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Walk'n'Talk Prevention and Communication Training for the Elderly aged 65+
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Seniors in the European Union and Well-Being as a subjective perception of the quality of their lives

Research Report

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1. Introduction

The demographic change and an aging population in the EU is a challenge for adult education providers throughout Europe to focus on this increasingly growing and important group of people at the age of 65 and above who have reached retirement age and have withdrawn from the labor force. Nowadays, retirement can be seen as an increasingly active phase of life where people still have the opportunity to continue contributing to society. They wish to be independent and live participative lives well into older age and take responsibility for their own Well-Being. This, however, requires physical and mental health. Research shows that physical activity enhances the physical and mental health which is necessary to increase the quality of life. Active and healthy aging is an essential part of the „Strategy Europe 2020“, whose success deeply depends upon enabling the elderly to contribute to society. "Older people have to have the opportunity to stay healthy and active, as citizen, as jobholders, as consumer, as career and as volunteer." Within this project we intend to foster active and healthy aging by encouraging the elderly in taking part in a Walk'n'Talk activity, which means they will acquire healthy habits outside in the inspiring nature and/or their neighborhood - depending on their possibilities and areas they live - and at the same time talk and learn something new in a non-formal learning setting.

2. Short overview on *well-being* and its *potential drivers of well-being* at senior age

Well-being is a very generous concept which mainly refers to these aspects: how people **feel** (refers to emotions such as *happiness* or *anxiety*) and how they **function** (refers to things such as their *sense of competence* or their *sense of being connected to those around them*) and how they **evaluate** their lives as a whole (refers to satisfaction with their lives, or how peoples rate their lives in comparison with the best possible life). Well-being is not exactly the same as happiness. Well-being is a much broader concept than happiness (which mainly refers to how people are feeling *moment-to-moment* and does not always tell us about how they evaluate their lives as a whole); of course, it includes happiness but also other aspects, such as: purpose (having a sense of purpose in life), the satisfaction of people are with their lives as a whole, and autonomy (having a sense of control over your life). Also, is important to separate the notion of

well-being from the things that help to drive, or influence it. While well-being refers to how people are in themselves – their emotions, judgments and experiences, the *potential drivers of well-being* refers to external aspects (such as income, housing, education and social networks) and to certain internal aspects (such as physical exercises, health, optimism and self-esteem, self-efficacy, different kinds of other psychological needs) which influences how people feel and function. (Stoll, Michaelson & Seaford, 2012)

Walk’n’Talk Prevention and Communication Training for the Elderly aged 65+ is a Key Action 2, Erasmus+ Strategic Partnership project, aimed at providing senior citizens with innovative and alternative opportunities to access education in order to increase their life quality. Moreover, within the Walk and Talk project we are examining some of the key behavioral traits of seniors in Europe and we are exploring what can be done to provide them with the resources and materials they need in order to live healthy and happy life even after 65.

This project has been implemented by:

VHS Lingen (Germany)

ProEduca z.s. (Czech Republic)

Frauenberatungsstelle Oberpullendorf (Austria)

Sastamalan Opisto (Finland)

Archivio della Memoria (Italy)

UAIC (Romania)

CIDET (Spain)

3. Research Section

3.1. Research Focus

Probably the easiest way to explain the present increasing awareness of the importance of well-being at third age is to reference some relevant details of the psychosocial background underpinning this stage of development. In recent years, particular attention has been paid to studies on active aging. Regarding the relevance of this issue, many research projects have been carried out so far, investigating this topic from different perspectives. As a result, the development of a reliable toolkit for enhancing the seniors quality of life could be related to the purpose of sustained social integration at third age. Educational and political leaders in EU have

recognised the importance of ensuring and providing optimal conditions for a fulfilling senior age. First, the focus on evaluating the needs and physical activity level of third-age people (the extent to which they feel that their need for a fulfilling life has been met), would bring theory into the practical field – it would allow us a deeper understanding of how elders think, feel and express themselves. It is also a necessary step to our ultimate objective – to obtain useful information that can be used to build a suitable frame for efficient and useful activities and workshops from which seniors citizens can take real advantages.

