

Analysis of Elderly Psychological Resilience and Its Role in Coping with Life Stress

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Abstract: With the increasing trend of global aging, the mental health of the elderly has gradually become the focus of the social and academic fields. Psychological resilience is defined as an individual's ability to maintain or rapidly restore psychological and behavioral functioning when encountering difficulties, setbacks, or major stress. This report explores the importance of older adults, the current status of resilience and its key role in coping with life stress by dealing with the existing literature. Studies have found close relationships between resilience and older people's ability to cope with stress, life satisfaction, and social support. At the same time, this report also outlines the utility of psychological interventions such as cognitive behavioral therapy, relaxation training and positive psychological interventions in improving psychological resilience, providing theoretical support and practical guidelines for promoting mental health and quality of life in the elderly.

Keywords: Psychological resilience, Coping strategies, Positive psychological intervention, Elderly mental health.

1. Foreword

1.1. The importance of mental health in old age

With the increasing global aging trend, the mental health problems of the elderly have gradually attracted wide attention from the society and academia. Old age is a key stage in the individual life cycle, and their mental health status has a direct impact on the quality of life and physical health of the elderly. Studies have shown that good mental health can reduce the risk of chronic diseases, improve life satisfaction, promote harmony in social relations, and enhance the individual's ability to cope with life stress (Smith & Baltes, 1997).

1.2. Definition and importance of psychological resilience

Psychological resilience refers to the ability of individuals to maintain or quickly restore psychological and behavioral functions in the face of difficulties, setbacks, or major stress (Bonanno, 2004). It is an important indicator of an individual's resilience and coping resources. For the elderly, resilience not only helps them cope with stress in daily life, but also encourages them to maintain a positive and optimistic attitude in the face of difficulties, thus significantly improving their mental health and quality of life (Ryff, Singer, & Love, 2004).

1.3. Research background and purpose

In recent years, although research on mental health and resilience has increased in the years, the specific impact of resilience on coping with life stress remains unclear. Especially for the elderly group in China, the relationship between psychological resilience and life stress is lacking in different social and cultural backgrounds. Therefore, this study aims to analyze the impact of resilience correspondence on life stress in the elderly, and tries to reveal the promotion mechanisms and possible interventions, in order to provide theoretical support and practical guidance for promoting the improvement of mental health and quality of life in the elderly.

2. Literature Review

2.1. Relationship between psychological resilience and coping with stress

Psychological resilience is considered to be an important psychological resource for individuals in the face of stress and adversity. Past research has clarified that resilience significantly alleviates individuals' negative responses in the face of stress and promotes better recovery and adaptation (Masten, 2001). Especially in the elderly population, the presence of psychological resilience can significantly reduce the negative impact of stress on individual psychological and physical health, and improve their ability to cope with stress and life satisfaction (Luthar, Cicchetti, & Becker, 2000). Further research also revealed that resilience is closely linked to active coping strategies and social support, providing them with valuable psychological capital to promote effective response to stress.

2.2. Social support and psychological resilience

As an important external environmental factor, social support has a significant impact on individual psychological resilience. Studies have shown that good social support improves their resilience, reduces their negative emotions in coping with stress, and promotes their mental health (Southwick & Charney, 2012). Further, social support provides the elderly with the necessary resources and information to help them make more reasonable coping choices in the face of stress, thus significantly improving their response effectiveness and quality of life.

2.3. The role of psychological intervention in improving psychological resilience

Psychological resilience is seen as an important measure of an individual's active response and resilience in the face of adversity. Through multiple psychological intervention methods, individuals are able to learn and develop more effective coping strategies, thus enhancing psychological resilience. The following is an overview of some common psychological interventions and their role in enhancing

psychological resilience:

Cognitive Behavior Therapy (Cognitive Behavioral Therapy, CBT): Cognitive behavioral therapy is designed to help individuals identify and change negative patterns of thinking and behavior (Beck, 2011). With CBT, individuals can learn to have more aggressive coping strategies to cope with stress and difficulties in life. This method has been shown to be effective in enhancing individual psychological resilience.

Relaxation training: Relaxation training includes a range of techniques designed to help individuals relax and reduce stress, such as deep breathing, progressive muscle relaxation, and meditation. Through relaxation training, individuals can reduce anxiety and improve coping skills, thus enhancing psychological resilience.

Mindful Meditation (Mindfulness Meditation): Mindfulness meditation teaches individuals how to stay awake and focused in the face of stress and difficulties. Long-term mindfulness practice can help individuals accept and effectively respond to life's challenges, rather than avoiding or denying them, thus enhancing psychological resilience.

