

Path Analysis of Factors Influencing Life Satisfaction in Retired Older Adults through Social Participation

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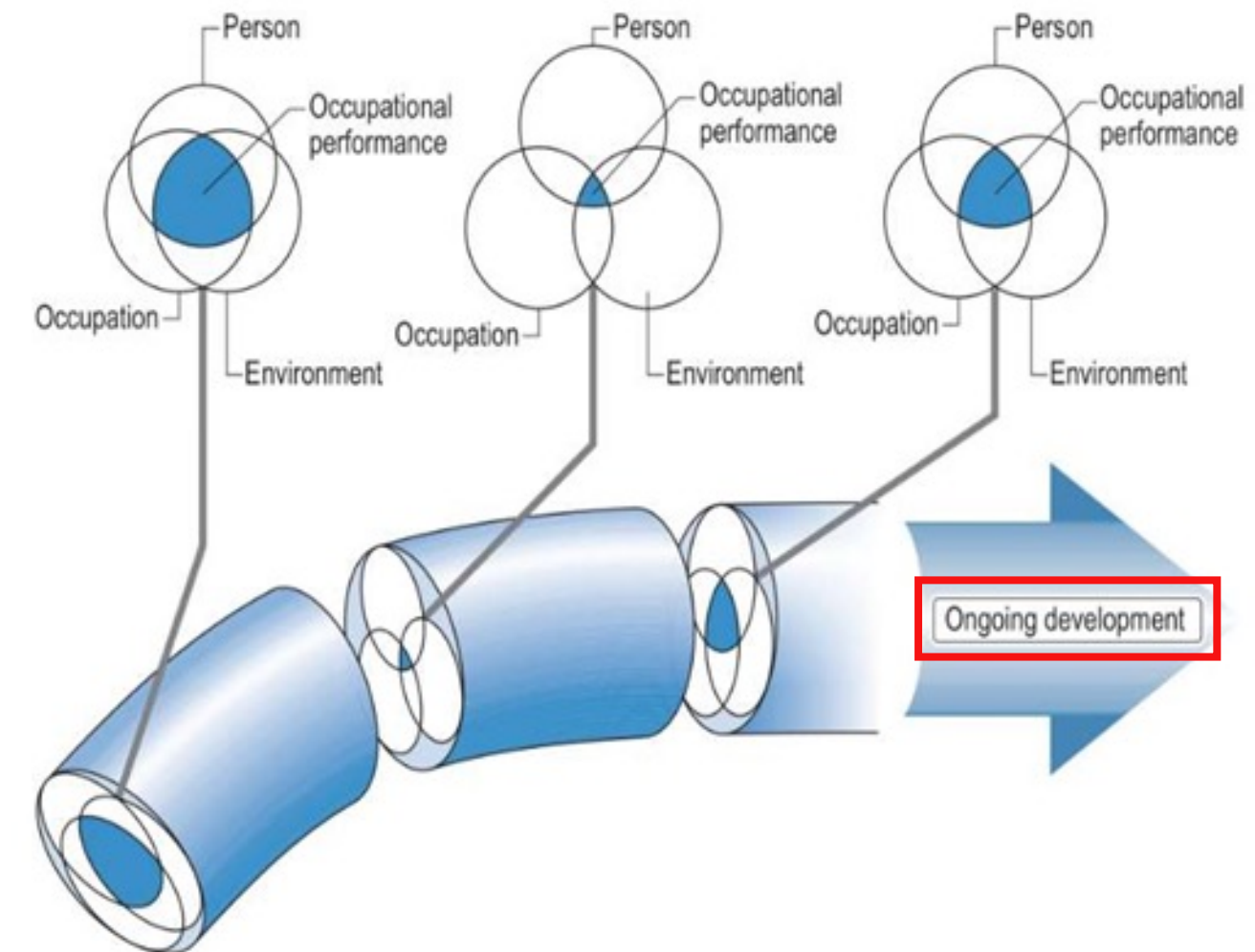
01 Introduction

◆ What is Retirement?