3.2. Research Problem, Questions and Aims

The purpose of this research is to gain perspectives from social workers, training organizations and seniors themselves on main aspects related with well-being at senior age. That will show us the importance different aspects who can contribute to a better and fulfilling life at the third age. The major findings will help trainers involved in the Walk'n'Talk project to improve understanding of the essential needs of seniors and the role of physical activities at third age, in order to develop and provide a suitable curricula, resources and materials that seniors may need, in order to live healthy and happy and gain a strong feeling of life accomplishment.

The main purpose of this research is to provide a statistical overview about the opinions and statements of the seniors (in the EU and all project partner countries) reflecting the perception of the quality of their lives. Results are expected to help to design various appropriate educational approaches based on the Walk and Talk methodology. As the character of particular project partners differ, each partner has to choose the solution according to the national conditions in the partner's country as well as on the possibilities and capacities of the organization itself.

The research questions (derived from this purpose) are:

For the whole sample:

RQ-1. Which is the influence that demographics (gender, living area and educational level) have on Subjective Well-Being at senior age?

RQ-2. There is some connection between the level of physical activity and Subjective Well-Being at senior age? (for the whole sample)

RQ-3. There is some connection between Perceived Self-Efficacy and Subjective Well-Being at senior age?

RQ-4. How Subjective Well-Being is influenced by the satisfaction level of the Psychological Basic Needs?

For each partner country

RQ-5. What is the hierarchy of life goals at senior age? (for each partner country)

RQ-6. What is the hierarchy of the motives for physical activity at senior age? (for each partner country)

4. Research Methodology

4.1. Instruments and data collection

GSES – General Self-Efficacy Scale

Self-Efficacy is the belief that you can effectively reach the goals you have, whether that is solving a puzzle, successfully preparing a cake, or dealing with conflicts. Research on self-efficacy was started by one of the most cited and best known psychologists Albert Bandura (Bandura, 1986). Self-efficacy is often considered in respect to specific goals or challenges (e.g., self-efficacy in science, art or sports). The General Self-Efficacy scale is about the general belief in oneself to solve problems and reach goals. We consider (accordingly the mainstream) that this scale assesses *optimistic self-beliefs to cope with a variety of difficult demands in life*.

The construct of perceived Self-Efficacy reflects an optimistic self-belief (Schwarzer, 1992). This is the belief that one can perform a novel or difficult tasks, or cope with adversity -- in various domains of human functioning. Perceived Self-Efficacy facilitates goal-setting, effort investment, persistence in face of difficulties and recovery from harmful life events. It can be regarded as a positive resistance resource factor (similar in a way with psychological resilience). Ten items from the General Self-Efficacy Scale (GSE) are designed to measure this construct. Each item refers to successful coping and implies an internal-stable attribution of success. Perceived Self-Efficacy is an operative construct being related to subsequent behavior and, therefore, it can be relevant for clinical practice and behavior change. One of the best know scales for this is the generalized self-efficacy scale (GSE) by Schwarzer and Jerusalem (1995)

This scale is a self-report measure of self-efficacy that contains 10 items (rated from 1 to 4 points scale). The final total score is calculated by finding the sum of the all items and divided by 4. For the GSE, the total final score ranges between 1 and 4, with a higher score indicating more self-efficacy.

Internal reliability for GSE (for all the countries involved in this research) – Cronbach's alphas between .62 and .92

AIS - Aspirations Index Scale

Aspirations are connected to people's life goals, and Self Determination Theory research on aspirations has focused on the relative strength of **intrinsic aspirations** (like meaningful relationships, personal growth, and community contributions) versus **extrinsic aspirations** (like wealth, fame, and image). Researchers started to examine consequences of actually attaining extrinsic versus intrinsic aspirations.