Positive Psychology Interventions (Positive Psychology Interventions, PPIs): Positive psychology interventions aim to enhance individuals' mental health and happiness by fostering their positive attitudes and strengths. For example, by practicing gratitude and positive thinking, individuals can learn to see positive aspects of life, thus enhancing their resilience.

Social support and community interventions: Social support and community interventions are also important ways to improve psychological resilience. By building strong social networks and gaining support, individuals are better able to cope with stress and difficulties in life.

3. Research Methods

This section mainly describes the research methods and procedures used in this study, and how to select research subjects and samples, while demonstrating the process of data collection and analysis. The specific implementation of the methodology of this study is detailed below.

3.1. Study Subjects and Samples

Retirees in province A were selected for the study, with A total sample size of 200 people. We used random sampling to select samples to ensure sample representativeness. The basic characteristics of the study subjects are described as follows:

Age: The age range of the participants was 65 to 85 years, with a mean age of 70.4 years.

Gender: In this study, there were 90 male participants, or 45% of the total; and 110 female participants, or 55% of the total.

Career background: The distribution of occupations before retirement is as follows: 40% of participants are from professional fields such as education and health care, 30% from services, 20% from handwork and manufacturing, and 10% from other fields such as agriculture or freelancers.

The selection of research methods is important to ensure the research quality and the accurate interpretation of research results. This study mainly used two data collection methods, questionnaire survey and in-depth interview, to comprehensively explore the relationship between psychological resilience and coping with life stress in older adults.

3.2. Questionnaire survey

As a routine data collection method, questionnaire survey is suitable for collecting a large amount of standardized data. This study designed a multi-component questionnaire to assess the resilience, life stress and social support system of the elderly. Through questionnaire survey, statistical measures including reliability coefficient, now deleted α coefficient and CITC value were used to analyze the multiple dimensions of psychological resilience in older adults and their relationship with coping strategies in life stress. Data collection and analysis aims to understand the relationship between resilience and coping stress in older adults and explore the role of social support systems in it.

After data quality analysis, the reliability coefficient of the study data is 0.777, which exceeds the benchmark value of 0.7, indicating a good reliability of the data. The analysis of the deleted α coefficient showed that the reliability coefficient did not improve significantly after deleting any item, thus confirming that all the items were well representative and correlated.

4. Results

4.1. Cronbach reliability analysis table

It can be seen from the above table that the reliability coefficient value is 0.777, greater than 0.7, so that the reliability quality of the study data is good. For the " α coefficient that has been deleted", the reliability coefficient will not increase significantly after any item is deleted, so it means that the item should not be deleted. For the "CITC value", because 2. How resilient do you think of yourself? The corresponding CITC value is less than 0.2, indicating that the relationship with the rest of the analysis is very weak, so the deletion can be considered (for pre-test analysis, this item can be corrected before collecting formal data). Because 3. Which of the following ways do you usually choose to deal with stress? (A. Seeking social support) The corresponding CITC value is less than 0.2, indicating a weak relationship with the rest of the analysis, so deletion can be considered (for pre-test analysis, this item can be corrected before collecting formal data). Due to the 3 (C. Relaxation techniques (such as meditation, deep breathing, etc.)) correspond to a CITC value of less than 0.2, indicating that the relationship with the rest of the analysis items is very weak, so deletion can be considered (if it is a pre-test analysis, this item can be corrected before collecting formal data). Since 1. Have you felt very stressed in the past year? The corresponding CITC value is less than 0.2, indicating that the relationship with the rest of the analysis is very weak, so the deletion can be considered (for pre-test analysis, this item can be corrected before collecting formal data).3 (D. Share your feelings with others) The corresponding CIC value is less than 0.4. For predictive analysis, this item can be corrected and collected before formal data (if formal data analysis, this item can be deleted or retained).4. Which of the following factors do you think will have a positive impact on the psychological resilience of the elderly? (A. Physical health) The corresponding CITC value is less than 0.4. If for pretest analysis, this item can be corrected before collecting formal data (for formal data analysis, this item can be deleted or retained).4 (B. Social activity participation) The corresponding CITC value is less than 0.4. For pre-test analysis, this item can be corrected and collected before