- A process in which individuals **withdraw from their primary occupation** and experience **a loss of social roles** (Kim et al., 2008)

◆ Retirement and Occupational Therapy

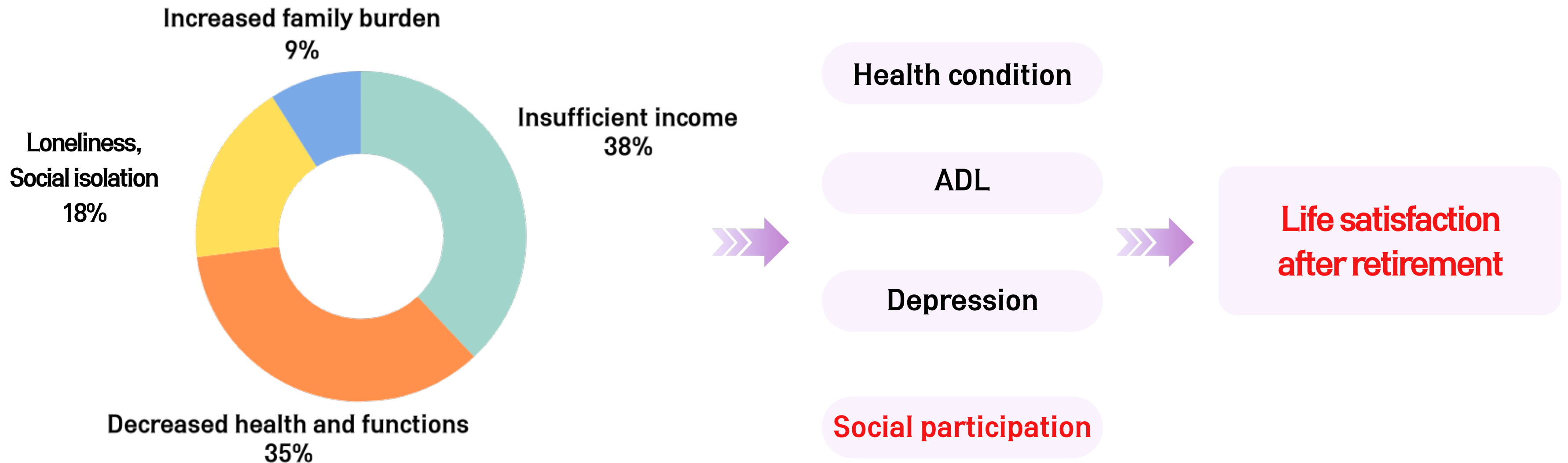
- Role changes negatively affects **occupational balance** and hinders **ongoing development** across the life course
- This may **interfere with** the primary goal of occupational therapy : the client's **quality of life and well-being**



01 Introduction

◆ Problems Following Retirement and Factors Influencing Life Satisfaction in Retired Older Adults

(AOTA, 2020; Kim & Jeong, 2018; Kim & Yoon, 2013; Lee, 2012; Chung et al., 2023)



01 Introduction

◆ Research Rationale (Bengtson & DeLiema, 2016; Lee & Bin, 2011; Cutchin et al., 2010; Eagers et al., 2016)

- Prior studies have been limited to ‘fragmented correlational analyses’ of retirement and life satisfaction.
- Evidence is lacking on **how retirement-related health factors interact and influence life satisfaction** over time.

Large-scale studies of retired older adults examining changes in life satisfaction through social participation while accounting for health factors remain scarce.

