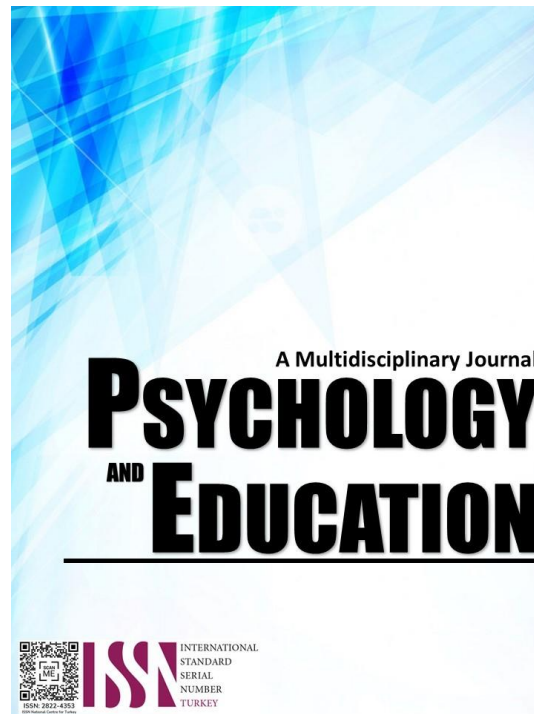


ELDERS' PERCEIVED STRESS, HAPPINESS AND LIFE SATISFACTION AMIDST THE PANDEMIC: A CORRELATIONAL STUDY



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Elders' Perceived Stress, Happiness and Life Satisfaction Amidst the Pandemic: A Correlational Study

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Abstract

The coronavirus disease 2019 (COVID-19) pandemic is experienced differently across individuals, and older adults' different life experiences lead to various coping methods. The purpose of the present study was to investigate the correlation between perceived stress, life satisfaction and happiness of the elderly amidst the pandemic. A standard questionnaire assessing stress, happiness, and life satisfaction was adapted. The 100 participants also responded to an open-ended question about what gives them stress and happiness at the survey time. A mixed-method of quantitative and qualitative data was analyzed. The results show that elders' perceived stress, happiness, and life satisfaction were negatively correlated. Stress and happiness had $r=-0.483$ and $r=-0.496$ respectively, with low correlations, but life satisfaction had $r=-0.514$, moderate correlations. The most commonly reported stressors were health related, basic needs, and worries. And the most frequently reported sources of happiness were family, good health, faith, grandchildren, financial support, and gardening. These findings suggest that various forms of activities are required to improve elder's well-being that promote quality of life, like stress management, physical activities, involvement in community, volunteerism and providing them with family care and support.

Keywords: *stress, happiness, life satisfaction, elders, COVID-19*

Introduction

In the first quarter of 2020, the world was astounded by the global news of a new virus spreading which caused every country to implement community lockdowns and strict health standards. It took a toll on all people, especially the elderly whom we call in the Philippines as "Senior Citizens" aged 60 and up. They were greatly affected since they were strictly advised to stay at home because they are vulnerable especially for elderly with comorbidity. They were not permitted to go out unless necessary, the implementation of restrictions include travel (by air, sea, and land), the suspension of non-essential work, the prohibition of mass gatherings, and the closure of all businesses except those that provide or manufacture basic necessities. Curfews and lockdowns have been imposed by several local governments.

It is clear to see that the Senior Citizens were allotted a longer period of time being isolated from the society and not having the freedom to do anything outside of their homes. Despite the thought that Senior Citizens are people who have lived a long life and probably were able to achieve their life goals, settle in with their families, stabilize their career and reach the highest peaks of their lives, each period of life — childhood, adolescence, and adulthood — still has its own set of pedagogies and goals, and seniors are no exception. There are quite a lot of things that some Senior Citizens are still aiming to do and pursue while living their last remaining years. Personal interests,

sociability, adaptation and integration in today's society, engagement, active citizenship, and, above all, enhancing their quality of life through a lifelong learning process are very important to them (Escuder-Mollon et al., 2014).

Aging is really a significant period of life, and it is important to take into account the requirements and challenges that come with it (Taghiabadi et al., 2017). It took them time to adjust to the new set of norms considering that elderly people prefer social interaction and connectedness and only few are tech savvy. The limitations that were given to the elderly somehow made them feel that they were being isolated from the society. According to van (Dyck et al., 2020) significant issues among older adults are social isolation and loneliness which were worsened by the COVID-19 pandemic. The impact on health and society's development makes happiness as one of the most pressing natural and psychological demands of human beings (Almasi et al., 2015). However, one of the wonderful characteristics of the elderly is their ability to cope readily with challenging situations since they have lived through a lot and can draw on their previous experiences to better handle the current situation. Ageism erupted as a result of the Covid-19 pandemic, with public discourse portraying older persons as a homogeneous, vulnerable group," the authors conclude. "Our investigation of daily life during the outbreak implies the opposite: older age was linked to less concern about the threat of Covid-19, higher emotional well-being, and more

positive daily activities (Carey, 2021). Compared with young adults, people aged 50 and over score consistently higher, or more positively, on a wide variety of daily emotions. They tend to experience more positive emotions in a given day and fewer negative ones, independent of income or education, in national samples (work remains to be done in impoverished, rural and immigrant communities).

Happiness and contentment are beneficial to one's health and well-being. Especially to Senior Citizens who are now at the stage where they are looking more into the meaningfulness of their lives. People's interests, passions, and abilities differ depending on their past experiences. This is why we must look more into the different aspects that make them happy for there are no two people who are the same. What makes a person happy varies according to their life experiences and can range from basic to complex (Intriago, 2021). Happiness is often used interchangeably with well-being and quality of life as indicators of individual and social welfare. It is suggested to comprise both affects and thoughts (Veenhoven, 1984, 2010).

Life satisfaction is frequently used as a measurement for determining effective aging (Garcia et al., 2011), which is identified as having good physical and mental wellbeing, being socially involved, and being financially secure (Eshkoo et al., 2014). Apart from research, a better knowledge of life satisfaction in old age and the elements that influence it is of crucial social importance. For the older population it is a measure of happiness, integrity, and a sense of comfort about how one has lived one's life. It is characterized by a sense of purpose, personal growth, and self-acceptance. Elders who are aging successfully continue to grow and to learn as they use past experience to cope with the present and set goals for the future (El-Gilany & Refaat Alam, 2017). As the old Japanese proverb goes "Only staying active will make you want to live a hundred years" (Hector & Miralles, 2016). Many concerns, such as poor health, poverty, disability, loneliness, and worry, might affect the elderly's sense of life pleasure. For example, inadequate income can have a significant impact on elderly people's life satisfaction by limiting their ability to pay for treatments, medications, and essentials such as eyeglasses (Escuder-Mollon et al., 2014).

In today's situation, if senior citizens feel satisfied with what they have and do, it would bring happiness to them, especially the good health that everyone is praying for. As (Parker & Aarts, 2016) said, happiness can predict health and longevity, and happiness scales

can be used to measure social progress and the success of public policies. But happiness isn't something that just happens to you. Everyone has the power to make small changes in our behavior, our surroundings and our relationships that can help set us on course for a happier life. This means that being happy includes the ability for us to make positive changes within ourselves because everyone seeks happiness. In fact, almost every action, activity and goal are motivated by the desire to find happiness (Sasson, 2012). Happiness is like a great reward that everyone is hoping for.

Isolation and loneliness are psychosocial risk factors that, together with the fear of contracting the disease and exacerbation of interpersonal problems during forced social distancing and home confinement, can trigger serious public mental health problems (Ahorsu, et al., 2020), (Tull, et al., 2020) and (Hunt et al., 2017). In recent months, most efforts have been directed at controlling the spread of the virus and seeking an effective vaccine and/or treatment for infected people, leaving the psychosocial aspect of the pandemic unattended (Dsouza, et al., 2020), (Ahorsu, et al., 2020), and (Xiao, et al., 2020). For this reason, special attention must be paid to aspects related to life satisfaction, essential in times of crisis, which allows the person to adapt to complicated situations or even come out of them reinforced. In order to establish support programs for senior citizens during the pandemic. Therefore, the main objective was to determine the factors related to stressors, happiness and life satisfaction of senior citizens.

Research Questions

This study sought to answer following:

1. What makes seniors stressful amidst the pandemic?
2. What brings happiness to seniors amidst the pandemic?
3. Is perceived happiness amidst the pandemic related to life satisfaction?

Methodology

This study investigates the correlation between perceived stress, life satisfaction, and happiness of older adults amidst the COVID-19 pandemic. The objective is to determine if the pandemic has influenced their perceptions of stress, happiness, and life satisfaction, considering that older adults are

particularly vulnerable to virus.

A quantitative research design was chosen for this study. It involves collecting and analyzing numerical data to establish statistical relationships and patterns. The purpose is to measure and quantify the variables of interest to draw conclusions and make generalizations. In addition, a qualitative research design was adopted. This design involves a more in-depth exploration of individuals' experiences, perceptions, and attitudes. It allows a deeper understanding of the participants' subjective perspectives and provides rich descriptive data.

One hundred respondents, 50 from rural areas and 50 from urban areas in Cebu, aged 60 to 80, were randomly selected for the study. This sampling method ensures that each participant has an equal chance of being chosen, enhancing the sample's representativeness.

For the qualitative data, the researcher employed the following test instruments: "The Perceived Stress Scale" by Cohen et al. (1983), "Subjective Happiness Scale" by Lyubomirsky and Lepper (1999), and "Satisfaction with Life Scale" by Diener, Emmons, Larsen, and Griffin (1985). These instruments are widely used and validated measures to assess perceived stress, happiness, and life satisfaction. Additionally, an open-ended questionnaire was utilized in this study. The open-ended questions were translated into the native language of the participants to ensure a common language during the study.

To facilitate data collection and analysis, the researchers converted the questionnaire into a Google Form, making gathering and tabulating the data easier. The interviews were conducted using various methods, including phone or video calls and face-to-face interviews. During face-to-face interviews, the researcher followed safety protocols such as wearing masks and maintaining physical distancing, ensuring the safety of both the researcher and the participants.

Results and Discussion

Profile of Senior Citizens

Table 1 presents the profile of the senior citizens in terms of gender, marital status, residence, income status, and retirement status.

Table 1. *Profile of Senior Citizens*

<i>Profile</i>	<i>Frequency (F)</i>	<i>Percentage (%)</i>
<i>Gender</i>		
Male	24	24.00
Female	76	76.00
Total	100	100.00
<i>Marital Status</i>		
Single/Widower	38	38.00
Married/Partnered	62	62.00
Total	100	100.00
<i>Residence</i>		
Rural	50	50.00
Urban	50	50.00
Total	100	100.00
<i>Income Status</i>		
Lower Income (< 10,000.00)	76	76.00
Higher Income (> 10,000.00)	24	24.00
Total	100	100.00
<i>Retirement Status</i>		
Fully Retired	72	72.00
Working Full or Part-time	28	28.00
Total	100	100.00

The table above shows the distribution of the respondents of the study. In terms of gender, more female (76.00) retirees participated in the study than males (24.00). This is consistent with the 2015 Philippine Statistics Authority survey of Senior Citizens in the Philippines. The gender ratio was 85 males for every 100 female senior citizens.