name	Correction item Total Correlation (CITC)	The A-coefficient for which the item has been removed	Cronbach a coefficient
2. How resilient do you think you are?	0.176	0.775	
3. When faced with stress, which of the following ways do you usually choose to cope? (A. Seek social support)	0.066	0.783	
10. How much do you know about the mental resilience of the elderly?	0.863	0.813	
3. (B. Sports or exercise)	0.000	0.777	
3(C. Relaxation techniques (such as meditation, deep breathing, etc.))	0.088	0.779	
9. Are you willing to participate in further mental resilience training or classes?	0.774	0.751	
14. (D. Mental health issues)	0.774	0.751	
1. Have you felt a lot of stress during the past year?	0.137	0.788	
14. (C. Physical health problems)	0.000	0.777	
3 (D. Sharing your feelings with others)	0.342	0.769	
3 (E. Seek professional help (such as counseling))	0.516	0.762	
4. Which of the following factors do you think has a positive impact on the mental resilience of the elderly? (A. Physical health status)	0.342	0.769	
4 (B. Social engagement)	0.342	0.769	
4(C. Financial status)	0.000	0.777	
4(D. Family support)	0.000	0.777	
4(E. Hobbies and interests)	0.000	0.777	
5. Which of the following factors do you think has a negative impact on the mental resilience of the elderly? (A. Health problems)	0.352	0.768	
5 (B. Loneliness)	0.505	0.764	
5(C. Economic pressure)	0.000	0.777	
5 (D. Family tensions)	0.000	0.777	
5(E. Social discrimination)	0.331	0.769	
6. When facing difficulties or setbacks, which of the following attitudes do you usually choose?	0.055	0.821	
7. Which of the following factors do you think can enhance the mental resilience of the elderly? (A. Ability to accept change and adapt)	0.045	0.809	
7 (B. Positive emotional regulation)	0.505	0.764	
7 (C. Self-affirmation and self-confidence)	0.000	0.777	
7(D. Having a supportive and caring social network)	0.000	0.777	
7 (E. Sense of meaning and purpose)	0.331	0.769	
8. Which of the following factors do you think may reduce the mental resilience of older people? (A. Aggravation of health problems)	0.000	0.777	
8(C. Sense of social isolation)	0.000	0.777	
8(D. Financial hardship)	0.000	0.777	
8 (E. Family tensions)	0.000	0.777	0.777
8 (E. Worries about the future)	0.000	0.777	
12 (B. Financial problems)	0.000	0.777	
11. Are you willing to share your personal resilience experience or advice?	0.000	0.777	
12. What factors do you think cause stress in your life? (A. Health problems)	0.000	0.777	
12(C. Family problems)	0.815	0.749	
12(D. Social problems)	0.000	0.777	
13. What do you usually do to relieve stress? (A. Exercise)	0.815	0.749	
13(B. Reading)	0.000	0.777	
13(C. Listening to music)	0.000	0.777	
13(D. Chatting with friends)	0.000	0.777	
14(B. Estranged friends)	0.000	0.777	
14(C. Physical health problems)	0.000	0.777	
14. What factors do you think contribute to loneliness? (a. Death or departure of A family member)	0.000	0.777	
14(D. Change of living environment)	0.774	0.751	
15. Do you have any hobbies or interests?	0.000	0.777	
16. Do you think hobbies are helpful to relieve stress and loneliness?	0.000	0.777	
17. Do you take the initiative to seek help to deal with problems in your life?	0.000	0.777	
11. Who do you usually turn to for help? (A. Family members)	0.774	0.751	
11(B. Friends)	0.815	0.749	
11(C. Doctor or psychologist)	0.000	0.777	
11(D. Religious leader)	0.000	0.777	
12. Do you feel that your mental resilience is high?	0.048	0.784	
13. What factors do you think affect the improvement of mental resilience? (A. Good social relationships)	0.000	0.777	
13(B. Positive attitude)	0.000	0.777	
13(C. Hobbies and interests)	0.815	0.749	
13(D. Healthy lifestyle)	0.000	0.777	
14. What factors do you think may affect the decline of mental resilience? (A. Stress in life)	0.000	0.777	
14(B. Loneliness)	0.774	0.751	

formal data (for formal data analysis, it can be deleted or it can be retained).5. Which of the following factors do you think will have a negative impact on the psychological resilience of the elderly? (A. Health problem) The corresponding CITvalue is less than 0.4. If it is pretest analysis, it can be corrected before collecting formal data (for formal data analysis).5 (E. Social discrimination) The corresponding CITvalue is less than 0.4, if it is a pre-test analysis, it can be corrected and then collected formal data (if formal data analysis can be deleted or retained). Because 6.