◆ Research Objective

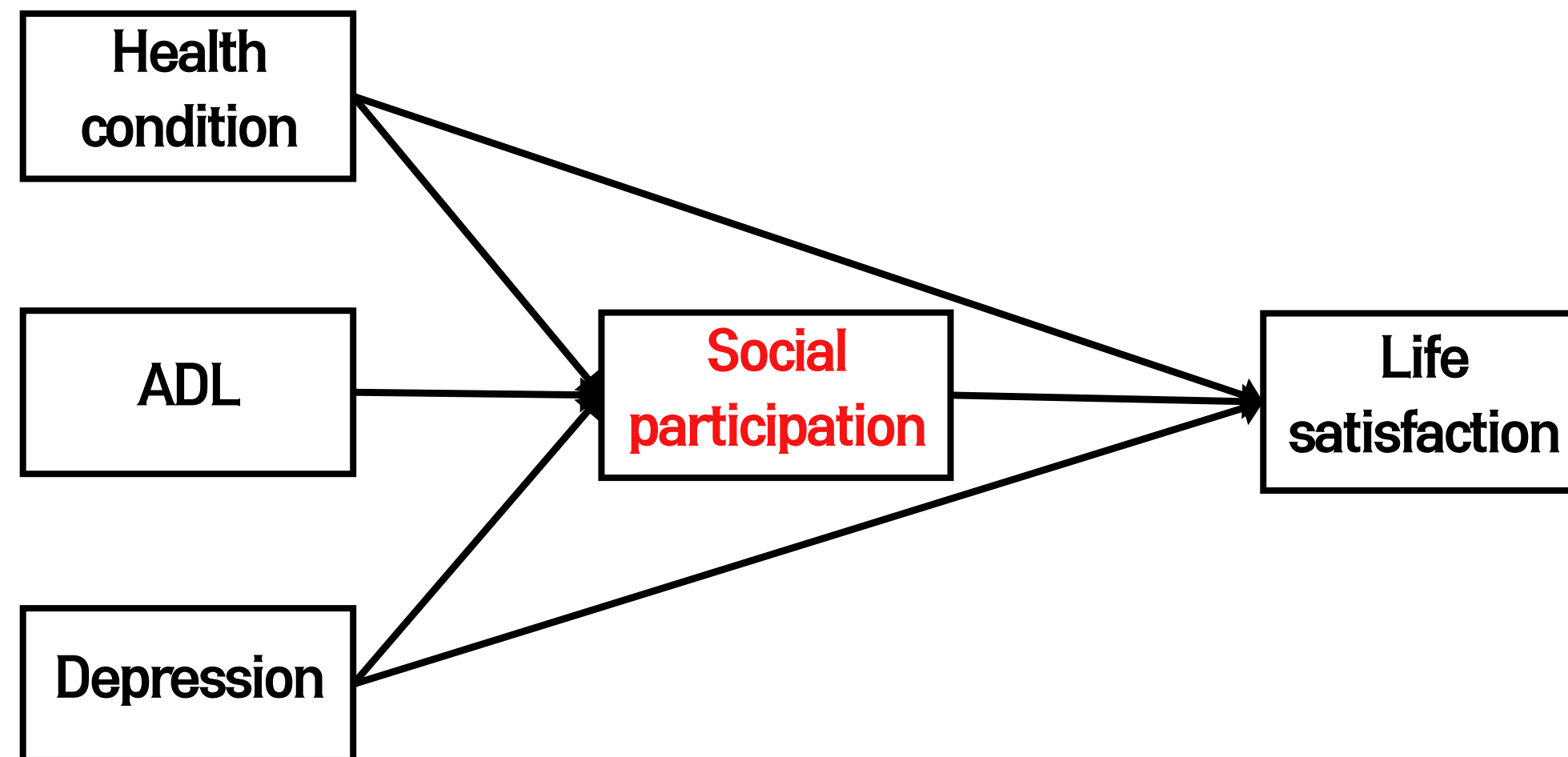
- To examine the **mediating role of social participation** in the relationships among health status, activities of daily living, depression, and life satisfaction in retired older adults.

