satisfaction with life one experiences

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