During the conduct of this study, 62.00 % of the respondents are married or partnered. While 38.00 % are single or widowed. This meant that Philippine senior citizens enjoy companionship all through their retirement days.

The study made use of the equal proportion of senior citizens that lives in rural (50.00 %) residence and urban (50.00 %) residence. Generally, senior citizens tend to retire and spend their retirement days in rural areas where they could relax and be distant from the hustle and bustle of urban life.

Surprisingly, three-quarters of senior citizens responded that their income is less than Php 10,000.00 (76.00 %). While only 24.00 % responded that their income exceeded Php 10,000.00. The reason for this is either the senior citizen was previously employed in government with retirement benefits that may exceed Php 10,000.00 or employed privately which would not exceed the said amount of retirement benefits. However, we could not take away that the retirees do receive retirement benefits that exceed Php 10,000.00 but they may have a predicament that affects their

income resulting in less than the specified amount. It could also be because the senior citizen was not employed and had no retirement benefits as income.

In terms of retirement status, 72.00 % of the senior citizens have a status of fully retired. While 28.00 % are still working either full-time or part-time. This implied that senior citizens who are still able to work continue to employ. This was consistent with the above income distribution. This could be one of the reasons why 24.00 % of senior citizens have an income of above Php 10,000.00. Another, the retirees who experience heavy workloads beforehand would relax and no longer engage in further employment. While those that enjoy their work activities and are still able to perform their duties.

Although the older population is susceptible to fast-paced changes brought by the times, there are certain components within this group that need to be addressed carefully. In particular, there should be keen attention directed to the elderly population especially those residing in rural areas because they are the ones who are top-most vulnerable in terms of functionality. They have their fair share of disadvantages in health insurance coverage and access to social support (Abalos, 2020).

Senior Citizen's Perceived Stress Level, Level of Happiness, and Level of Life Satisfaction

Table 2.1 presents the scale for the senior citizen's response and perceived stress level in terms of never (1.00 – 1.80), almost never (1.81 – 2.60), sometimes (2.61 – 3.40), fairly often (3.41 – 4.20), and very often (4.21 – 5.00).

Table 2.1. *Senior Citizen's Perceived Stress Level*

<i>Level Of Perceived Stress</i>	<i>Frequency (F)</i>	<i>Percentage (%)</i>
Never	4	4.00
Almost Never	21	21.00
Sometimes	69	69.00
Fairly Often	6	6.00
TOTAL	100	100.00
Mean Score	Sometimes	2.7797

When the raw scores of the senior citizen's responses which measured their stress level were measured it showed that 69.00 % sometimes experience stress as retirees. While 4.00 % answered that they never experience stress. This meant that senior citizens are not immune to life stress. Their stress reaction could

be triggered by any situations that they encounter in daily living. Those who never or almost never experience stress are secured with their retirement status. Stress is a major mental health concern among the elderly, affecting their quality of life. Psychological and health-related pressures are common among the elderly and appear to have an essential role in the relationship between perceived stress levels and age in older adults.

As Mike Hepworth states, aging "is both a collective human state and an individualized subjective experience. It is not a plain linear trajectory towards inevitable physical, emotional, and societal decline, but a dynamic process of highly varying change. In the study of Stončikaitė (2019), it is shown that levels of perceived stress increase with increasing age among men and women aged 66-67 living at home and in institutions. The association was robust and independent of gender, education, economic status and loving arrangements. One of the major sources of stress for these adults are health-related stresses which are highly prevalent in older adults. (Osmanovic-Thunström et al., 2015).

Table 2.2 shows the senior citizen's level of happiness in terms of being not a very happy person (1st, 2nd, and 3rd), all good (4th), and a very happy person (5th, 6th, and 7th).

Table 2.2. *Senior Citizen's Level of Happiness*

<i>Level Of Happiness</i>	<i>Frequency (F)</i>	<i>Percentage (%)</i>
Not a very happy person	6	6.00
All good	11	11.00
A very happy person	83	83.00
Total	100	100.00
Mean Score	A Very Happy Person	5.2575

Surprisingly, 83.00 % of the senior citizens expressed that they are very happy person. Only 6.00 % expressed that they are not a happy person. This was consistent with the stress level response of the senior citizens that they often experience stress. Thus, it could be that they felt that they are not a very happy person. The rest of the respondents responded that they feel all good (11.00 %). This meant that they are content with their retiree status. Overall, the mean score of the senior citizen's level of happiness ($x = 5.2575$). Implying that the retirees are living as happy person. This is very important because as senior citizens they must spend the remaining days of their

lives comfortable. To live comfortably is to be happy.

Happiness is an emotional or affective state characterized by feelings of pleasure and fulfillment. It has been pursued and widely remarked on as an emotional condition and a subject. Happiness is defined as a state of happiness, love, satisfaction, pleasure, or joy. Happiness is a fundamental aim in life that cannot be established; rather, it is a lifelong quest. Happiness varies according to age. Most people believe that young adulthood is the pinnacle of happiness and that later age is when things begin to fall apart. In sociocultural representations of aging, the notions of old age have grown less defined and more flexible. Older adults are no longer shown as inert and reliant on their children, but as vibrant and energetic persons who transcend age-related classification and patterns of existence. Many feel that successful aging is regarded as freeing older people, which might cause stress and create new expectations to conform to successful aging norms. To put it another way, the perception of a happy and fulfilling old age appears to be measured in terms of youthful physical appearance, active engagement in life, good mental health, the absence of diseases, sexual activity, and heterosexual desirability, and one's success in successful aging. If older people are unable to satisfy the expectations of the successful aging paradigm, they are more prone to develop feelings of inadequacy and build up stress levels that have a detrimental impact on their health, as well as the concept of pleasure and well-being in old age.

Several studies suggest that well-being and happiness are correlated with each other. Well-being can be described as judging life positively and feeling good. Researchers have found that older adults in general have higher levels of contentment and well-being as compared to teenagers and young adults. This has been coined by the Gerontologists as “the paradox of old age.” Contrary to popular beliefs, those people who have lived through amidst the difficulties in life are actually resilient. And even though most elderly experience decline in their physical and cognitive aspects, they are more content and happy about their lives as compared to the younger generations. (Six keys to happiness for older adults 2021).

Table 2.3 displays the senior citizen's level of life satisfaction in terms of strongly disagree (1.00 – 1.85), disagree (1.86 – 2.70), slightly disagree (2.71 – 3.55), neither agree nor disagree (3.56 – 4.40), slightly agree (4.41 – 5.25), agree (5.26 – 6.10), and strongly agree (6.11 – 7.00), verbally interpreted as strongly dissatisfied, dissatisfied, slightly dissatisfied, neither

satisfied nor dissatisfied, slightly satisfied, satisfied, and very satisfied.

Table 2.3. *Senior Citizen's Level of Life Satisfaction*

Level Of Life Satisfaction		Frequency (F)	Percentage (%)
Slightly dissatisfied		2	2.00
Neither satisfied nor dissatisfied		15	15.00
Slightly satisfied		25	25.00
Satisfied		34	34.00
Very Satisfied		24	24.00
Total		100	100.00
Mean Score	Satisfied	5.4120	

Testing how satisfied the senior citizens are with their retirement, it showed that many are satisfied (34.00 %), slightly satisfied (25.00 %), and strongly satisfied (24.00 %). While a few senior citizens responded that they are neither satisfied nor dissatisfied (15.00 %) and slightly dissatisfied (2.00 %). The overall mean score of the senior citizen's level of life satisfaction is $\bar{x} = 5.4120$. This indicates that the retirees are satisfied with their status. This meant that the senior citizens enjoy their life and are living it to the fullest. Life happiness is most likely synonymous with the notion of successful aging.

Life satisfaction among the elderly has emerged as a critical problem. Life satisfaction among the elderly is still evaluated positively, despite increasing concern in the preservation of life. In the face of physical deterioration, older persons were more satisfied with their life than is commonly assumed, even when they have endured health problems. Changes in lifestyle, demanding employment, and a move to family care have resulted in growing family neglect of the elderly. Having a higher level of knowledge as well as greater physical and mental health, psychological wellness, social support, and economic contentment is an indicator of better life satisfaction and long-term happiness.

A study conducted in a community of Nepal by Shrestha et al (2019) contends that life satisfaction among the elderly has become a relevant issue in geriatric care. Despite the growing discomfort, it is still rated highly amongst the elderly. Similarly, a study on maintaining life satisfaction at old age showed that older people were more satisfied with their lives than it is often believed even when confronted with health issues. However, changes in family structures and lifestyles have led to increased neglect of the elderly by families and communities. On

the other hand, having good education, a spouse, social support, economic satisfaction and better health in general were all found to be predictors of a higher life satisfaction.

Relationship Between the Senior Citizen's Profile and the Level of their Perceived Stress

Table 3 exhibit the relationship between the senior citizen's profile variable in terms of gender, marital status, area of residence, income status, and retirement status and their level of perceived stress experienced as never, almost never, sometimes, fairly often, and very often.

Table 3. *Relationship Between the Senior Citizen's Profile Variables and their Perceived Stress Level*

Gender	Level of Perceived Stress								Total	
	Never		Almost Never		Sometimes		Fairly Often			
	f	%	f	%	f	%	f	%	f	%
Male	-	-	5	5.00	16	16.00	3	3.00	24	24.00
Female	4	4.00	16	16.00	53	53.00	3	3.00	76	76.00
Total	4	4.00	21	21.00	69	69.00	6	6.00	100	100.00
Chi Square = 3.512		df = 3		p = 0.319		Not Significant				
Marital Status	Never		Almost Never		Sometimes		Fairly Often		Total	
	f	%	f	%	f	%	f	%	f	%
	f	%	f	%	f	%	f	%	f	%
Single/Widowed	1	1.00	6	6.00	27	27.00	4	4.00	38	38.00
Married/Partnered	3	3.00	15	15.00	42	42.00	2	2.00	62	62.00
Total	4	4.00	21	21.00	69	69.00	6	6.00	100	100.00
Chi Square = 3.210		df = 3		p = 0.360		Not Significant				
Area of Residence	Level of Perceived Stress								Total	
	Never		Almost Never		Sometimes		Fairly Often			
	f	%	f	%	f	%	f	%	f	%
Rural	4	4.00	11	11.00	34	34.00	1	1.00	50	50.00
Urban	-	-	10	10.00	35	35.00	5	5.00	50	50.00
Total	4	4.00	21	21.00	69	69.00	6	6.00	100	100.00
Chi Square = 6.729		df = 3		p = 0.081		Not Significant				
Income Status	Never		Almost Never		Sometimes		Fairly Often		Total	
	f	%	f	%	f	%	f	%	f	%
	f	%	f	%	f	%	f	%	f	%
Lower Income	3	3.00	12	12.00	57	57.00	4	4.00	76	76.00
High Income	1	1.00	9	9.00	12	12.00	2	2.00	24	24.00
Total	4	4.00	21	21.00	69	69.00	6	6.00	100	100.00
Chi Square = 6.035		df = 3		p = 0.110		Not Significant				
Retirement Status	Never		Almost Never		Sometimes		Fairly Often		Total	
	f	%	f	%	f	%	f	%	f	%
	f	%	f	%	f	%	f	%	f	%
Fully Retired	3	3.00	13	13.00	53	53.00	3	3.00	72	72.00
Working Full or Part-time	1	1.00	8	8.00	16	16.00	3	3.00	28	28.00
Total	4	4.00	21	21.00	69	69.00	6	6.00	100	100.00
Chi Square = 3.312		df = 3		p = 0.346		Not Significant				

When the data between the senior citizen's profile variable in terms of gender and the perceived level of stress was cross-tabulated it showed that it was the females who perceived that they experience stress sometimes (53.00 %). Men generally expressed that they have experienced stress sometimes (16.00 %) and fairly often (3.00 %). However, few females responded that they almost never (16.00 %) and never (4.00 %)

experience stress. This meant that it is the female gender that carries the burden of experiencing stress even throughout senior citizenship.