The Aspiration Index was developed to assess people's aspirations. There are 7 categories of aspirations with five specific items within each category. The seven categories include: the extrinsic aspirations of wealth, fame, and image; the intrinsic aspirations of meaningful relationships, personal growth, and community contributions; and the aspiration of good health (physical and mental) which turned out not to be clearly either extrinsic or intrinsic.

A previous research in this area has revealed that having strong relative aspirations for extrinsic outcomes was usually *negatively* associated with mental health indicators; whereas, placing more importance on intrinsic aspirations was found to be *positively* associated with mental health indicators (Kasser & Ryan, 1993; 1996).

Other studies have also shown that, whereas self-reported attainment of intrinsic aspirations was positively associated with well-being, attainment of extrinsic aspirations was not (Ryan, Chirkov, Little, Sheldon, Timoshina, & Deci, 1999). More, Sheldon and Kasser (1998) found in their study that well-being can be enhanced by attainment of intrinsic goals, instead success at extrinsic goals provided little benefit.

From this scale we used (based on previous interviews with elders) five items and we proposed a new one (item number 2) directly related with mental health.

Structure of AIS items on aspiration categories is:

Item 1– good physical health

Item 2 – good mental health

Item 3 – active lifestyle

Item 4 – personal growth (autonomy)

Item 5 – good image (appearance)

Item 6 - meaningful relationships

Participants rates on 7 points scale: (a) the importance to themselves of each aspiration, (b) their beliefs about the likelihood of attaining each, and (c) the degree to which they have already attained each. For our research interests we use only the rates from (a) and (c).

MPAM –R Motives for Physical Activities Measure –Revised

The Motives for Physical Activity Measure – Revised (MPAM-R) is intended to assess the strength of five motives for participating in physical activities such as weight lifting, aerobics, or various team sports five motives are:

(1) Fitness, which refers to being physically active out of the desire to be physically healthy and to be strong and energetic;

(2) Appearance, which refers to being physically active in order to become more physically attractive, to have defined muscles, to look better, and to achieve or maintain a desired weight;

(3) Competence/Challenge, which refers to being physically active because of the desire just to improve at an activity, to meet a challenge, and to acquire new skills;

(4) Social, which refers to being physically active in order to be with friends and meet new people;

(5) Enjoyment, which refers to being physically active just because it is fun, makes you happy, and is interesting, stimulating, and enjoyable.

Participants completed the Motives for Physical Activity Measure- (MPAM-R; Ryan et al., 1997). The measure contains items assessing reasons for participating in an exercise activity, rated on a seven point Likert scale (Ryan, Frederick, Lepas, Rubio, & Sheldon, 1997). The subscales of enjoyment, competence, social, fitness, and appearance were scored by taking an average of the participants' scores on the items pertaining to each subscale.

Structure MPAM-R items on five motivational categories:

Interest/Enjoyment: 2, 7, 11, 18, 22, 26, 29

Competence/Challenge: 3, 4, 8, 9, 12, 14, 25

Appearance: 5, 10, 17, 20, 24, 27

Fitness: 1, 13, 16, 19, 23

Social: 6, 15, 21, 28, 30

These all have acceptable internal reliability alpha (from 0.50 to 0.92) for each subscale and for each country within this study, which is comparable to values found in Ryan et al. (1997).

BPN Basic Psychological Needs-Scale

This scale addresses need satisfaction in general in one's life. It has 21 items assessing the three needs for *competence*, *autonomy*, and *relatedness* (Deci & Ryan, 2000).

