

# Assessing the well-being of older people - The influence of social support on their life satisfaction and loneliness

*Friday, 8 March 2024 11:00 (15 minutes)*

**Background.** The significance of the analysed issue lies in the fact that, since 1988, the World Health Organization has identified senescence as one of the top five priority health issues for the population, alongside cardiovascular diseases, cancer, AIDS, and alcohol-related problems. Social relationships and social activities have been identified to be key elements contributing to an individual's physical and mental health throughout his or her life. In this context, social support has become an intensively studied topic in various disciplines such as psychology, sociology, medicine, even economics.

**Aim.** The present study seeks to investigate the correlation between social support, loneliness, and life satisfaction in individuals aged 65 and above. Additionally, it aims to identify and assess the potential mediating role of social support in the connection between feelings of loneliness and life satisfaction within this age group.

**Conclusion.** Increasing social support involves increasing life satisfaction and decreasing the feeling of loneliness, as well as mitigating the negative impact of loneliness on life satisfaction.

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