Everyone experiences stress. There are several sources of stress. Money, job stability, health, and relationship concerns are all common sources of stress for both men and women. The many roles that women play are maybe more peculiar to them. Women's duties today frequently involve family commitments, caring for children and/or elderly parents, who are statistically more likely to be female, and employment responsibilities, among other things. As the demands on women to fulfill these responsibilities grow, they may become overwhelmed by time constraints and unfulfilled duties. They may feel a feeling of failure because of their inability to satisfy the expectations of themselves and others. Women frequently devote more time to satisfying the needs of others than to nourish their own. Women who are under a lot of stress may not even realize their own needs. Stress may be a motivator for women to achieve significant goals. However, stress may be detrimental and destructive, wreaking havoc on many aspects of one's life. When stress becomes chronic or extreme, adapting and coping become more difficult. Chronic stress accumulates to the point that stress appears to be a regular way of life for some women. Women are often so busy that they do not take the time to calm down long enough to consider how stress is impacting them.

In another study by Seangpraw et al (2019), it has been found out that the majority of older persons residing in the rural area in Thailand had moderate to high levels of stress in the previous three months. This amount of anxiety among the elderly could have a significant impact on their health and well-being. Other research has demonstrated that stress has drafting effects, implying that stress has a direct impact on the elderly's mental and physical health. Our findings are in line with those of a previous study. Furthermore, the wear and tear theory states that when the senior population's physical and mental health deteriorates, they are more likely to develop worry. Furthermore, long-term stress and worry in the elderly can lead to depression and suicide ideation.

In terms of marital status, those that are married and partnered were the ones that experience stress sometimes (42.00 %). But they were also the group that expressed that they almost never (15.00 %) experience stress. While those that are single or widowed felt that they also sometimes (27.00 %) felt stressed. This meant that regardless of marital status, seniors generally felt that they sometimes experience stress (69.00 %).

It could be seen that married women were the most prone to stress. Social support, in terms of both the number of companions and access to support groups, was not protective for them. These data imply that the social situation influences the sense of stress in older women. The social settings in which women live must be considered when extending theories of women's comprehension of stress indicators. On the other hand, married individuals are healthier than single, separated, or widowed persons because they perceived less stress than married or partnered individuals.

With a few exceptions, according to Huang et al (2020) people with varied degrees of financial stress had lower odds of reporting good self-reported health, quality of life, and life satisfaction, whereas those in the higher income quintiles had higher odds. Self-reported depression, on the other hand, was considerably higher among those with any level of financial stress and significantly lower among those in the upper income quintiles.

Although there is an equal distribution in where the respondents reside, when it was cross-tabulated with the seniors' perceived level of stress, it showed that both urban (35.00 %) and rural (34.00 %) residence experience the same stress level sometimes. This meant that no matter where the seniors reside, they still perceived and experience stress.

In context, stressors in rural neighborhoods were primarily related to the physical environment, whereas stressors in urban neighborhoods were related to the social environment. This was because some of the basic structural amenities needed for an easy living may not be available in rural areas, as well as transportation. While in urban areas, because of proximity and availability of necessities, the senior must navigate the social structure of being elderly in an urban neighborhood.

Positive attitudes and negative attitudes toward aging were significantly associated with lower depressive symptoms among older Chinese adults. Support from family, friends and the government were all significantly associated with urban older adults' levels of depressive symptoms. Only family support was associated with lower depressive symptoms among rural older adults'. In addition, family support buffered the effect of negative attitudes toward aging on depressive symptoms for all the older adults, while the moderation effects of support from friends and government only worked for urban elderly (Liu et al, 2020).

When the senior citizen's income status and perceived stress level were paired, it showed that those with lower income experience stress sometimes (57.00 %). Only 12.00 % of those with high income expressed that they experience stress sometimes. In contrast, there were 3.00 % of the low-income retirees indicated that they never at all experienced stress.

Lower levels of perceived wealth and poor socioeconomic position tend to have a major and long-lasting impact on the mental health of older persons. Older individuals with income that was only partially sufficient to meet their fundamental requirements were more likely to experience psychological discomfort and low subjective well-being than those with income that met their basic needs completely. A shift toward a guaranteed pension for eligible older people, in which they are no longer a financial burden to their children, may lessen their self-perceived economic misery and result in improved levels of wellbeing in the old life. In addition, initiatives to alleviate socioeconomic disadvantages and gender disparities in mental health status induced by stress in the elderly population are urgently needed.

Our study suggests that higher income older adults perceive lower levels of stress, which is consistent with previous research on older adults living in China. Higher income may affect levels of perceived stress in two aspects - by lowering risks of exposure to stressors and enriching coping resources.

In terms of retirement status, those who are fully retired experience 53.00 % of perceived stress sometimes. However, those that work full-time and part-time only experience stress sometimes (16.00 % and fairly often (3.00 %). On the other hand, only 3.00 % of fully retired seniors never experience stress and only 1.00 % of those that work full-time and part-time. This implied that those who have fully retired experience the highest perceived stress. This could be connected to the senior citizen's income status. In this study, those that are fully retired and have low-income status experienced high perceived stress.

While retirement may be a rewarding experience after years of hard work, it can also cause stress, worry, and despair. Many adults spend years fantasizing about their dream retirement, whether it is touring the globe, spending more time with family and friends, pursuing hobbies, or simply having the flexibility to relax and take it easy for a change. However, while many prefer to focus on the financial side of retirement, they frequently neglect the psychological consequences of retiring from work. At first, getting away from the

daily grind of a lengthy commute, workplace politics, or a demanding work setting may seem like a huge relief. However, many new retirees discover that the novelty of being on "permanent vacation" wears off after a few months. They may miss the feeling of identity, meaning, and purpose that your employment provided, the structure is provided to a retiree's days or the social side of having coworkers. Retiring from employment is a significant life transition that may offer both hardship and advantages. Whether the senior adult has already retired and is dealing with the transition, there are healthy methods for them to adjust to this new chapter in their lives and guarantee that their retirement is both pleasant and fulfilling.

The study of Badana et al (2018) among employed older Filipinos found that recognition of employee progress impacts older worker's happiness in the workplace (de Guzman, Largo, Mandap, & Munoz, 2014). Older Filipinos that work full-time or part time find meaning, purpose and satisfaction in life that lessen anxiety and stress.

Relationship Between the Senior Citizen's Profile and the Level of Happiness

Table 4 depicts the crosstabulation between the senior citizen's profile variables in terms of gender, marital status, area of residence, income status, and retirement status and the level of happiness when their response indicates that they are not a happy person, all good, and they are a very happy person.

Crosstabulation of the senior citizen's gender and level of happiness showed that females (65.00 %) were the ones who expressed that they are a very happy person, which was the very same with the males (18.00 %). Equally, both males (3.00 %) and females (3.00 %) conveyed that they are not a very happy person. This meant that females are that much happier than males.

This could be supported by the higher levels of endorphins in women as compared to men that are scientifically proven as the happy hormones which help cope with pain and stress. However, dopamine, also a happy hormone is higher in men than women. Dopamine is a mood-boosting hormone released after a goal is reached. Men, more than women, require passion to succeed in their endeavors. It's because they produce more dopamine, also known as the "happy hormone".

Table 4. Relationship Between the Senior Citizens' Profile Variables and their Level of Happiness.

Gender	Level of Happiness						Total	
	Not a very happy person		All good		A very happy person			
	f	%	f	%	f	%	f	%
Male	3	3.00	3	3.00	18	18.00	24	24.00
Female	3	3.00	8	8.00	65	65.00	76	76.00
Total	6	6.00	11	11.00	83	83.00	100	100.00
Chi Square = 2.532			df = 2		p = 0.282		Not Significant	

Marital Status	Not a very happy person		All good		A very happy person		Total	
	f	%	f	%	f	%	f	%
	3	3.00	6	6.00	29	29.00	38	24.00
Married/Partnered	3	3.00	5	5.00	54	54.00	54	76.00
Total	6	6.00	11	11.00	83	83.00	100	100.00
Chi Square = 1.975			df = 2		p = 0.373		Not Significant	

Area of Residence	Not a very happy person		All good		A very happy person		Total	
	f	%	f	%	f	%	f	%
	2	2.00	6	6.00	42	42.00	50	50.00
Urban	4	4.00	5	5.00	41	41.00	50	50.00
Total	6	6.00	11	11.00	83	83.00	100	100.00
Chi Square = 0.770			df = 2		p = 0.681		Not Significant	

Income Status	Level of Happiness						Total	
	Not a very happy person		All good		A very happy person			
	f	%	f	%	f	%	f	%
Rural	6	6.00	10	10.00	60	60.00	76	76.00
Lower Income	-	-	1	1.00	23	23.00	24	24.00
Total	6	6.00	11	11.00	83	83.00	100	100.00
Chi Square = 3.862			df = 2		p = 0.145		Not Significant	

Retirement Status	Not a very happy person		All good		A very happy person		Total	
	f	%	f	%	f	%	f	%
	2	2.00	9	9.00	61	61.00	72	72.00
Working Full or Part-time	4	4.00	2	2.00	22	22.00	28	28.00
Total	6	6.00	11	11.00	83	83.00	100	100.00
Chi Square = 5.068			df = 2		p = 0.079		Not Significant	

As per Lobos et. al. (2015), there is no substantial gender difference in happiness. In every generation, however, women's happiness falls behind that of men with time. In the 1970s, women were reported to be generally happier as compared to men. By the 1990s, the situation had flipped. There is evidence suggesting women are generally happier than men, according to the author, but this research only applies to people in industrialized countries.

When marital status and the level of happiness were tabulated, it showed that married and partnered (54.00 %) seniors expressed that they are a very happy person. Also, single, and widowed (29.00 %) seniors expressed that they are a very happy person. Marriage does not make you happy, rather, a happy marriage makes seniors happy. Married individuals are happier than unmarried people, maybe because the quality of social interactions is the single best predictor of human happiness. On the other hand, because of how lonely being single may be old, some perceive it as a state of

peaceful happy times. Many people choose to be alone or do not dare to seek companionship because they find serenity in being alone. Hsieh (2011) found that marital status is a major predictor of happiness, with widowed or separated seniors (65+) having a lower likelihood of happiness. In another study, Maharlouei et. al. (2020), while education, work, and marital status are important socioeconomic determinants of subjective health and happiness in the United States, the impacts differ across men and women.