Central to self-determination theory is the concept of basic psychological needs that are assumed to be innate and universal. According to the theory, these needs--the needs for competence, autonomy, and relatedness-- must be ongoing satisfied for people to develop and function in healthy or optimal ways (Deci & Ryan, 2000)

The Basic Psychological Needs Scale measure needs satisfaction in general in one's life, structured in three domains. The scale has 21 items concerning the three needs: for competence, autonomy, and relatedness. We worked with version of 21 items scale (La Guardia, Ryan, Couchman, & Deci, 2000), whereas the items are structured in this way:

Autonomy: 1, 4(R), 8, 11(R), 14, 17, 20(R)

Competence: 3(R), 5, 10, 13, 15(R), 19(R)

Relatedness: 2, 6, 7(R), 9, 12, 16(R), 18(R)

Participants answer on a 7-point scale (from 1 to 7) indicating the degree to which the person experiences satisfaction of each of the three needs. After we reverse score all items that are worded in a negative way (i.e., the items shown below with (R) following the items number) and make the sum for all three components, we divided that three sums by corresponding number of items of each subscale (to obtain a final score for each dimension between 1 and 7).

We have acceptable internal reliability alpha (from 0.50 to 0.92) just for two of the subscales (for Autonomy and Relatedness) for each country within this study, reason why we used in research just this two dimensions.

We calculate the median for both and we split subjects (accordingly with this value) in groups. The group with scores under the value of median correspond to those that have a lower level of satisfaction of the need and the group with scores over the value of median correspond to those that have a higher level of satisfaction of the need. Starting from this point we used this operationalization to verify the effect of *Autonomy* and *Relatedness* (as independent variables) on Subjective Well-Being (as dependent variable).

PWI - Personal Well-Being Index –A

Having a good quality of life has always been considered strong related with happiness, and the concept of a good life (and the ways of achieving it) have become more important over the years. Personal Well-Being is, after all, the mental component of quality of life.

Contents of the Scale. The PWI scale contains eight items of satisfaction (Cummins, & all, 2003), each one corresponding to a quality of *life domain* as: standard of living, health, achieving in life, relationships, safety, community-connectedness, future security and spirituality. These domains are theoretically embedded, as representing the first level deconstruction of the global question (the first one, which is not part of the PWI.): ‘How satisfied are you with your life as a whole?’ We followed the authors indications and this item was administered as the FIRST item in the questionnaire, prior to the PWI items. This procedure ensures that prior items, including the Personal Well-Being Index domains, cannot influence this global response. (according the authors). (IWbG, 2006).

The respondents answer on each item over an 11-point satisfaction scale (from 0 to 10), indicating their situation, between ‘No satisfaction at all/completely satisfied

The domain scores (from standard 7 items of PWI and including last item) were summed to obtain an average score which represents ‘*Subjective Well-Being*’, as a subjective measure of the Quality of Life. Subjective - Well-Being construct reflects peoples’ perceptions of their lives in terms of emotional behavior and psychosocial functioning, which are all essential dimensions of mental health (Keyes, 2003).

Lau and Cummins have been done to evaluate the reliability and validity of PWI. Furthermore, in our research PWI has been shown to have a good internal reliability with a Cronbach's alpha of 0.89 (for whole sample) and, for each country, between 0.71 and 0.92, corresponding with previous findings.

4.2 Participants and procedure

The project partnership includes seven project partners coming from different European countries (Germany, Austria, Czech Republic, Italy, Finland, Spain and Romania), with very different geographic, cultural, and social characteristics. The partnership also spans a variety of educational levels, areas, instructional modes and specific groups of target learners. Despite all these differences, all partners share a common interest in active aging issue and are committed to the common research objectives. Furthermore, the initial months of work on the project have confirmed a significant complementarity of expertise and experiences both in terms of teaching/training practices and education-oriented research. The project partners believe that this diversity of educational and socio-cultural settings and joint work will synergise for leading to a solution (i.e., an efficient framework for training and assessing this important issue – well-being at third age) that would be applicable throughout European countries and would be beneficial for preparing European senior citizens for a fulfilling and joyful life.

All partners have worked before within European projects frame and are all part of a European network actively working on common interest points for developing common shared knowledge across Europe. Therefore, work for this project has already started, each partner running an initial research in his own community about the importance of the psychological and socio-economic aspects related with third age, and deciding on the best approach to be implemented by this project.