02 Methods

◆ Methodological Information

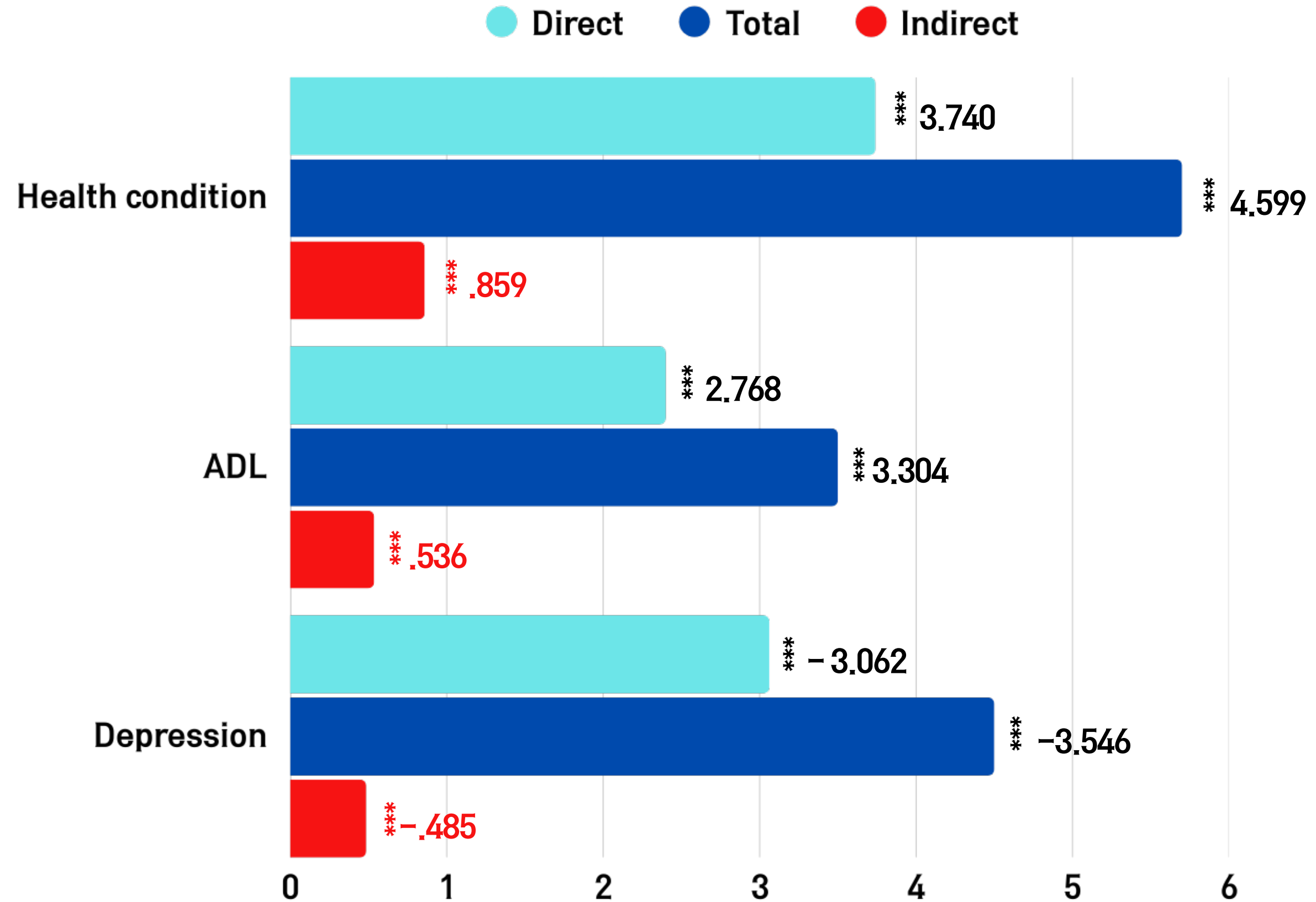
- Data source : 9th Korean Longitudinal Study of Aging
- Study participants : **646 retired adults** aged 65 years and older without a diagnosis of disability
- Data analysis : path analysis (direct, **indirect**, and total effects)

