

Predictors of Perceived Health, Mental Health, and Subjective Well-being among Unmarried Older Adults.

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The purpose of this study was to assess whether personality traits, social support and stress predicted perceived health, mental health, and subjective well-being for never married, widowed, or divorced participants who were between the ages of 65 and 98. A total of 227 participants were recruited from various locations including senior centers, congregate meal sites, and senior housing facilities. Participants filled out a questionnaire including social support, the Big-5 personality traits, depression and loneliness. The results suggest that significant predictors of subjective health included social support ($\beta = .17, p < .05$) and Conscientiousness ($B = .16, p < .05$). In addition, stress and Neuroticism predicted depressive symptoms ($\beta = .52, p < .001$ and ($B = .23, p < .001$), respectively. Unmarried older adults who had experienced high levels of stress and high levels of Neuroticism had high levels of depression. In addition, unmarried older adults who experienced high levels of social support and had high levels of the Conscientiousness were more likely to rate themselves as healthy.