4.3. Data analysis and results

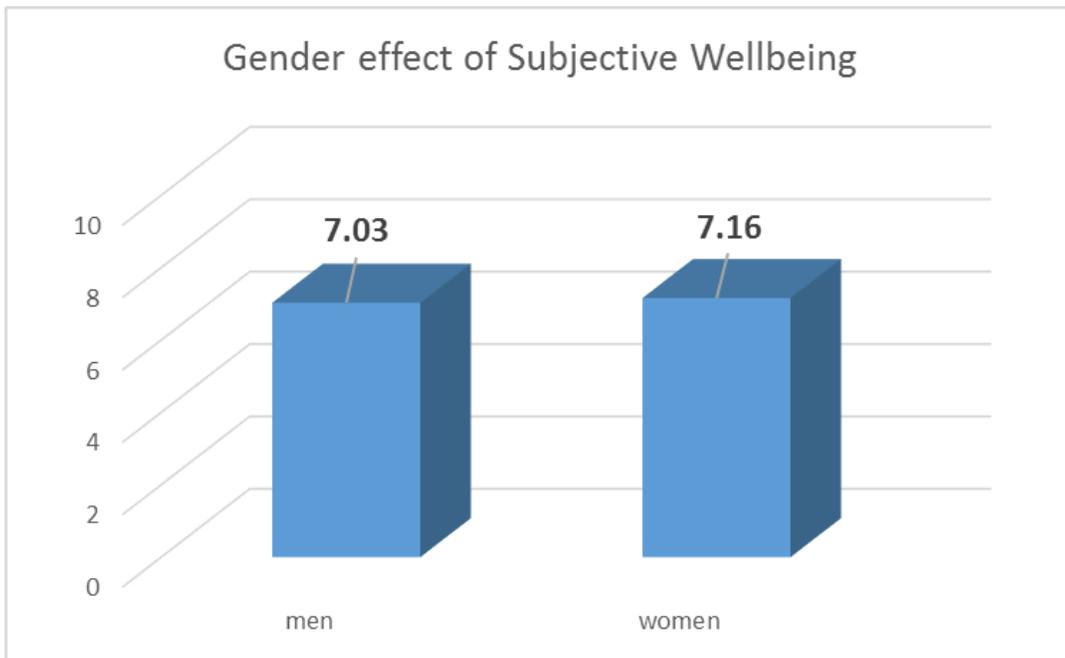
We will present the main results obtained according to the order of research questions, emphasizing the issues that are appropriate for a practical implementation.

4.3.1. General results (for whole sample)

RQ-1. Which is the influence that demographics (gender, living area and educational level) have on Subjective Well-Being at senior age?

Gender effect of Subjective Well-Being

$t(139) = -0.46, p > 0.05, \text{mdiff} = -.13$



At senior age, Gender has no effect on Subjective Well-Being. Both, men and women have similar Subjective Well-Being.

Educational Level and Living Area (rural-urban) effects on Subjective Well-Being

Tests of Between-Subjects Effects

Dependent Variable: SWL_tot

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Corrected Model	3.771 ^a	5	.754	.756	.583
Intercept	1501.038	1	1501.038	1503.955	.000
Educ_level	1.600	2	.800	.801	.451
Living_area	1.408	1	1.408	1.410	.237
Educ_level * Living_area	.910	2	.455	.456	.635
Error	134.738	135	.998		
Total	4117.240	141			
Corrected Total	138.510	140			

a. R Squared = .027 (Adjusted R Squared = -.009)