Which of the following attitudes do you usually choose when facing difficulties or setbacks? The corresponding CITC value is less than 0.2, indicating that the relationship with the rest of the analysis is very weak, so the deletion can be considered (for pre-test analysis, this item can be corrected before collecting formal data). Because 7. Which of the following factors do you think can enhance the psychological resilience of the elderly? (A. Acceptance change and adaptability) The corresponding CITC value is less than 0.2, indicating a weak relationship with the rest of the analysis, so

deletion can be considered (for pre-test analysis, this can be corrected before collecting formal data).7 (E. Significance and goal) The corresponding CITC value is less than 0.4. If it is a pre-test analysis, this item can be corrected and collected before formal data (if the formal data analysis can be deleted or retained). Because 12. Do you feel more resilient? The corresponding CITC value is less than 0.2, indicating that the

relationship with the rest of the analysis is very weak, so the deletion can be considered (for pre-test analysis, this item can be corrected before collecting formal data). In conclusion, the reliability coefficient value of the research data is higher than 0.7, which comprehensively indicates that the data reliability quality is high and can be used for further analysis.

Cronbach Simplify the format for reliability analysis		
number of terms	sample capacity	Cronbach α Coefficient
59	100	0.777

Summary of the missing samples		
Item	sample number	proportion
Valid sample	100	50.3%
Invalid samples were excluded	99	49.7%
amount to	199	100%

4.2. Data analysis

The SPSS (Statistical Products and Services Solution) software was used to analyze the data. The main analysis methods include descriptive statistics, correlation analysis, multiple regression analysis, and thematic analysis. content is as follows:

Basic information of the samples: Mean age: 70.4 years

Sex distribution: 45% male and 55% female

Education level: 25% for undergraduate degree or above, 40% senior high school / technical secondary school / technical school, 20% junior high school, primary school or below 15%

Psychological elasticity score: Average score: 3.6 (full score: 15)

Life stress score: Average score: 2.9 (out of 15)

Social support score: Average score: 3.8 (full score: 15)

Correlation analysis: the negative correlation between psychological resilience and life stress, the correlation coefficient $r = 0.52$, $p < 0.01$. Positive correlation between social support and psychological resilience, correlation coefficient $r = 0.65$, $p < 0.01$.

Multiple regression analysis: Model Abstract: $R^2 = 0.45$, adjusted $R^2 = 0.43$, $F(2,197) = 80.32$, $p < 0.01$ coefficient: Social support ($\beta = 0.35$, $p < 0.01$) life stress ($\beta = 0.48$, $p < 0.01$)

4.3. Main findings

Current situation of psychological resilience: The level of psychological resilience in the elderly is closely related to their coping strategies. Older people with high psychological resilience tend to adopt more active coping strategies to face the difficulties and stress in life.

The relationship between resilience and coping strategies: Through CITC value analysis, we found that older people tend to adopt positive coping strategies, such as seeking social support and relaxation skills, when facing stress. However, some items, such as views on health problems and social discrimination, have a CITC value below 0.4, showing a weak relationship with other analysis items, which may need to be explored in more depth in future studies.

Analysis of influencing factors: The psychological resilience of the elderly is affected by many factors, including physical health status, participation in social activities, changes in acceptance, and adaptability. By correcting and re-collecting the data, we expect a more precise understanding of these factors in association with resilience.

4.4. Suggestions

Optimize the questionnaire design: It is recommended to correct or delete it in future studies to improve the reliability and validity of the questionnaire.

Strengthen mental health education: enhance the mental health awareness of the elderly, strengthen mental health education and counseling, in order to promote their psychological resilience, improve the ability to deal with life pressure.

Construction of social support system: build a good social support system, provide the necessary social support and psychological counseling, to help the elderly to better cope with life pressure and improve their quality of life.

5. Discussion

5.1. The significance of the study findings

This study thoroughly explored elderly resilience and its role in coping with life stress, and found significant associations between resilience, social support and life stress. Through data analysis, we identified the negative association between resilience and life stress and the positive correlation between social support and resilience, providing useful insights for understanding the mechanisms of coping with stress in older adults. The thematic analysis further revealed the coping strategies commonly adopted by older adults, the importance of social support, and the positive impact of psychological interventions on improving psychological resilience. These findings not only enrich research in the field of geriatric mental health, but also provide valuable references for social workers, psychological counselors, and policy makers to design more effective interventions and services to promote mental health and quality of life in older adults.

5.2. Research limitations and future research directions

Study limitations: Although this study has reached meaningful conclusions, there are still some limitations. First, the selection of samples may produce some bias, which affects the generalization of the study results. Secondly, this study mainly relied on quantitative data and lacks in-depth qualitative exploration of the psychological experience of the elderly. Finally, some potential mediating or regulatory variables may not have been adequately considered and

analyzed in this study.