Employment appears to have a stronger influence on men's findings, whilst education and marital status appear to have a stronger influence on women's findings. A high percentage of senior citizens who live in urban (41.00 %) and rural (42.00 %) residential areas felt that they are a very happy person. This meant that no matter where the seniors live, they are living a happy life. Rural dwellers in industrialized nations report better subjective well-being than urban residents. Higher bonding social capital in rural locations, as well as greater access to natural amenities, were discovered to contribute to rural life enjoyment. On average, urban inhabitants are happier than rural ones because they report higher levels of happiness. Higher living standards and greater economic opportunities in cities, particularly for individuals with education, can be found to explain the discrepancies. At the same time, the relative relevance of these places and people factors may differ among countries.

Subjective happiness was higher among retirees who lived in cities than among those who resided in rural areas. The findings of this study, in general, emphasized the importance of proximity of friends, family, and partners in the lives of retirees in the two localities where the study was done, as well as health and financial issues. Large cities can provide their residents with greater amenities, a wider range of activities, and access to health services and infrastructure to help them age well and stay healthy (Amorim, S., et al, 2017).

Even though they were recorded to have a lower income (60.00 %), these seniors reported that they are a very happy person. Only 6.00 % of these low-income earners say that they are not a very happy person. Generally, of the 24.00% of seniors who earn higher incomes, 23.00 % say that they are a very happy person. This meant that regardless of the senior income, they felt that they are completely a very happy individual.

Earning more money does not ensure that you will be

happier in life. Although people with greater retirement benefits were more likely to feel confident and less afraid than those with lower incomes, the former was not always happier. High-income earners frequently expressed more positive self-esteem sentiments, such as pride and drive. Those with lesser earnings, on the other hand, felt the opposite, with feelings ranging from despair to humiliation. In summary, having more money tends to improve one's emotional well-being, but there is no consistent relationship between income level and how individuals perceive happiness.

According to Diener et al., (as cited by Zhu et al., 2020), an increase in income directly leads to greater happiness as it can meet basic needs and satisfy diverse wants. However, the study of Luchesi et al. (2018) found out that household income has no significant association between happiness. Income alone is not the only reason an elderly can be happy because there can always be another reason.

When the level of the senior citizen's level of happiness was tested against their retirement status, it revealed that 4.00 % of those who still work full-time and part-time expressed that they are not a very happy person but 22.00 % responded that they are a very happy person. Those that were fully retired (61.00 %) in the majority expressed that they were a very happy person. It could be implied the quote on happiness that "happiness is a choice" could be true to relate this result. Although generally, both groups of seniors expressed that they are a very happy person, some expressed that they are not a very happy person, especially those that were working full or part-time.

Loneliness is a psychological issue connected with older persons' sadness. Subjective well-being was higher in seniors who had favorable self-rated status, stronger psychological resilience, and perceived social support. Further, those who got a pension had a lower degree of subjective well-being and were related to sadness. This indicated that even in retirement, seniors would be influenced by psychological resilience, favorable self-rated health, and perceived social support, all of which contributed to low subjective well-being. To increase their subjective well-being, Filipino older adults must develop psychological resilience and social support networks from the community so that they would not feel lonely in their elderly age.

Moreover, Zhu and colleagues,(2020) state that having more social contacts indicates higher subjective well-being in elderly, and it was discovered that friends in

urban areas and neighbors in rural areas are the most important social contacts, as per a report based on the Chinese General Social Survey (CGSS).

Relationship Between the Senior Citizen's Profile and the Level of Life Satisfaction

Table 5 depicts the relationship between the senior citizen's profile variable in terms of gender, marital status, area of residence, income status, and the senior citizen's level of life satisfaction in terms of strongly disagree (strongly dissatisfied), disagree (dissatisfied), slightly disagree (slightly dissatisfied), neither agree nor disagree (neither satisfied nor dissatisfied), slightly agree (slightly satisfied), agree (satisfied), and strongly agree (very satisfied).

Table 5. Relationship Between the Senior Citizen's Profile Variables and their Level of Life Satisfaction.

Gender	Level of Life Satisfaction										Total	
	Slightly Dissatisfied		Neither Dissatisfied nor Satisfied		Slightly Satisfied		Satisfied		Very Satisfied			
	f	%	f	%	f	%	f	%	f	%	f	%
	Male	-	-	5	5.00	9	9.00	5	5.00	5	5.00	24
Female	2	2.00	10	10.00	16	16.00	29	29.00	19	19.00	76	76.00
Total	2	2.00	15	15.00	25	25.00	34	34.00	24	24.00	100	100.00
Chi Square = 5.064			df = 4		p = 0.281		Not Significant					
Marital Status	Slightly Dissatisfied		Neither Dissatisfied nor Satisfied		Slightly Satisfied		Satisfied		Very Satisfied		Total	
	f	%	f	%	f	%	f	%	f	%		
	Single/Widowed	2	2.00	6	2.00	10	10.00	15	15.00	5	5.00	38
Married/Partnered	-	-	9	9.00	15	15.00	19	19.00	19	19.00	62	62.00
Total	2	2.00	15	15.00	25	25.00	34	34.00	24	24.00	100	100.00
Chi Square = 6.873			df = 4		p = 0.143		Not Significant					
Area of Residence	Level of Life Satisfaction										Total	
	Slightly Dissatisfied		Neither Dissatisfied nor Satisfied		Slightly Satisfied		Satisfied		Very Satisfied			
	f	%	f	%	f	%	f	%	f	%	f	%
	Rural	1	1.00	6	6.00	11	11.00	17	17.00	15	15.00	50
Urban	1	1.00	9	9.00	14	14.00	17	17.00	9	9.00	50	50.00
Total	2	2.00	15	15.00	25	25.00	34	34.00	24	24.00	100	100.00
Chi Square = 2.460			df = 3		p = 0.652		Not Significant					
Income Status	Slightly Dissatisfied		Neither Dissatisfied nor Satisfied		Slightly Satisfied		Satisfied		Very Satisfied		Total	
	f	%	f	%	f	%	f	%	f	%		
	Lower Income	2	2.00	14	14.00	19	19.00	26	26.00	15	15.00	76
Higher Income	-	-	1	1.00	6	6.00	8	8.00	9	9.00	24	24.00
Total	2	2.00	15	15.00	25	25.00	34	34.00	24	24.00	100	100.00
Chi Square = 5.504			df = 4		p = 0.239		Not Significant					
Retirement Status	Slightly Dissatisfied		Neither Dissatisfied nor Satisfied		Slightly Satisfied		Satisfied		Very Satisfied		Total	
	f	%	f	%	f	%	f	%	f	%		
	Fully retired	-	-	9	9.00	21	21.00	25	25.00	17	17.00	72
Working Full or Part-time	2	2.00	6	6.00	4	4.00	9	9.00	7	7.00	28	28.00
Total	2	2.00	15	15.00	25	25.00	34	34.00	24	24.00	100	100.00
Chi Square = 8.056			df = 3		p = 0.090		Not Significant					

When the senior citizen's gender and level of life satisfaction were paired, females responded that they were slightly satisfied (16.00 %), satisfied (29.00 %), and very satisfied (19.00 %). Males being only a quarter of the studies population also expressed that they were slightly satisfied (9.00 %), satisfied (5.00 %), and very satisfied (5.00 %) with their current life status. Overall, it could be implied that both genders of retirees were satisfied (34.00 %) with their retired life. Gender disparities in life satisfaction were discovered to have a slight difference in the percentages in the results. Women were more satisfied with their lives than males.

In the study of Mary et al (2016), life satisfaction and emotional resources had a positive relationship. Higher life satisfaction was associated with an increase in emotional resources. Wang et al. (2002, as cited by Mary et al., 2016) have a supporting result which showed that due to emotional resources females have higher life satisfaction as compared to men.

Between marital status and level of life satisfaction, single and widowed seniors responded that they were slightly satisfied (10.00 %) and satisfied (15.00 %) of their life. While seniors that were married and partnered expressed that they were slightly satisfied (15.00 %), satisfied (19.00%), and very satisfied (19.00 %) with their elderly life. This meant that regardless of marital status, senior citizens are contented with their life. When compared to single and bereaved seniors, married and with partner seniors had much better life satisfaction. The widespread conclusion that married individuals are happier than unmarried people stem from the fact that happy people are more inclined to marry.

Life satisfaction received the highest mean for individuals who were married in comparison to individuals who were cohabiters or widowed. To add up, people who were married regardless if their marriage lasted or ended in divorce or separation, are still significantly more satisfied with their life than those who are widowed (Botha & Booysen, 2013).

The results of a study says that in relation to their social relationships, older adults who were married experienced the highest quality of life. A sense of gratification from their friendship and surrounding people in the society were admitted by older married adults (Gutiérrez-Vega, et.al., 2017).

In terms of residence, both those who lived in the rural

(17.00 %) and urban (17.00 %) areas are satisfied with their senior citizenship. This implied that the senior citizens are satisfied wherever they may reside. Objectively, urban and rural senior inhabitants are approximately equally advantageous, but subjectively, urban residents regard themselves to be significantly more disadvantaged than rural ones. This might be due to excessive noise and pollution in such a congested area. Furthermore, the greater the proportion of urban residents who live alone, the worse their life satisfaction. Finally, all rural and urban inhabitants who live with children are more satisfied with their lives than those who live alone.

Senior Citizens who lived together with their family members (spouse, children and grandchildren) in general did not feel social isolation (Usha, 2016). Comparing the senior citizen's income status and their level of life satisfaction showed that some of those who earn a low income are neither dissatisfied nor satisfied (14.00 %) with their life. However, the majority of the low-income earners responded that they were satisfied with their life. In contrast, those who earned high income in their senior years expressed that they were very satisfied (9.00 %) with their lives. This meant that the lower-income seniors were generally satisfied but some were unsure of their satisfaction.

Life satisfaction is frequently assessed on a scale of 0 to 10, with 10 being the maximum degree of contentment attainable. This is known as the 'Cantril Ladder.' According to the measure, higher-income seniors are happier than lower-income seniors. It was clear that the outcome was in contrast in this case. Low-income earners are often happier than high-income earners. This might be because increasing income entails greater financial responsibility.

A study shows that good economic status, property ownership and good family income has a significance in statistics concluding that most senior citizen experience life satisfaction and a few number showed a dissatisfaction in their life (Shrestha, et.al., 2019) Crosstabulation of the senior citizen's retirement status and their life satisfaction revealed that many of the fully retired answered that they were satisfied (25.00 %). Although 21.00 % said that they were only slightly satisfied with their retirement. On the other hand, many of the seniors who are working full and part-time (9.00 %) are satisfied with their lifestyle after retirement. Here, it implied that both fully retired and working full and part-time retirees were satisfied with their current lifestyle.

For retired seniors, the common determinant of their life satisfaction was socioeconomic, behavioral, and employment factors and contentment with retirement. For those that continue working after retirement, some indicators were colleagues, work and activities, and funds to provide for their remaining aged life. Health was also a major driver of retirement satisfaction. Satisfaction in retirement was similarly connected to past job satisfaction and the feeling of being compelled to leave work for those who fully retired. Self-esteem and control of their lifestyle were shown to be highly connected to retirement contentment, and especially to total life satisfaction.