Educational Level: $F(1, 135) = 0.801, p > 0,05$

Living Area: $F(1, 135) = 0.141, p > 0,05$

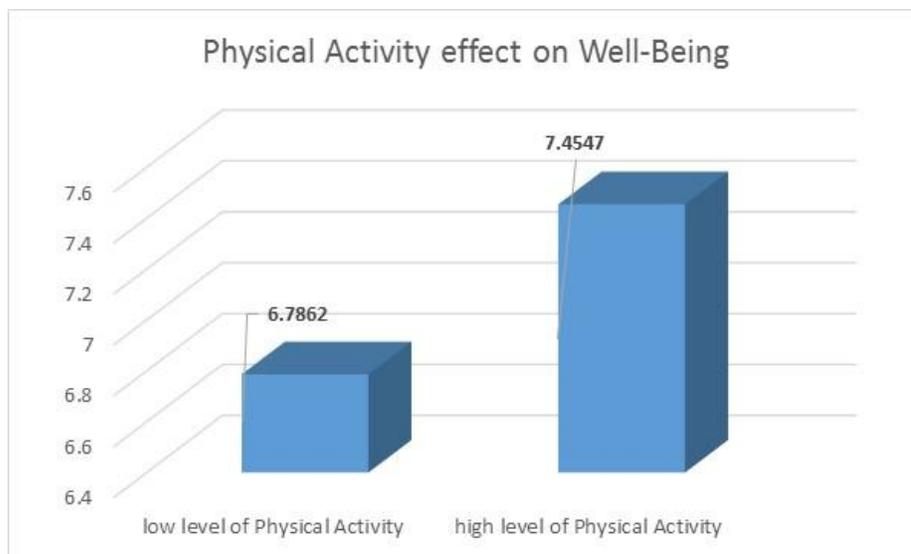
EL*LA: $F(2, 134) = 0.45, p > 0,05$

As we can see, at senior age, neither Educational Level nor Living Area have effect on Subjective Well-Being.

RQ-2. There is some connection between the level of physical activity and Subjective Well-Being at senior age? (for the whole sample)

The effect on Subjective Well-Being of Physical Activity level

$t(136) = - 2.51, p < 0,05, \text{ mdiff} = -.668$

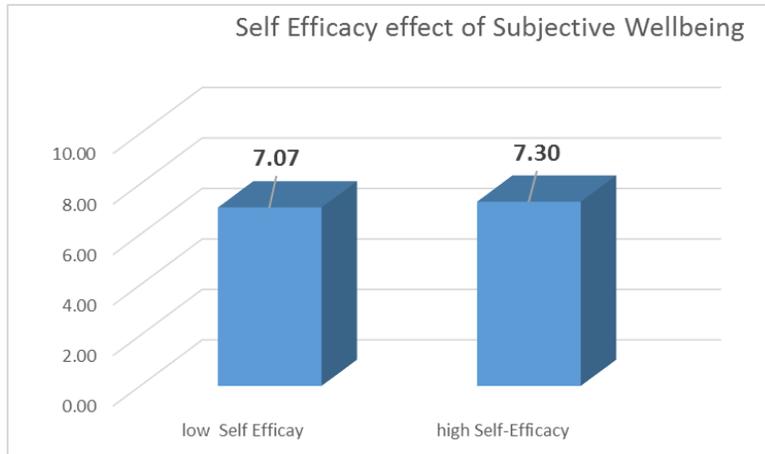


As we see in previous figure, the seniors who have a high level of Physical Activity (those who in a week period have more time dedicated to physical activities) perceive their lives in a more positive manner (in terms of positive emotions, better psychosocial functioning and personal satisfaction - which are all essential dimensions of mental health) comparing with seniors who have a low level of Physical Activity.

RQ-3. There is some connection between Perceived Self-Efficacy and Subjective Well-Being at senior age?

Perceived Self-Efficacy effect on Subjective Well-Being

$t(131) = -0.85, p > 0.05, \text{mdiff} = -0.22$



At senior age, Perceived Self-Efficacy has no effect on Subjective Well-Being. So, the beliefs about their efficacy in reaching the goals they have (solving different problems, successfully preparing a meal, or dealing with conflicts) doesn't influence (in our sample) the way how seniors feel and think about their lives, neither in a positively nor negatively way.