◆ Research Model



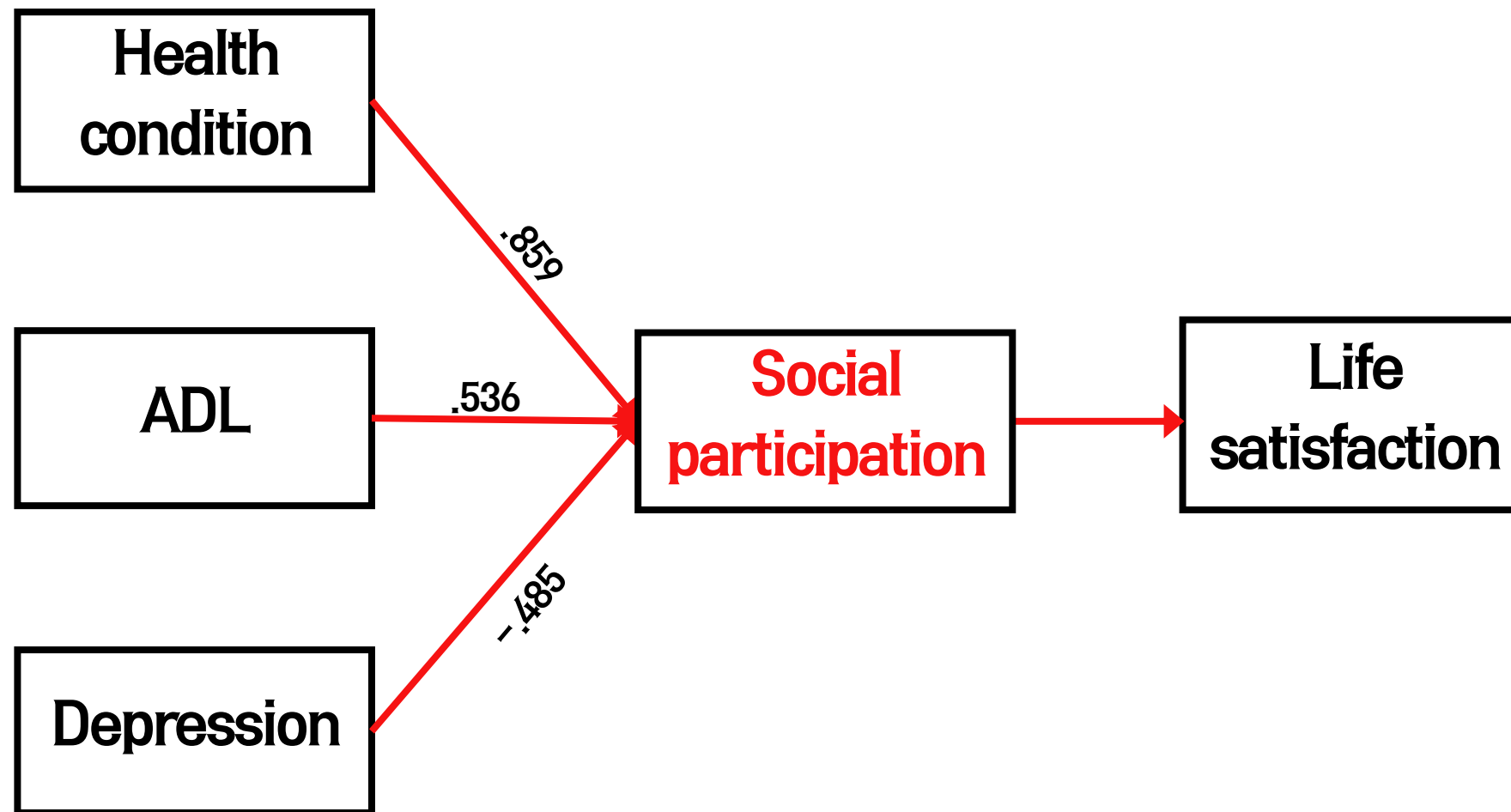
03 Results

◆ Direct, Indirect, and Total Effects



04 Discussion

◆ Interpretation of the Significant Mediating Role of Social Participation (Baron & Kenny, 1986; Wright, 1921; Lee, 2013; Rodriguez-Bailon et al., 2016)