In relation to this, an article says that older people who were employed after retirement lessens the chance of being lonely unlike those who stopped working after retirement. Employment after retirement as the article suggests can prevent people from loneliness and may contribute to other factors such as having a positive view on the quality of life, health and mortality (Abramowska-Kmon & Łą Tkowski, 2019).

Relationship Between the Senior Citizen's Stress Level and the Level of Happiness

Table 6 shows the crosstabulation between the senior citizen's stress level in terms of never, almost never, sometimes, fairly often, very often, and the level of happiness when their response indicates that they are not happy person, all good, and they are a very happy person.

Table 6. *Relationship Between the Senior Citizen's Stress Level and their Level of Happiness.*

Stress Level	Level of Happiness						Total	
	Not a very happy person		All good		A very happy person			
	f	%	f	%	f	%	f	%
Never	-	-	-	-	4	4.00	4	4.00
Almost Never	1	1.00	1	1.00	19	19.00	21	21.00
Sometimes	3	3.00	10	10.00	56	56.00	69	69.00
Fairly Open	2	2.00	-	-	4	4.00	6	6.00
Total	6	6.00	11	11.00	83	83.00	100	100.00
Chi Square = 11.189			df = 6		p = 0.083		Not Significant	

Comparing the senior citizen's perceived stress and level of happiness showed that half of the seniors felt stress sometimes (56.00 %) but were very happy people. Another, the seniors who almost never (19.00 %) experience stress felt that they are a very happy person. This implied that seniors may experience stress but still feel that they are happy with their retirement. The Chi-square value is 11.189, df = 6, with a p-value of 0.083 which was greater than the set alpha level of

0.05. This meant that there was no significant relationship. We fail to reject the null hypothesis that there is a significant relationship between the senior citizen's perceived stress level and their level of happiness. This implied that the perceived stress of the seniors was not a factor in the level of their happiness.

Many of the techniques to happiness emphasize stress reduction. People who work hard to improve a skill or talent endure stress in the present, but they also enjoy higher satisfaction on a daily and long-term basis. The most frequently acknowledged reason for this is the adage 'No pain, no gain,' which is the norm when it comes to expanding one's expertise at anything. Senior citizens sometimes abandon their objectives because it is stressful, but it could be observed that there is value in learning to do something well at the end of the day. What is more, older folks do not have to achieve the objective to get the benefits of their pleasure and well-being. They only need to appreciate what they have built over the years.

In the social interaction perspective, appreciation is deemed beneficial in generating happiness. It is human nature to yearn for others in satisfying one's needs. Moreover, achievements that are beyond our reach can be possible through other people's cooperation. Expression of appreciation or gratefulness serves as an instrument in sparking one's motivation. (Gupta, 2019).

Relationship Between the Senior Citizen's Life Satisfaction and Stress Level

Table 7 presents the crosstabulation between the senior citizen's life satisfaction in terms of strongly dissatisfied, dissatisfied, slightly dissatisfied, neither satisfied nor dissatisfied, slightly satisfied, satisfied, and very satisfied, and the level of stress as never, almost never, sometimes, fairly often, very often.

Crosstabulation of the senior citizen's level of perceived stress and life satisfaction revealed that many of those who felt stressed almost never (10.00 %) and sometimes (9.00 %) were very satisfied with their retired life. However, some felt stress sometimes felt only slightly satisfied (19.00 %) or just satisfied (26.00 %). And 4.00 % of the seniors who never feel stressed were very satisfied with their retirement. This could be due to how the seniors view their life satisfaction based on their current situation. The Chi-square value of 32.186, $df = 12$, and $p = 0.001$ was less than the alpha level of 0.05 with Cramer's $V = 0.328$, which indicated that there was a significant relationship between the senior citizen's perceived level of stress

and their level of life satisfaction. Hence, the null hypothesis is rejected because of the moderately strong significance between the variables. This meant that the perceived stress level of the senior citizens is an indicator of their life satisfaction.

Table 7. *Relationship Between the Senior Citizen's Level of Life Satisfaction and their Level of Stress.*

Life Satisfaction	Level of Perceived Stress								Total	
	Never		Almost Never		Sometimes		Fairly Often			
	f	%	f	%	f	%	f	%	f	%
Slightly Dissatisfied	-	-	-	-	2	2.00	-	-	2	2.00
Neither Satisfied nor Disagree	-	-	-	-	13	13.00	2	2.00	15	15.00
Slightly Satisfied	-	-	3	3.00	19	19.00	3	3.00	25	25.00
Satisfied	-	-	8	8.00	26	26.00	-	-	34	34.00
Very Satisfied	4	4.00	10	10.00	9	9.00	1	1.00	24	24.00
Total	4	4.00	21	21.00	69	69.00	6	6.00	100	100.00
Chi Square = 32.186 Cramer's V = 0.328		df = 12		p = 0.001		Moderately Strong Significance				

According to the bottom-up hypothesis, older individuals first evaluate their emotions of satisfaction in certain life areas that are based in part on their experiences, such as stresses. They are confronted with this practically every day of their existence. The domain-specific perspectives are then integrated to generate an overall feeling of contentment with life. The top-down approach, on the other hand, proposes that a senior's continuous experience of happiness with life predisposes him or her to evaluate satisfaction with individual domains in ways that are consistent with his or her original sense of overall life satisfaction. The data supplied by seniors tend to corroborate the bottom-up approach in this case.

"Most people are as happy as they make themselves out to be". The comment speaks about the importance of one's mental state for happiness, regardless of the current circumstances in which a person finds himself (Coleman- Merritt, 2020).

Relationship Between the Senior Citizen's Life Satisfaction and the Level of Happiness

Table 8 depicts the crosstabulation between the senior citizen's life satisfaction in terms of strongly dissatisfied, dissatisfied, slightly dissatisfied, neither satisfied nor dissatisfied, slightly satisfied, satisfied, and strongly satisfied, and the level of happiness when their response indicates that they are not happy person, all good, and they are a very happy person.

Table 8. *Relationship Between the Senior Citizen's Level of Life Satisfaction and their Level of Happiness.*

Life Satisfaction	Level of Happiness						Total	
	Not a very happy person		All good		A very happy person			
	f	%	f	%	f	%	f	%
Slightly Dissatisfied	1	1.00	1	1.00	-	-	2	2.00
Neither Satisfied nor Dissatisfied	1	1.00	2	2.00	12	12.00	15	15.00
Slightly Satisfied	3	3.00	2	2.00	20	20.00	25	25.00
Satisfied	1	1.00	6	6.00	27	27.00	34	34.00
Very Satisfied	-	-	-	-	24	24.00	24	24.00
Total	6	6.00	11	11.00	83	83.00	100	100.00
Chi Square = 19.576 Cramer's V = 0.313		df = 8		p = 0.012		Moderately Strong Significance		

Between the senior citizen's level of happiness and life satisfaction, it revealed that those who were slightly satisfied (20.00 %), satisfied (27.00 %), and very satisfied (24.00 %) were a very happy person. It could be seen that those who were happy are satisfied with their life. The chi-square results of 19.576, $df = 8$, p -value = 0.012 was less than 0.05 alpha with Cramer's V value of 0.313 revealed that there was a moderately strong relationship between the senior's level of happiness and life satisfaction. Significantly, happiness is an indicator of the senior citizen's life satisfaction. This meant that the level of the senior citizen's happiness also equates to their life satisfaction.

Higher levels of life satisfaction and happiness among senior citizens relate to higher levels of social engagement, higher living standards, and contentment with one's health. Happiness is a transitory sensation that develops spontaneously. Meanwhile, satisfaction is a long-term sensation that develops over time and is based on attaining goals and living the type of life that senior citizens desire.

Ageing does not necessarily worsen one's perception of life. According to [Smith \(2001\)](#), a growing group of elderly population deserves to live with dignity and the quality of life in later life. Baum and colleagues (2009) said that life satisfaction is an indicator of subjective well-being, which is seen as synonymous with happiness when it refers to how people feel and think about their lives (Cuñado & de Gracia, 2012). The Level of Life Satisfaction measures the subjective well-being of the elderly, which is related to their

health and mortality status. It is one of the primary determinants of well-being that reflects the cognitive judgmental aspect of an elderly person. Thus, life satisfaction is an important component of successful aging.

Correlations Among the Senior Citizen's Level of Perceived Stress Level, Level of Happiness, and Life Satisfaction

Table 9 shows the correlation among the senior citizen's level of perceived stress, level of happiness, and life satisfaction.

Table 9. *Correlations Among the Level of Perceived Stress, Level of Happiness, and Life Satisfaction.*

Factors	r	p	Verbal Interpretation
Perceived Stress	-0.483	0.000	Low Negative Correlation
Happiness	-0.496	0.000	Low Negative Correlation
Life Satisfaction	-0.514	0.000	Moderate Negative Correlation

Correlating the senior citizen's perceived stress ($r = -0.483$, $p = 0.000 < 0.05$), happiness ($r = -0.496$, $p = 0.000 < 0.05$), and life satisfaction ($r = -0.514$, $p = 0.000 < 0.05$), revealed that the variables were negatively correlated. Stress and Happiness had low correlations, but life satisfaction have moderate correlations. This meant that the variables may not be a factor of the other, but they are intertwined to be related to one another. Life satisfaction is related to health, mortality, and effective aging in older persons. Patterns of age-related changes in life satisfaction in older persons, as numerous potential hazards to life satisfaction, tend to rise with advancing years. Highly satisfied seniors were more likely to have better education, financial security, excellent physical health, and good mental health than those who were just pleased or less content. Similarly, those who were very content and those who were marginally satisfied not only had lower physical and mental health, but they were also more likely to live alone, and were financially stressed.

Stress is inevitable in our everyday lives. People who have gone through major life changes are more likely to experience a higher level of stress, specially at present that we have to co-exist with this global pandemic. This worldwide emergency has increased perceived stress levels and mental health risk especially in the elderly population. However, stress levels are reported to decrease with age despite rating

low on perceived health. In general, the elderly population tend to have lower stress levels and higher well-being than the younger population (Archer et al., 2015).

Reasons for Senior Citizens to Feel Stress

This part consists of results, interpretations, and analyses to reveal the reasons why senior citizens feel stress. The reasons were themed into three major categories (a) health, (b) basic need, and (3) worries. Health included the stress brought by the (a.1) Covid-19 pandemic, (a.2) fear of getting ill and not having good health, and (a.3) the constraints not being able to travel because of the senior citizen's age restrictions. In basic needs, it included the responses for (b.1) not being able to provide food and (b.2) earning enough finances, and family problems. Lastly, the seniors experience various situations that cause them to worry which gave them stress.

Most individuals nowadays may expect to live into their sixties or beyond. At the biological level, aging is caused by the accumulation of a wide range of molecular and cellular damage over time. This results in a steady decline in physical and mental capacity, an increased risk of disease, and, eventually, death. These changes are not continuous nor constant, and they are only tangentially related to a person's chronological age. The variation exhibited in old age is not coincidental. Aside from biological changes, aging is frequently connected with other life transitions such as retirement, moving to more suitable housing, and the loss of friends and companions.