RQ-4. How Subjective Well-Being is influenced by the satisfaction level of the Psychological Basic Needs

Effect of Autonomy and Relatedness (as satisfaction levels of Psychological Basic Needs) on Subjective Well-Being

Autonomy: $F(1, 113) = 11.9, p < 0,05$

Relatedness: $F(1, 113) = 8.33, p < 0,05$

Autonomy*Relatedness: $F(2, 112) = 0.14, p > 0,05$

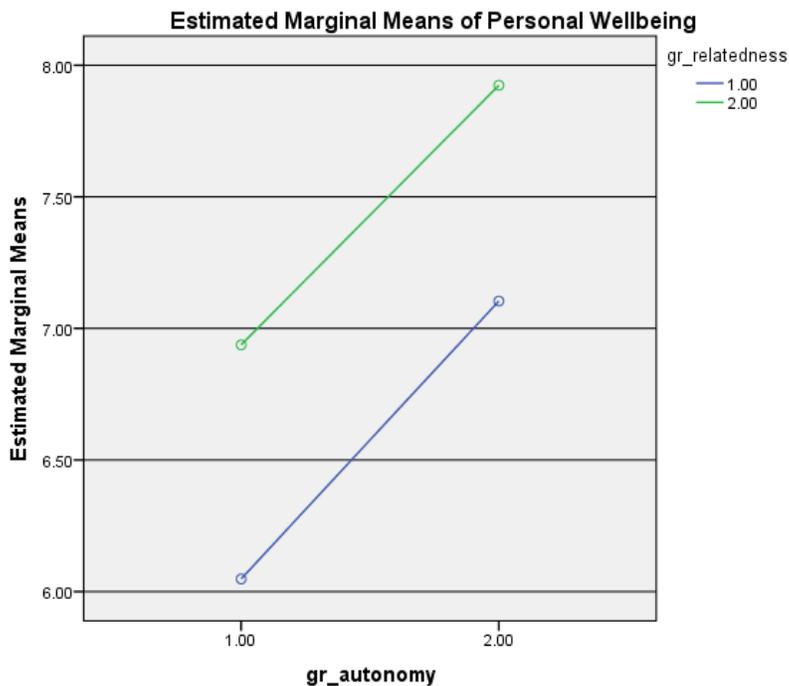
Tests of Between-Subjects Effects

Dependent Variable: PWB_I

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Corrected Model	70.563 ^a	3	23.521	11.288	.000
Intercept	4668.763	1	4668.763	2240.575	.000
gr_autonomy	24.816	1	24.816	11.909	.001
gr_relatedness	17.377	1	17.377	8.339	.005
gr_autonomy * gr_relatedness	.029	1	.029	.014	.906
Error	229.211	110	2.084		
Total	5908.547	114			
Corrected Total	299.774	113			

a. R Squared = .235 (Adjusted R Squared = .215)

Both variables have main effects on Subjective Well-Being, but there is not an interaction effect. That means, on one hand, that the seniors which consider themselves as more autonomous have a greater level of well-being, associated with positive beliefs and emotions related with their lives. On the other hand, we also found that the seniors who have a stronger sense of belonging and connectedness with others are more satisfied with their lives. The lack of interaction between those two aspects reveal us that, for our sample, both influence the Well-Being, but in a separate way, independently of each other.



