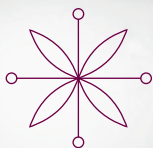




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The Abstract Book of the 22nd European Conference on Developmental Psychology



August 25-29, 2025
Vilnius, Lithuania

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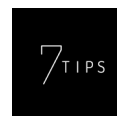
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LINKS BETWEEN PSYCHOLOGICAL WELL-BEING AND LIFE SATISFACTION AMONG EUROPEANS AGED 50 AND OLDER

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Understanding the determinants of positive aging is becoming increasingly important as the European population continues to age. While multiple indicators of well-being have been proposed (e.g., life satisfaction, subjective well-being), the question of whether these represent the same construct or distinct yet related phenomena remains unanswered. By leveraging a large, multinational sample and applying a cross-lagged path model, our research aims to clarify the mutual relationship and stability of psychological well-being and life satisfaction.

Method. The data from waves 7, 8, and 9 of the Survey of Health, Ageing and Retirement in Europe (SHARE) were used. Data from European residents (N=51,195) across 27 countries, aged 50 and older (M=67.2, SD=8.9), were analyzed. Women comprised 57.8% of the sample. This research received funding from the Research Council of Lithuania (LMTLT), agreement No. S-MIP-24-19.

Following indicators were used: psychological well-being (CASP-12; Hyde et al., 2003), life satisfaction (one question), age, gender. A cross-lagged path model was applied to examine the co-change of psychological well-being and life satisfaction. Age and gender were included as predictors of baseline (wave 7) well-being and life satisfaction.

Results. The fit indices indicated an acceptable fit ($\chi^2(df=12)=4804.2$, $p<0.001$; CFI=0.948; RMSEA=0.088; SRMR=0.04), considering the low degrees of freedom and large sample size. Standardized coefficients indicated substantial stability in life satisfaction and high stability in well-being. The cross-lagged paths from well-being to life satisfaction were stronger than the paths from life satisfaction to well-being.

Discussion. The findings reveal a robust and stable association between psychological well-being and life satisfaction over time, with well-being exerting a stronger effect on subsequent life satisfaction than vice versa. This allows for the assumption that psychological well-being, which encompasses various emotional and cognitive aspects, may potentially play a greater role in the formation of life satisfaction, which is more cognitive in nature.