A longer life provides chances not only for elderly individuals and their families but also for societies. Extra years allow the seniors to pursue new activities such as higher education, a new job, or a long-neglected love. Older individuals also make numerous contributions to their families and communities. However, the amount of these possibilities and contributions is strongly dependent on one factor: health.

Health

Covid-19 pandemic. With the surge of the Covid-19 pandemic, the senior citizens were the first ones to experience the impact of the health measures against the virus. Senior citizens, as the A2 priority category in the Covid-19 vaccination process, have received their dose of the COVID-19 vaccination. Senior citizens are more at risk of dying because of COVID-19. The government places a high premium

on protecting older folks as quickly as possible and with the greatest possible coverage. It is not a surprise that senior citizens would get stressed by the event.

Senior Citizen #22:

"Karon nga gaatubang ta aning pandemya nga walaykasiguraduhan ug kanus- a mahuman."

"Ang kinakaharap nating pandemya sa ngayon na hindi natin alamkung kalian matatapos."

"This pandemic that we are facing because we do not know when will this end."

Senior Citizen #18:

"Ang kining mga bag-ong balaod mahitungod sa pandemya sama sa pagsul-ob ug facemasks, di nako kaela dayun sa mga muduaw nako ug dili tangtangan ug kining pag-uli sa kong mga apo ug igsoon nga tua sa lagyo, kailangan pa muagi ug swab test ug quarantine pila ka adlaw ug mao ni makuhaan ilang adlaw sa pag-uli intawn."

"Itong mga bagong tuntinin na kailangan sundi upang hindi kumalat ang pandemya, katulad ng pagsuot ng facemask at face shield. Malaking abala eto sapagkat hindi o nakikita at nakikilala ang mga tao. Lalong-lalo na ang mga patakaran sa paglalakbay. Hindi tuloy makauwi ang aking mga apo kasi kailangan mai-swab test pa."

"The difficulties of the policies put in place as not to contract the Covid-19 virus, like wearing of facemasks and face shields. It has become bothersome to me because I could not recognize the individuals I encounter. Especially when it comes to travel restrictions. My grandchildren could not travel to visit me because of the required swab test."

Senior Citizen #43:

"Ang kaning pandemya nga maoy naka undang sa lihok sa mga tawo."

"Itong pandemic na halos nagpatigil sa galaw ng mga tao." "This pandemic had limited the movement of the community."

Senior Citizen #44:

"The pandemic. I want life to go back to normal. I am affected by the present situation because we are controlled, we cannot go to places that we want to go. I don't like the present set-up for education that is modular learning because it's more expensive on my end."

Senior Citizen #45:

"The pandemic itself. Naapektuhan ang panginabuhin sa akong bana kay driver man cya. Because of the restrictions and limitations imposed for commuters and drivers, wala na mkabyahe ang akong bana. Our income is affected."

"Ang pandemyang ito mismo. Naapektuhan nito ang aming kabuhayan. Lalong-lalo na ang aking asawa kasi isa siyang driver. Dahil sa mga limitasyon na ipinatupad sa pagbayahe naapektuhanang kanyang kita."

"The pandemic itself. It affected our livelihood. My husband is a driver, the limitations and restrictions imposed because of this pandemic had dwindled his income."

According to Yaka E and Colleagues (2014), chronic stress is ubiquitous in today's fast-paced society, and stress is a constant problem for the senior population due to reasons such as failing health, a lack of independence, boredom, and a limited social life. This amount of anxiety among the elderly could have a significant impact on their health and well-being.

Maintaining a Good Health. Proof suggests that the proportion of life spent in good health has stayed about constant, meaning that the extra years are spent in bad health. Senior citizens' capacity to perform the things they value will be a little different from that of a younger person if they can enjoy these extra years of life in good health and a supportive environment. If these extra years are characterized by decreases in physical and mental capabilities, the consequences for older persons and society are more severe.

Senior Citizen #61:

"Ang akong sakit apilan sa pag take sa akong maintenance nga medicine."

"Ang aking karamdaman at ang mga gamot na kailangan inumin."

"My current health problems and the medicine I have to take to keep it at bay."

Senior Citizen #71:

"Getting ill."

Senior Citizen #59:

"Ang health condition sa ako husband nga na stroke."

"Ang kundisyon ng aking asawa na na stroke."

"The health condition of my husband who is a stroke victim."

Senior Citizen #71:

"The worsening of my diabetic sickness."

Senior Citizen #90:

"As you can see, I cannot see anymore, I've been blind for how many years now. So, this is one of the things that can find that make me stressed today. Second is I cannot go out anymore on my own and I cannot do things on my own anymore."

One cannot deny that maintaining good health becomes a top priority for aging well. Specifically, physical and mental health becomes an elderly's worry considering that deterioration is inevitable in one's life. Reality taught us that aging is dominated by poor health, isolation and a strong dependency on medical care (Guida & Carpentieri, 2021). In fact, aging people inevitably get weaker due to natural causes that can all contribute to mobility problems (de Sousa Faria, 2020). In congruence with their verbatim responses, it is evident that senior citizens may have felt at least one physical illness brought by ageing. This makes accessible healthcare services for the elderly an essential requisite for a high quality of life (Moroke et al., 2019).

Unable to Travel Freely. While residents are strongly advised to stay at home during the worldwide pandemic, they may leave their homes and enter business enterprises if they need to get needed commodities and services. However, the fear of contracting the virus and affecting the health of the seniors prevents them from traveling freely.

Senior Citizen #4 and 5:

"Ang dili ko ka lag og suroy sa akong gusto nga lugar."

"Hindi ko mapuntahan ang mga lugar na gusto ko." "I cannot travel to places I want to visit."

Senior Citizen #64:

"I cannot go out anymore to visit friends."

Senior Citizen #86:

"Limitado ang paglakaw." "Limitado ang paggalaw."

"There is a limitation on where senior citizens could go."

Senior Citizen #9:

"Kanang dili ko kagawas sa balay para mangita ug kwarta."

"Yong hindi ako makalabas ng bahay upang makahanap ng kabuhayan."

"When I cannot freely get out of my house to find an

incomesource.”

Senior Citizen #20:

“Dili kalakaw bisag asa kay mahadlok matapdan sa Covid.”

“Hindi ako makaalis o makapunta sa kahit saan sapagkat natatakotako na mahawaan ng Covid-19 virus.”

“I cannot go wherever I want because I am afraid that I might catch the Covid-19 virus.”

The pandemic has caused drastic changes among the elderly population which includes their way of living. Widespread lockdown and preventative measures have isolated individuals to mitigate the spread of the virus, however, the negative effects of these are also highly evident. Studies have suggested that the psychological effects of this crisis include increased stress, anxiety and depression. In particular, the effect of social isolation has been shown to be magnified in the elderly population (Shankar et al., 2015).

It usually results in loneliness, which is a factor significantly associated with depression in the elderly population (Martins, 2020). Although others may have the privilege of being in the presence of many people, however some of them felt a sense of detachment from the world when their daily experiences are incompatible with their expectations. As a result, their repetitive and monotonous daily activities caused them to feel useless and helpless (Chee, 2020).

Basic Needs

Provision of Food. Poverty, food insecurity, and poor nutrition are all detrimental to senior citizens' health and well-being. As a result, they may be unable to work, carry out everyday tasks, or live alone. Keeping in excellent health, eating a balanced diet, or treating a current chronic condition can be very difficult. It is difficult for elderly people who are food insecure due to a multitude of factors, including low financial resources and resources, the expense of nutritious foods, conflicting priorities, and functional limitations, as well as stress.

Senior Citizen #6 and 7:

“Problema sa pagkuha-an ug kalan-unon sang pamilya sa matagadlaw.”

“Isa sa mga pinoproblema ko ay kung saan kukuha ng pagkain parasa pamilya araw-araw.”

“It is my big problem to find food to sustain my family every day.”

Senior Citizen #33:

“Ang pagpangita ug makaon or masuwa kada adlaw.”

“Isa sa mga pinoproblema ko ay kung saan kukuha ng pagkain parasa pamilya araw-araw.”

“It is my big problem to find food to sustain my family every day.”

Apart from not being able to move freely in purchasing daily needs due to the government's mandate, another problem commonly perceived by the elderly is food provision. Because of limited financial resources, older adults may use coping strategies to stretch budgets that are harmful for their health. These different coping strategies such as non adherence or underusage of medication due to financial woes (e.g. not following prescribed doses, abstaining prescription, skipping maintenance medicines); not prioritizing one's medical care (e.g. annual or monthly physical examination); engaging in unhealthy diet to counter costs; watering down food or drinks; and trimming down budget for meals to make way for other basic necessities. (National Center for Health Statistics, 2017).

Income and Finances.

The socioeconomic position has an impact on general human functioning, including the physical and mental health of older adults. Low income and financial troubles caused by poverty harm the retirement life of elderly persons. Inequity in health, resource distribution, and quality of life is growing in the Philippines.

Senior Citizen #15:

“Ang problema sa kwarta.”

“Ang problema ko sa pera.” “My financial problem.”

Senior Citizen #21:

“Ang mga butang nga maoy nakapahimog kaguol nako kay ang problema sa pagpangwarta ilabi na karun nga wala nakoy trabahomaoy nakapalibog nakobug asa mi ug konsumo..”

“Isa sa mga nagbibigay sa akin ng tensyon at problema ay ang aking problemang pinansyal. Lalong-lalo na ngayong wala na akong trabaho. Hindi ko lubos maisip kung saan ako kukuha ng aming igagastos sa pang araw-araw.”

“Thing that gives me stress nowadays is having to think of where to get the finances to support our daily needs. Especially now that I am out of work.”

Senior Citizen #35: “For me, I am faced with the most stressful life. Because I am suffering from our

family problems. Especially now that we have no work and not enough money to provide food for my sons and daughter.”

Senior Citizen #39:

“Wala natuman ang pangandoy nga mahuman ug skwela ang mga anak, and the maintenance of household expenses. We do not have stable income. We only have a small sari-sari store business as our source of finances.”

“Hindi natupad ang pangarap naming makatapos ng pag-aaral angaming mga anak at ang pinansyal na kakulangan upang mapunan ang pangaraw-araw na pangangailangan. Wala rin kaming matatag n akita. Isang maliit na sari-sari store lamang ang aming mapagkukunan.”

“We did not achieve our goal that our children would finish their education. We also must think about how to maintain our daily expenses. We do not have a stable income. We only have a small sari-sari store business as our source of finances.”

Senior Citizen #91:

“Ang nakagulo nako karung panahona, kaning akung mga lending nga walay kaimpasan, ug kaning negosyo nga gamay ra kaau ug ginansya nga hinuwan ang puhunan. Maong dili maimpas ang mgautang.”

“Ang nagbibigay talaga sa akin ng pangamba ngayon ay itong mgautang ko sa mga lending na walang katapusan. Meron akong maliit na negosyo na maliit lang ang kita ngunit utang din ang pinanggalingan ng kapital. Kaya heto at hindi matapos-tapos ang bayarin sa mga utang.”

“The thing that stresses me nowadays is the different lending companies that I owe money to. It is difficult for me to pay off my debt because my small business only earns a little, even its capital was borrowed. That is why I cannot pay off my debts.”