Social participation : **Generative mechanism**

supports improvements in life satisfaction
by enhancing health status and ADL

prevent declines in life satisfaction
by mitigating depressive symptoms



“Interventions”

aimed at increasing social participation
may be effective among retired older adults

04 Discussion

◆ OT Interventions Enhancing Social Participation for Retired Older Adults

Community-Based Intervention

(Routasalo et al., 2009)



(Creswell et al., 2012)



Leisure-Based Intervention

(Janssen, 2004)

Breaking Down Leisure as a Therapeutic Activity

Try this worksheet to further explore how a leisure activity is a therapeutic occupation.
Select a leisure activity you enjoy and break it down based on physical, cognitive and social/emotional goals.

Name: _____ Activity: _____

Physical Goals	Cognitive Goals	Social / Emotional Goals
<input type="checkbox"/> Balance	<input type="checkbox"/> Memory	<input type="checkbox"/> Getting out of the house
<input type="checkbox"/> Physical tolerances e.g. Standing, walking, sitting, bending, reaching, carrying, lifting	<input type="checkbox"/> Attention	<input type="checkbox"/> Social interactions
<input type="checkbox"/> Strength	<input type="checkbox"/> Planning	<input type="checkbox"/> Self-confidence
<input type="checkbox"/> Flexibility	<input type="checkbox"/> Problem solving	<input type="checkbox"/> Self-esteem
<input type="checkbox"/> Endurance	<input type="checkbox"/> Organization	<input type="checkbox"/> Self-awareness
<input type="checkbox"/> Fine motor skills	<input type="checkbox"/> Decision making	<input type="checkbox"/> Social awareness
<input type="checkbox"/> Hand eye coordination	<input type="checkbox"/> Learning	<input type="checkbox"/> Communication skills
<input type="checkbox"/> Mobility and movement	<input type="checkbox"/> Time management	<input type="checkbox"/> Reading non-verbal cues
<input type="checkbox"/> _____	<input type="checkbox"/> Flexible thinking	<input type="checkbox"/> Behaviour
<input type="checkbox"/> _____	<input type="checkbox"/> Language e.g. Reading, writing	<input type="checkbox"/> Mood
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____

(Garvey et al., 2015)