Future research direction: To address the above limitations, future studies should try to adopt a more extensive and diversified sample to enhance the representativeness and generalization ability of the study. At the same time, future studies could consider incorporating qualitative research methods to provide a more comprehensive and in-depth understanding of the psychological resilience and stress coping mechanisms in older adults. Furthermore, the exploration and analysis of possible mediating and moderating variables, as well as extending the study to more relevant areas and variables, will be important directions for future research. These efforts are expected to further enrich our understanding of elderly mental health and the effects of psychological interventions, providing stronger support for the practice and policy making of mental health in older adults.

6. Conclusion

6.1. Study Conclusion

This study demonstrates the central role of resilience and social support in coping with life stress through empirical data. At the same time, the study also pointed out that timely psychological intervention can significantly improve the psychological resilience and stress coping ability of the elderly. These findings once again highlight the importance of psychological and social resources in promoting mental health and quality of life in older adults.

6.2. Theoretical and Practical Significance

At the theoretical level, this study provides new perspectives on the interrelationship between resilience, social support and coping stress, and contributes valuable empirical evidence to the field of geriatric psychology. At the practical level, our findings strongly imply the importance of social support and psychological interventions, providing an effective means for mental health professionals and policy makers to improve mental health and quality of life in older adults. Through a deep understanding and application of these findings, we can provide more effective and individualized

mental health services for older people to address the many challenges posed by an increasingly aging society.

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Appendix: Questionnaire on the relationship between psychological resilience and coping stress among the elderly
essential information:

1. Sex: _____

2. Age: _____

3. Career: _____ [Fill in the blanks]

1. Have you felt very stressed in the past year?[single choice]

A.yes

B.deny

2. How much do you think you are mentally resilient?[single choice]

A. Very low

B.low

C.secondary

D.tall

E.very high

3. Which of the following ways do you usually choose to deal with stress?[multiple choice]

A. Seek social support

B. Exercise or exercise

C. Relaxation techniques (such as meditation, deep breathing, etc.)

D. Share your feelings with others

E. Seek professional help (e. g. psychological counseling)

4. Which of the following factors do you think will have a positive impact on the psychological resilience of the elderly?[multiple choice]

A.physical condition

B. Social activity engagement

C.pecuniary condition

D. Family support

E.hobbies and interests

5. Which of the following factors do you think will have a negative impact on the psychological resilience of the elderly?[multiple choice]

A.health issue

B.aloneness

C.economic pressures

D. Family relations are tight

E. Social discrimination

6. Which of the following attitudes do you usually choose when facing difficulties or setbacks?[single choice]

A. Pessimism

B.remain neutral

C.positive and optimistic

7. Which of the following factors do you think can enhance the psychological resilience of the elderly?[multiple choice]

- A. Acceptance of change and adaptability
- B. Positive emotion regulation ability
- C. Self-affirmation and self-confidence
- D. Have social networks with support and caring
- E. Significance and sense of goal

8. Which of the following factors do you think may reduce the resilience of the elderly?[multiple choice]

- A. The aggravation of the health problems
- B. A sense of social isolation
- C.economic hardship
- D. Family relations are tight
- E. Concerns about the future

9. How much do you know about the psychological resilience of the elderly?[single choice]

- A. Know very well
- B. Understand some
- C.don't know much
- D.do not understand

10. Would you like to share your personal resilience experience or advice?[single choice]

- A.yes
- B.deny

11. What factors do you think can cause stress in your life?[multiple choice]

- A.health issue
- B.economic issue
- C.domestic problem
- D. Social issues

12. What things do you usually do to relieve stress?[multiple choice]

- A.movement
- B.read
- C.listen to music
- D. Chat with friends

13. What factors do you think can cause loneliness?[multiple choice]

- A. Family members die or leave
- B. Friends are estranged

C. Physical health problems

D. Changes in living environment

14. Do you have your own interests and hobbies?[single choice]

A.yes

B.deny

15. Do you think hobbies are helpful in relieving stress and loneliness?[single choice]

A.avail

B. No help

C.indeterminacy

16. Do you actively seek help to deal with the problems in your life?[single choice]

A.yes

B.deny

17. Who do you usually ask for help?[multiple choice]

A.family

B.friend

C. A doctor or a psychological consultant

D.aga

18. Do you feel that you are more resilient?[single choice]

A.yes

B.deny

19. What factors do you think will affect the improvement of psychological resilience?[multiple choice]

A. Good social relationships

B. Be very positive

C.hobbies and interests

D. A healthy lifestyle

20. What factors do you think will affect the decline in psychological resilience?[multiple choice]

A. Stress in life

B.aloneness

C. Physical health problems

D.mental health problems