Majority of the elderly population, especially those coming from lower income households, were estimated to have been deprived of their income because of the COVID-19 (Cahapay, 2021). The socioeconomic position of older individuals is an indicator of their entire life circumstances; those with a lower socioeconomic status may experience greater issues with health behaviors other than Physical Activity and, as a result, may require more social assistance during a pandemic. (Sasaki et al., 2021)

☐ ☐ ☐ ☐ ☐ ☐ ☐ **Family Problems.** When a senior citizen reaches retirement age, the Filipino family structure

relies on his or her family for care. All family members must be made aware of the problem and participate in the process. The responsibility for caring for an older family member should not be placed only on the shoulders of one family member. This causes stress not just for the family, but also for the caretaker. Healthy aging is linked not just to developments in medical technology, but also to a variety of other aspects such as allowing the elderly to live a stimulating life, being fully active in society, and having meaningful social ties. As families' function as a social safety net for the old deteriorates, the impoverished among the elderly have become the most vulnerable members of society.

Senior Citizen #17:

“Ang mga problema sa panimalay ug sa pamilya.”

“Ang mga problema sa pamilya at mga gastusin sa bahay.”

“Family and house maintenance problems.”

Senior Citizen #19:

“My son who always drinks alcoholic beverages.”

Senior Citizen #23:

“And rason nga nakahatag nako ug kagulo karung panahona kay ang mga kausaban na nahitabo karung panahona nga lahi rajud saunang panahon ug mas naglisod ang mga tao karun sa pagpangitaug tarung na panginabuhin haron masustentuhan ang ilahang pamilya.”

“Ang nagbibigay talaga sa akin ng pag-aalala ay mga pangyayari ngayong mga kapanahunan. Iban a talaga noon at ngayon. Masmahirap talaga ngayon mahanap ang masaganang pamumuhay upang masuportahan ang pamilya.”

“What worries me nowadays, is society's current situation. It is so different from before. It is so hard to have a stable life. It had become increasingly difficult to earn a living to support the family.”

Senior Citizen #31:

“Makastress ug bantay ug apo ining edara nako ron ug ang mga buluhaton sa balay.”

“Nakakapagod ang pagbabantay sa mga apo. Lalol na at ako rin ang gumagawa ng mga trabaho sa loob ng bahay.”

“It stresses me to be babysitting my grandchildren and that I am the one doing all the house chores.”

Senior Citizen #66:

“Ako ra ug akoang apo ang naa sa balay unya daghan

kog responsibilidad na kinahanglan sagubangon sama sa pagbayad ug buhis ug subay sa mga yuta. Dili napod ko parihas sa una nga lig-on ug panglawas. Daghan nakog gipangmo unya di ko ganahan maproblema akoang mga anak nako."

"Kami lang kasi at ang aking apo ang nasa bahay. Marami akong iniisip na mga bayarin, lalo na ang mga buwis sa lupa. Hindi na kasi ako kasing tatag katulad nong dati. Ayaw ko rin naming mag-alala pa ang aking mga anak."

"During the day, it is only me and my grandchild. I worry about a lot of things that stress me out, like paying taxes. I am no longer as strong and agile as I used to be. I also do not want to bother my children."

A 2019 longitudinal study on ageing and health in the country highlighted the reliance of older persons on their family members, particularly on their children, for financial and material support. However, with the ill effects of lockdown restrictions on livelihood and work, the elderly who depend on their children who work as daily wage earners face the uncertainty of being continuously supported. The situation becomes even worse for aging parents who have to support their adult children. Regardless of the condition they are in, what is evident is that the pandemic has overburdened them (Bozkurt et al., 2021). But the culture of the Filipinos place a high premium on family-centered values. Amidst the burden that Filipino parents carry on their shoulders, their mental health is still thriving because of the joy, inspiration and meaning that was brought to them by their children. (Aruta, 2020). This explains why the elderly still get affected when their children are having difficulty because of our strong family ties.

Worries

Worry or anxiety is a frequent sensation felt by individuals of all ages and is a typical stress reaction. Anxiety may help us deal with challenges and unexpected situations, as well as prevent danger. Anxiety over sickness, new social encounters, and terrifying situations is common.

Senior Citizen #28:

"Mga problema sa kinabuhi."

"Ang mga problemang dumarating sa buhay."

"Problems that arise in my remaining lifetime."

Senior Citizen #68:

"I am currently the president of the school's union. I am about to retire, and it stresses me because I am still

undecided as to who will take over my position."

Senior Citizen #69:

"I will be resigning this January 31, 2022. I am thinking as to where I will be going after or what will I be doing though I believed God knows where to put it. Human as I am, I could not avoid thinking about it."

Senior Citizen #85:

"I am hoping for the Philippine economy to survive."

Senior Citizen #99:

"My noisy neighbors."

In older persons, formal volunteering decreased depression and boosted psychological well-being. Seniors said that feeling valued or required as a volunteer improved their well-being, and those with chronic diseases benefited the most. According to Sasaki et al. (2021), socioeconomic status affects health and well-being. The situation hampers them from doing things they are used to doing (i.e. socializing), however, these are being directly challenged by physical distancing policies (Buenaventura et al., 2020). The news highlighting how physically vulnerable they are has left them concerned, especially because of the uncertainty that tomorrow brings. But on the positive side, the influence of age on psychological distress may have been suppressed because older adults may have developed effective strategies in regulating negative emotions as a result of years of experience in facing life's adversities (Aruta, 2020). They continue to grow and to learn as they use past experience to cope with the present and set goals for the future. Happiness is a significant aim for all human generations and one of the most essential human triggers. (El-Gilany & Alam, 2017).

Reasons That Make The Senior Citizens Happy

This section discusses the reasons that make senior citizens happy during their retirement. The seniors responded with a combination of important insightful reasons, such as family, maintaining good health, keeping religious faith, grandchildren, sufficient financial support, and gardening. Senior citizens expressed that a combination of the above responses such as family and good health, family and grandchildren, grandchildren and gardening, and family and stable financial support. The rest is a mix and match of the main themes mentioned above. Happiness is a fundamental component of our lives, and it is the most precious possession an individual may own till their last breath. Keeping older adults

happy is not rocket science. People gain better at controlling their mental health and approaching events and problems with a good attitude as they get older. Happier older folks focus on what they can achieve and find satisfying rather than any deterioration inability. Frequent social involvement, relationships, and support all have a positive impact on mental health. Active participation in life via physical, mental, and social activities is an important component of healthy aging and maintaining good health and well-being.

Family. Being connected to family members is the most essential source of happiness for older folks. Seniors are kept interested and satisfied via family connections and social activities.

Senior Citizen #12:

“Ang akong pamilya.” “Ang aking Pamilya.”
“My Family.”

Senior Citizen #29:

“Family, my wife, and my children.”

Senior Citizen #21:

“Ang butang nga nakapahimo nakong malipayun kay makita lang nako akong anak nga malipayun ug malampuson aa ilamg mga pangandoy kana nga pamaagi dako na kaayu nakong kalipay.”

“Ang nagbibigay ng kasiyahan sa akin ay ang aking pamilya. Ang maabot nila ang kanilang mga pangarap ay sobra na akong nasisiyahan.”

“The thing that makes me happy is my family. I only wish that they achieve their dreams and aspirations, that would give me so much happiness.”

Senior Citizen #22:

“Kumpleto ug himsog akong pamilya maoy rason nga magpabilin kong malipayon..”

“Ang nagbibigay ng kasiyahan sa akin ay ang makitang buo at malusog ang aking pamilya.”

“I am happy that my family is complete and healthy.”

Senior Citizen #23:

“Bisan pa sa kalisod sa kahimtang nato karun tungod aning pandemya kompleto ming nag uban sa akuang mga anak ug apo.”

“Kahit gaano pa kahirap ang sitwasyon ngayong pandemya, nasisiyahan ako dahil kasama ko ang aking mga anak at apo.”

“In these difficult times of the Covid-19 pandemic, I am very happy that I am with my children and

grandchildren.”

Senior Citizen #36:

“My family living together at home with my adopted daughter and her family, along with my elder sister. My adopted daughter finallysettled down and I am still thankful for having the capacity to buy maintenance for my illness despite financial constraints.”

Senior Citizen #38:

“That I am still alive and healthy. I still see my children and grandchildren and they are stable with their financial status, have finished their studies, and have peaceful married life. Most of all, I have a good relationship with my husband, and I have no complaints because he is responsible and does not have vices. He is family- oriented does not spend his time with “barkadas”. I can ask for whatI need and extend help in return to my children.”

Senior Citizen #68:

“I am happy with the success of my siblings and children. I am happy because there is always unity and harmony between my family. There is both financial and moral support showing a give- and-take situation among one other.”

Senior Citizen #81:

“My family is the reason why I keep going and try to make myself happy despite all the challenges I have been through every day.”

Senior Citizen #22:

“Ang nakapahimo nakog rason nga malipayon gihapon ko sa panahon sa pandemya, kay tungod sa akung pamilya bisag nagkalisod mi nagtinabangay ra gihapon mi ilabi na sa mga lisod nga adlaw nga amung giatubang nakuha ra gihapon namo nga mo ngisi atubangan sa mga tao kay di namo ipakita nila nga nagkalisod mi og dapat positibo lang jud sa kinabuhi.”

“Masaya ako kahit sa gitna ng pandemya sapagkat kahit mahirap ay magkakasama kami ng pamilya ko. Nagtutulongan kami kahit may mga problema kaming kinakaharap. Nakukuha pa naming ngumiti kahit nahihirapan, ayaw naming ipakita na nahihirapan kami. Kailangan talaga positibo ang tingin natin sa ating buhay.”

“I still feel happy despite this pandemic because I have my family with me. We helped each other despite the hardships brought by thispandemic. We even smile

when meeting other people because we believe that we need to have a positive outlook towards life.”

Internet use enables older adults to stay in contact with others and communicate with their social ties. A feeling of belonging or social connectedness helps develop a sense of value and attachment among people and is essential for happiness and well-being especially for older adults. Strong social and emotional support systems for older adults can lead to higher levels of happiness (Hsu & Chang, 2015). Furthermore, older individuals are able to maintain and enhance their social connections through the use of ICT thus increasing their available social capital (Quan-Haase et al., 2017). Seniors should look at social media and other developing communication technologies. Technology is increasingly giving seniors with strong tools to interact with their children, grandkids, and close family members, stay up to date on local news and explore hobbies shared by other elders in their region.

Senior Citizen #66:

“Nahimuot ko kay nagka videocall mis akong mga apo nga toa sa gawas ganina unya nagka pundok2 pd mi gabie sa akoang mga apo, omagad ug mga higala tungod kay birthday nako.”

“Ang nagbibigay ng kasiyahan sa akin ay ang makitang buo at malusog ang aking pamilya.”

“I am happy that my family is complete and healthy.”

According to Gebreslassie, M., et.al (2020), doing physical activity regularly can improve physical strength and functions, decrease mortality risk, and have positive health outcomes. Participating in physical activity and exercise contributes to maintaining quality of life, health, and physical function and reducing falls among older people (Birgitta, et.al., 2018).

