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"Transforming Psychological Science: the 2030 agenda"

Abstracts

which has witnessed high levels of immigration in the past years, and the first generations of immigrants are now in retirement age or close to it.

We draw on data from a total of N = 1000 people over 50 (51% women, 49% men) who participated in a nationally representative online and telephone survey. Participants reported on their participation in social activities, their social networks, sense of belonging, life-satisfaction and loneliness.

Based on our quantitative data, we will first identify patterns of subjective well-being and loneliness, and second, we will analyze in how far these patterns can be distinguished by demographic variables as well as by aspects of social inclusion and participation. Results from a qualitative sub-study have provided three different clusters – one where people were socially included and participated in public activities, one cluster where people were rather focusing on their family relations but did not feel the need to make further acquaintances, and one cluster with rather isolated people.

To summarize, a comprehensive model will be presented and suggestions about how to adapt social offers to the diverse needs of an increasingly diverse target group will be discussed.

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Loneliness, social network quality, well-being and alcohol consumption among community dwelling older adults in the Baltic states

Olga Zamalijeva[1],Goda Gegieckaitė[1], Ieva Jurevičiūtė[1], Giedrius Rupšys[1], Antanas Kairys[1]

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Baltic states are among countries having highest alcohol consumption in Europe and despite being culturally appropriate and often a social behaviour, alcohol consumption in later life remains a serious health risk. There may be many motives to have a drink: some drink because they are happy, some – when they are sad, some drink on a night out with friends, some – when they are alone. The aim of this analysis is to investigate psychosocial variables predicting alcohol consumption characteristics among community dwelling older adults in the Baltic states. The data for this analysis was drawn from the Survey of Health, Ageing and Retirement in Europe (SHARE) database. Final sample included 6636 respondents (mean age – 69; 37% – male). Alcohol consumption characteristics are based on self-report. The level of well-being was assessed by two indicators: Control, Autonomy, Self-Realization and Pleasure (CASP-12) scale measuring quality of life and EURO-D scale indicating depressive symptoms. Loneliness was measured using short version of R-UCLA.

Social network satisfaction and social connectedness were derived based on the answers provided about respondent's social network. Results of regression analysis show that after controlling for sociodemographic and pivotal physical health variables, well-being level, loneliness and social network quality indicators are associated with alcohol consumption among older adults. Higher levels of loneliness and higher level of connectedness were associated with higher probability of having at least one drink during the last week and binge drinking (having 6 or more alcohol units on one occasion) in the last three months. Higher levels in the quality-of-life measure consistently predicted lower chances of alcohol consumption in all alcohol consumption categories, while depressive symptoms only appeared to be significant in lowering odds of having at least one drink in a week prior. Furthermore, results showing age group differences and country-specific results will be discussed.

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