



משחקיות, תקווה ותפיסה סובייקטיבית של רווחה בקרב קשישים

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* מכון המחקר של הפקולטה למקצועות הבריאות, הקריה האקדמית אונו

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Background

- Population aging generates an array of social and health concerns.
- As people get older, **negative life events** tend to become more frequent and **cognitive function** and **physical health** tend to decline that may lead to **diminished wellbeing** .
- Recently, the focus in gerontology has expanded from the avoidance of age related decline to the promotion of healthy aging.
- Healthy aging : “...the process of slowing down, physically and cognitively, while resiliently adapting and compensating in order to optimally function and participate in all areas of one’s life.” (Hansen-Kyle, 2005, pp. 52).

Background

- **Factors such as cognitive and emotional function are considered to be potential contributors to overall function, participation and well-being**
- **Other potential contributing factor to healthy aging are speculate to be protective personality characteristics**
factors, such as, personality traits, capacities and emotional status commonly thought of as one's resilience.
- **Two such factors are person's playfulness and sense of hope**

Background

Playfulness

A multidimensional concept, describes the internal disposition to engage in playful behavior. Includes fun-seeking motivation, uninhibitedness, and spontaneity. individuals who have such a heightened predisposition are typically funny, spontaneous, energetic, adventurous, cheerful, ... and are likely to manifest playful behavior by joking, teasing, and acting silly (Barnett, 2007; Shen, Chick, & Zinn 2014)

Playfulness is a way of thinking and **play** is the external manifestation of this attitude (Guitard et al., 2005)

- There is very little research in adults and elderly

Background

Hope

Hope is defined as cognitive set of the perceived capability to derive pathways to desired goals that motivate one self (Snyder, 2002)

- **Among adult populations it is assumed that higher degrees of hope will consistently relate to better outcomes in academics, physical health, psychological adjustment**
- **Among older adults, hope was found to contribute to their sense of satisfaction and quality of life**
- **Elderly responders who expressed hope were more likely to engage in everyday desired activities, possess a higher positive affect, and had higher probability of survival over a 10-year period (Klum, 2007)**

Study Rational

- **Not much research was done examining these two factors in elderly, and their relations to participation, cognition, well-being and overall healthy aging**
- **Integrating a broader look at promoting participation and emotional well-being in older age by enhancing and integrating protective characteristics to achieve healthy aging.**

Study Aims

Investigate the associations between playfulness, hope, well-being, and participation beyond cognitive and emotional factors.

Methods

Variables

- **Playfulness-** A mental propensity that exhibits in fun-seeking motivation, uninhibitedness, and willingness to approach challenges (Shen, Chick, & Zinn 2014).
- **Hope-** Is a cognitive set of the perceived capability to derive pathways to desired goals that motivate oneself (Snyder, 2002).

Methods

- **Participation-** An individual engagement in the home and community (Stevens-Ratchford, 2005)
- **Well-being-** A complex physical, mental, and social states of overall contentment and life satisfaction (Christiansen, Baum, & Bass-Haugen, 2005)
- **Cognitive and Emotional functions** are critical factors in promoting wellbeing in late life. It is likely that both affect each other in a feedback loop (Hartman-Maeir, Katz, & Baum, 2009; Katz & Maeir, 2011)

Methods: Instruments

Factor	Instrument	Reference
Socio-demographic and medical status	Demographic Questionnaire	
Participation	Reintegration to normal living index (RNL)	Wood-Dauphinee, Opzoomer, Williams, et al. (1988)
Well Being	Personal Wellbeing Index – Adult (PWI)	Cummins & Lau (2005)
Hope	Adult Hope Scale (AHS)	Snyder, et al. (1991)
Cognitive status	Montreal cognitive assessment (MoCA)	Nasreddine, Phillips, Be'dirian, et al. (2005)

Methods: Instruments

Factor	Instrument	Reference
Playfulness	Adult Playfulness Trait Scale (APTS)	Shen, Chick, & Zinn (2014a;b)
Emotional, Psychological status	Personal Health Questionnaire (PHQ)	Kroenke, Spitzer, & Williams, (2001)

