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## Satisfaction with life related to functionality in active elderly people

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**Introduction.** To study the relationship between the objective variables of functionality and degree of life satisfaction in elderly people with an active lifestyle.

**Material and methods.** The study took place using a sample of 340 elderly people, aged 60-85, who were all leading an active life. The tests applied were: Satisfaction with Life Scale, Rivermead Behavioral Memory Test, Memory Failures Everyday, Geriatric Depression Scale, OARS social support subscale, COOP-WONCA physical dimension subscale and Siu and Reuben hierarchical scale for self-sufficiency.

**Results.** Statistical analyses were made using Pearson's correlations, with a significance level of  $p < 0.05$  and  $p < 0.001$  between the objective variables and satisfaction with life level. The overall results show a negative correlation, that is, a paradox of well-being between the objective criteria of level of studies, memory level and self-sufficiency and the objective criterion of the level of life satisfaction.

**Conclusion.** Proposals for intervention in elderly people's physical activity are needed, since reduced mobility could lead to a pathological pattern of life.

**Key words:**

Age. Personal satisfaction. Functionality. Observational descriptive studies.

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### Satisfacción con la vida en relación con la funcionalidad de las personas mayores activas

**Introducción.** Estudiar la relación entre variables objetivas de funcionalidad y grado de satisfacción con la vida en personas mayores con un estilo de vida activo.

**Material y métodos.** Estudio con 340 personas mayores con edades comprendidas entre los 60-85 años. Todas ellas presentan un estilo de vida activo. Pruebas aplicadas: Escala de Satisfacción con la Vida, Test Conductual de Memoria

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Rivermead, Cuestionario de Fallos de Memoria de la Vida Diaria, Escala Geriátrica de Depresión, subescala de apoyo social del OARS, subescala de la dimensión física del COOP-WONCA, escala de valoración jerárquica para la autonomía de Siu y Reuben.

**Resultados.** Análisis estadísticos con las correlaciones de Pearson ( $p < 0,05$  y  $p < 0,001$ ) entre las variables objetivas de funcionalidad y el nivel de satisfacción con la vida. Los resultados globales muestran que hay correlación negativa, es decir, paradoja del bienestar entre los criterios objetivos nivel de estudios, nivel de memoria y autonomía y el criterio subjetivo del nivel de satisfacción vital.

**Conclusión.** Se hacen necesarias propuestas de intervención en actividad física entre las personas más mayores ya que la reducción de la movilidad podría ser el desencadenante de un modelo de vida patológico.

**Palabras clave:**

Edad. Satisfacción personal. Funcionalidad. Estudio descriptivo mediante observación.

### INTRODUCTION

The demographic changes that have been occurring in our societies have been causing a social reality unknown up to now, such as increased longevity and the specific weight of the elderly as a social group. Aging projections tend to grow increasingly older. In the year 2050, 19.8% of the Spanish population will be 65 years or older (HelpAge International, 2002)<sup>1</sup>.

Recognition of the potential of the elderly has become known as «successful aging». This distinguishes between pathological or passive aging patterns and a normative or active aging pattern. In the latter group, the physical and psychological functioning levels remain on high levels and, in some aspects, may even improve (Rowe and Kahn, 1987)<sup>2</sup>.

Some authors include criteria related with the subjective assessment and the meaning that the elderly person attributes to his or her condition within the concept of «good aging». In this sense, the presence of high levels of well-being

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