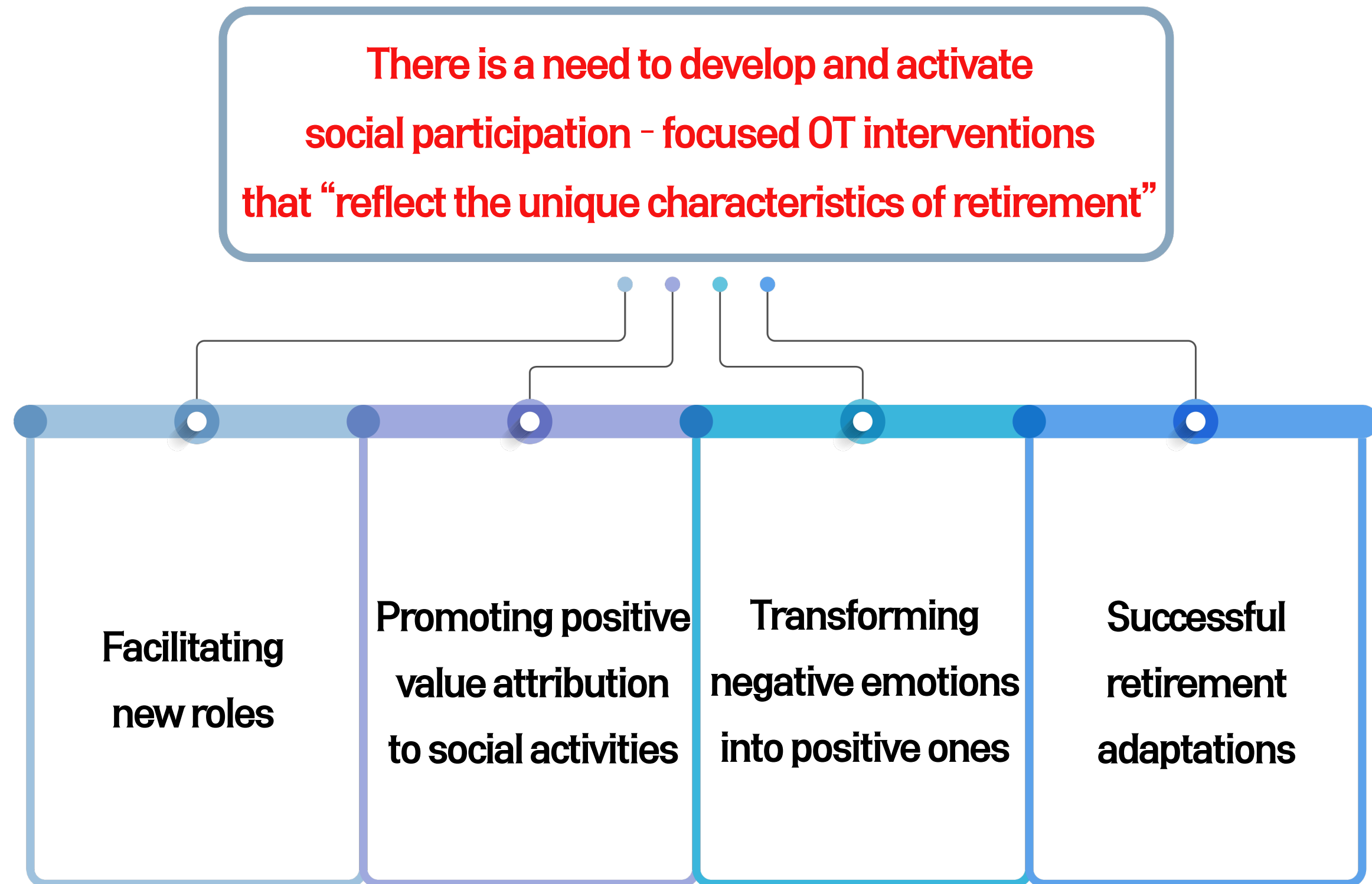
Technology-Based Intervention

(Kahlbaugh et al., 2011)



04 Discussion

◆ Implications for OT Interventions Enhancing Social Participation for Retired Older Adults (Wang et al., 2011; Lim et al., 2024)



04 Discussion

◆ Limitations and Future Research

- **The operational definition of social participation is limited, which may restrict conceptual clarity.**
 - **The qualitative aspects of social participation were not fully captured, reducing measurement precision.**
- **Future studies should apply multidimensional indicators of social participation.**
- **As a cross-sectional study, it was difficult to capture changes in older adults' functioning and activities over time, resulting in limitations in causal interpretation.**
- **Longitudinal studies are needed to reflect changes in social participation in retired older adults over time.**

05 Conclusion

◆ Significance of the Study

- Social participation can contribute to improving life satisfaction among retired older adults by alleviating various health challenges.
- By providing empirical evidence for the promotion of social participation interventions targeting retired older adults, this study highlights **the importance of social participation after retirement within community settings.**



The findings are expected to serve as foundational evidence for occupational therapists working with retired older adults in community settings, **supporting the effective implementation of social participation programs**