Good Health. Physical health is a significant predictor of happiness. Seniors should do everything they can to be healthy as they get older. Exercising for physical fitness is not the sole motivation to do so. In addition, medical experts are revealing a relationship between poor diet and cognitive deterioration. There appears to be a substantial link between a nutrient-dense diet and sharp cognitive abilities. Seniors should sleep for at least seven hours every night. It's also crucial to keep a consistent sleep routine, going to bed and getting up at the same times every night and day. Happiness appears to be a choice rather than a result of age. Elderly individuals who maintain strong relationships with

friends and family and have plans in place for both physical and mental fitness are the most likely to experience a long and satisfying retirement.

Senior Citizen #55:

“Wala ko nasakit. Akong pamilya og mga apo.”

“Hindi ako nagkakasakit at ang aking mga anak at apo ay malulusog.”

“That I am healthy, and my children and grandchildren did not getsick.”

Senior Citizen #69:

“I am happy because deep inside me I did not harbor any negative feelings despite negative things that happened.”

Senior Citizen #80 #89 and #85:

“I did not get infected by the COVID-19 virus and have good healthwith my family.”

“Everyone in my life is healthy and safe during this pandemic.”

“What brings me happiness today is my family. They bring joy to the whole life. They are the ones who can always take away my stress in life.”

Senior Citizen #20:

“Akoa pamilya nahilayo sa sakit nga Covid. Nakauban ug naka bonding nako ako tibuok pamilya. Bisan paman sa atoa naagian ngapandemya karon, nagmalipayon dihaon Kay naa dihaon mi makaon sa amoa balay.”

“Ang buong pamilya ko ay hindi nahawaan ng Covid-19 virus. Iyong nakakasama ko ang buong pamilya kahit mahirap sa kapanahunan ng pandemya. Nakakain naman ako ay ligtas saaming bahay.”

“I am happy that my family did not contract the Covid-19 virus. I am also appreciative that I have my whole family with me and even though we experienced hardships during the pandemic. I am also grateful that we can eat and are safe in our house.”

Senior Citizen #69:

“That all of our family members are healthy. We have a peaceful family life having no conflicts between us. It does not matter anymore even if we lack money, as long as, we are healthy. This is the most important for me.”

Perkins (2005) specified that giving importance on spiritual care is vital as it supports recovery and

concerns regarding death and dying, and other religious and non religious convictions. . On the other hand, churches can be places of socialization and as a scaffold so people of old age, who participate in religious communities, will still have a sense of belongingness. In addition, they will be encouraged to turn to healthier lifestyles, as some faiths or religions condemn any unhealthy activities (Zimmer et al, 2016). However, Noronha (2015) has argued that even when there is a decline in the involvement of religious activities, it is imperative that older people can continue to develop their spiritual care by doing a regular reflection and moment of contemplation.

Keeping the Faith. The spiritual realm is one area that allows for continued development in the elder years. The body may degenerate, but the spirit may still expand, rejuvenate, and even give birth in old age. Those who are "spiritually dead" might resurrect spiritually by developing or renewing their faith. However, too frequently, older persons face barriers to spiritual support systems. Some people are too weak to go to church or

participate in religious activities with their fellow believers. As their friends die or move away, they may lose contact with the religious community. Seniors may be influenced by unfavorable stereotypes and misconceptions that portray elderly people as unteachable, worthless, unproductive, or reliant on others. However, how the senior spends their retirement through embracing their faith is an avenue to be healthy in old age.

Senior Citizen #5:

"Pagsalig sa presensya sa Ginoo."

"Naniniwala talaga ako sa kapangyarihan ng Puong Maykapal." "I believe in God's presence."

Senior Citizen #62:

"Contentment and believing always that I have served my life with a purpose."

Senior Citizen #75:

"When my children are loving God."

Senior Citizen #33:

"Ang grasya nga gihatag sa Ginoo sa akua matag adlaw."

"Ang ikinasasaya ko ay ang mga ibinibigay na regalo ng Panginoon sa pangaraw-araw."

"I am happy for all the gifts that God gives me every day."

Senior Citizen #70:

"Ang ga hatag ug kalipay sa akua kay bisag pandemic makahatagagihapon ta ug panahon para sa Ginoo."

"Ang nagbibigay sa akin ng kaligayan sa panahon ng pandemic ayang pagbibigay ng panahon sa Panginoon."

"What keeps me happy in these times of the pandemic giving time to worship the Lord."

Prior studies state that spiritual well-being is a major contributor to happiness in many cultures (Chang et al., 2018). In times of difficulties, it is innate for humans to have a tendency to seek comfort in religion. Religion may have positive mental health effects, and the use of religion for coping with the anxiety caused by the pandemic may potentially reduce emotional distress (Fetzer et al., 2021). Faith is also a coping resource frequently reported by the current generation of older adults particularly in times of limited control (Almazan et al., 2018; Jackson & Bergemen, 2011; Whitehead, 2018).

Grand Children. Grandparents have a unique chance to impact the next generation. They are a source of information that comes from a position of unwavering love and support. Grandkids typically gain much of their life advice from the elderly in their lives, from simple life lessons to developing friendships. The close family ties in the Philippines allow the grandparents this opportunity. Grandkids and grandparents have a mutually beneficial connection. Grandparents pass on knowledge to their grandchildren, and studies have proven that grandchildren bring health advantages to their grandparents as well. Children are noted for their delight and ability to live in the present moment. Adult grandchildren's emotional attachment to their grandparents protects them from depression. Less sadness equates to more happiness and a higher quality of life. Grandchildren can help seniors' cognitive function by babysitting them. Having grandkids or spending time with youngsters may assist to fight off the mental impacts of aging at a point in life when memory care is so vital.

Senior Citizen #4:

"Akong mga apo." "Ang aking mga apo."

"My grandchildren."

Senior Citizen #90 and #100:

"My grandchildren, they always make me happy, and over time I have already accepted my fate and I am happy the way I am."

"My granddaughter."

Senior Citizen #18:

"Nalipay kaayo ko kay naa ra kong apo sa kanunay masampit nakodayon karon nga panahon kumpara sauna muadto sa eskwelahan nga hapon na kaayu mauli. Mas grabe ang among bonding karon kay naa rami sa balay tanan. Tiguwang na tuod ko pero mapasalamat kaayo ko sa kong mga anak ug mga apo kaypinangga kaayo ko nila sukad pa sauna." "Natutuwa ako kasi may apo akong na naihatid at nasususndo mula sa paaralan noong wala pang Covid-19 pandemic. Napakasaya ng aming Samahan. Nagpapasalamat talaga ako sa aking mga anak at apo na mahal na mahal nila ako."

"I am very happy that I have grandchildren. Way back when there was no virus yet, I would take and pick them up from school. I enjoyed our bonding. I am thankful that my children and grandchildren love me very much."

Senior Citizen #31:

"Akong apo bahalag kapoy pero makalingaw ug makalipay nako kung maka suroysuroy sa laing Lugar."

"Ang aking mga apo. Nakakapagod magbantay sa kanila ngunit nakakatuwa talaga sila at nakakawala ng pagod. Lalo na kapag nakakapamasyal kami sa ibang lugar."

"My grandchildren keep me happy. Even though I get tired of babysitting them, but I get so amused and happy. Especially when we go to other places."

Senior Citizen #41, #42, and #43:

"Ang akong mga anak ug apo." "Akong pamilya, anak, ug apo."

"Akong asawa, pamilya, igsoon, anak ug apo."

"Ang aking mga anak at apo."

"Ang aking buong pamilya, mga anak at apo."

"Ang aking asawa, pamilya, mga kapatid, mga anak at apo."

"My children and grandchildren."

"My whole family, children, and grandchildren."

"My husband/wife, family, brothers and sisters, children and grandchildren"

Spence and Rodunorich (2007) concurred to the ideas of Eric Erickson's social development theory which mentions that the end stage of emotional development happens around the age of 60 and above. This is characterized by the constant search for meanings in one's life and how a sense of purpose could be developed among the elderly population. Furthermore,

the older adults would feel a greater sense of fulfillment when there are younger ones in the family. It can be substantiated that grandparents who look after their grandchildren are less likely to experience the symptoms of depression (Wang, et. al. 2019).

Sufficient Financial Support. Not unexpectedly, the financial resources of elderly persons vary greatly. While many seniors are financially secure, able to cover the costs of bills, other necessities, and long-term care, if necessary, a significant number of low-, moderate-, and middle- income families live in unaffordable housing and lack assets to cover the costs of home modifications or in- home supports.

Senior Citizen #98:

"Ayuda."

"Pinansyal na tulong." "Financial support."

Senior Citizen #28:

"Ang grasyang nadawat taliwala sa pandemya."

"Ang mga ayudang matatanggap ko sa panahon ng pandemya."

"The financial amelioration that I will receive because of this pandemic."

Senior Citizen #95:

"Maabot ang pension o financial gikan sa syudad."

"Ang pagdating ng aking pension at ang mga ayudang matatanggapko mula sa munisipyo."

"When I receive my pension and other benefits from the government."

Since the pandemic provided many inequalities within different countries, as part of taking care of the well-being of their citizens, governments must respond to those who are financially incapable. Experiencing considerable financial hardship (vs no hardship) predicted nearly 3-fold higher risks of anxiety and depressive symptoms (Kim, 2021).

Gardening. Gardening gives chances for senior citizens to interact with nature, nurture the environment, and take on the duty of caring for and cultivating plants. When elderly gardeners are motivated to learn about new plants or plan new gardening initiatives, they are also getting some brain stimulation. Gardening needs frequent and ongoing attention. As a result, for older persons who are actively involved in their home gardens, gardening gives possibilities for greater physical exercise, which can help to prevent health problems, and happiness.

Senior Citizen #34:

“Ang maka pananom ug mga utanon ug lain laing tanum sa akong tugkaran.”

“Ang makatanim ng mga gulay at iba’t-ibang halaman sa aking bakuran.”

“Gardening, planting vegetables and different kind of plants in theyard.”

Senior Citizen #45:

“Times when I can sing and do gardening. Taking good care of my plants most especially my flowering plants. This is my happiness.”

Senior Citizen #61:

“Kaning pag take good care nako sa akong mga lain laing klase ngatanom nako sa garden.”

“Ang pag-aalaga ng samut-saring pananim sa aking hardin.”

□□□□□□ “Taking good care of my garden.”

According to Machida (2019), gardening was positively associated with health and healthy lifestyles among the elderly. Moreover, it is also shown that positive relationships between the time spent gardening and health problems affecting everyday life, between gardening with others and subjective happiness, and feeling a reason for living.

Conclusion

The findings show that life satisfaction and happiness of senior citizens during the pandemic are based upon the respondent's way of living, social support, and contentment of one's health in which we can say that Life Satisfaction is not just about being happy but finding meaning or purpose to what keeps you going despite the adversities and spending your days with contentment and making a decision doing meaningful things that is connected to your beliefs, purpose and passion which is the reason why there is a low correlation between life satisfaction and happiness. You can be happy for a certain event or circumstance but that doesn't equate to being satisfied with your life. A meaningful life is a happy well lived life and is related to the fulfilment of their expectations. Thus, the researcher recommend that it is important to recognize that, despite older adults' psychological functioning, various forms of activities are required to improve their well-being that promote quality of life, like stress management, physical activities, involvement in community, volunteerism and providing them with family care and support.

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