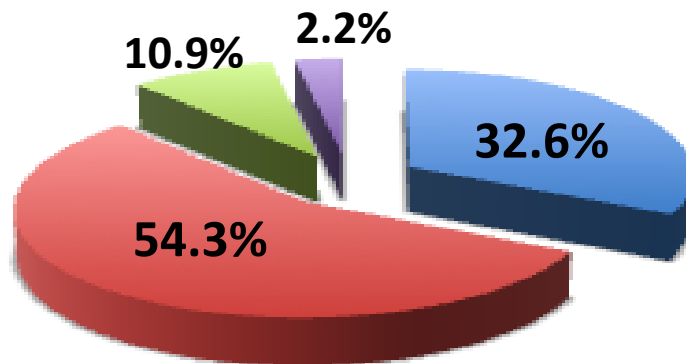
Methods: Participants

N=46	Mean (SD)	Range	Frequency
Age (years)	78.41 (7.31)	67-97	
Gender			Women=78.3% (n=36) Man= 21.7% (n=10)
Education (years)	12.71 (3.74)	5-21	

Independent living in a retirement home; or at their own homes in the general community

Methods: Participants

Marital Status



Married

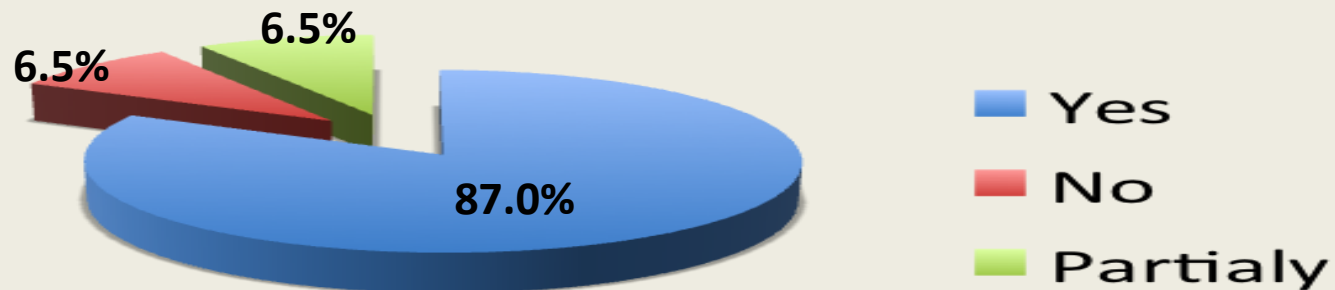
Widowed

Divorced

Single

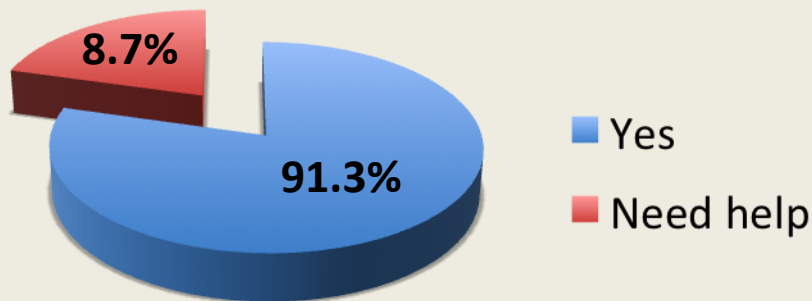
Methods: Participants

Participation in leisure activities

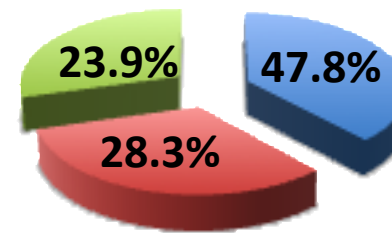


Methods: Participants

Independence in managing medications



Health status



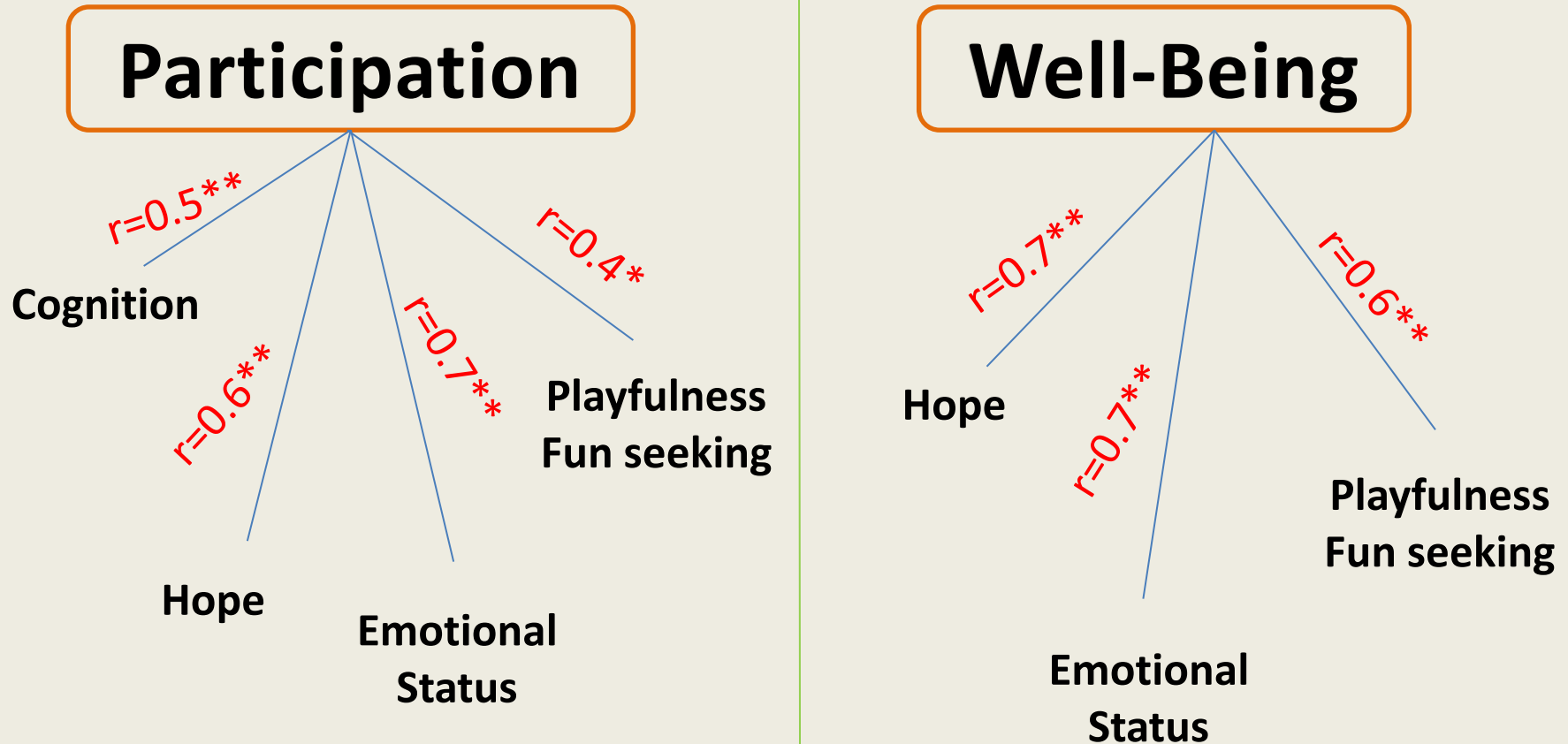
Sensory status



Results

Assessment	Mean (SD)	Profile
MOCA (cognition)	23.3 (3.9)	Intact 47.8%, MCI 41.3%, <19 10.9%
RNL (participation)	16.9 (6.2)	11= good integration
PWI (well-being)	7.9 (1.6)	10= max positive
Playfulness:	6.2 (0.7)	7= max positive
Fun seeking		
Inhibited	4.1 (1.1)	7=max positive
Spontaneity	4.8 (1.4)	7=max positive
HOPE:	6.7 (1.3)	8=max positive
goal directed		
goal plan	6.7 (1.2)	8=max positive
total	6.7 (1.2)	<6=22%, <7=44%
PHQ (Emotional)	5.6 (5.7)	No=63%, Mild=24%, Mod=13%

Results



* $p < 0.05$; ** $p < 0.01$

Participation & Wellbeing- $r = 0.89, p < .001$

Results

- **The groups with Cognitive deficit reported lower participation: MOCA below 19 → RNL=21.8; MCI → RNL=19.22; no deficit → RNL= 13.82**
- MOCA below 19 showed more prevalence of mild depression
- No correlation with well-being

Initial Conclusions

- **The correlations found between sense of hope and (especially) playfulness with participation and well-being is encouraging**
- **There is a need to further assess this trend and especially identify the specific role and contribution of these two factors (beyond cognition and emotional status) to overall function and occupation and social participation**
- **Further investigation into the cognitive and emotional components, of playfulness, and their role in healthy aging**

Future Research

- **Increase data among both independent and non-independent elderly (in various setting, diverse groups and countries).**
- **Examination whether both playfulness and hope will significantly contribute to participation and wellbeing beyond cognitive and emotional variables.**
- **Develop and study interventions models to promote healthy aging, by enhancing these characteristics**