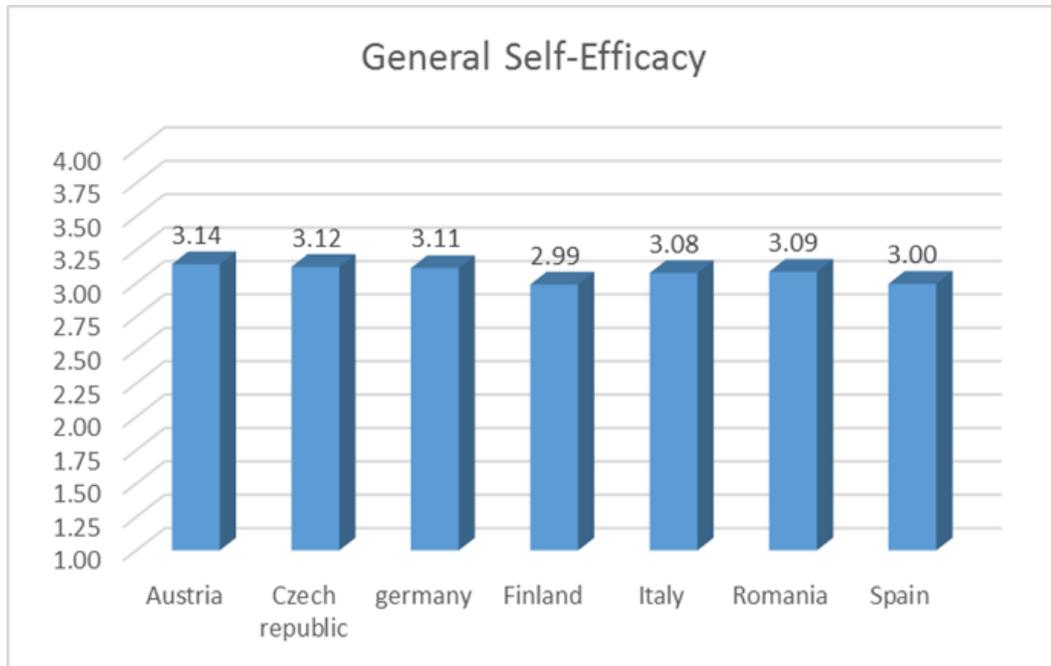
4.3.2 Descriptive results related with hierarchy of life goals and hierarchy of motives for physical activity (for each partner country)

In this section we will investigate (for each partner country) the aspects related with

RQ-5 What is the hierarchy of life goals at senior age?

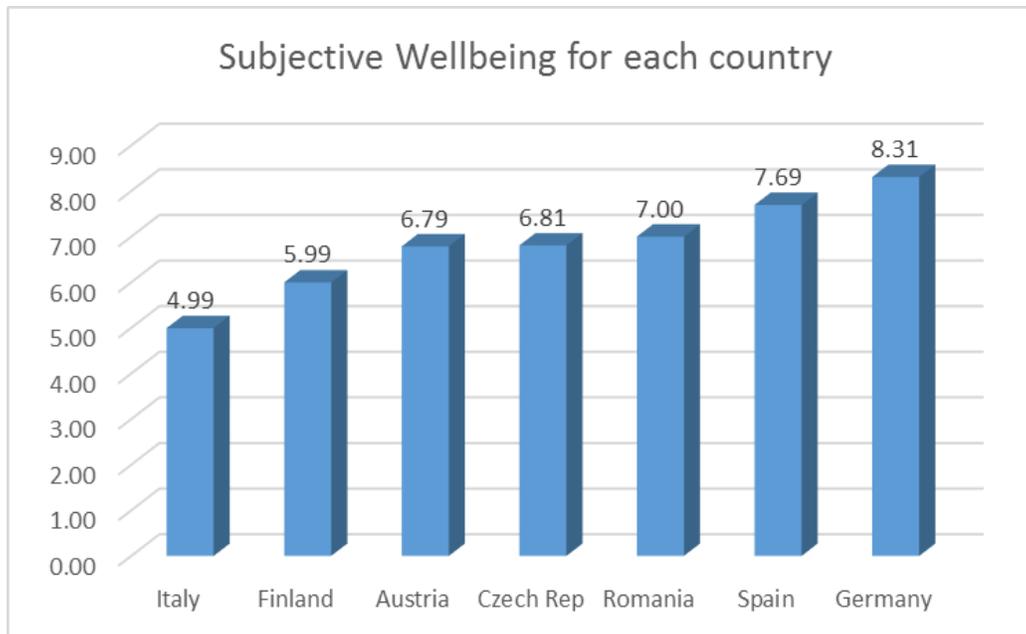
RQ-6 What is the hierarchy of the motives for physical activity at senior age?

Perceived Self Efficacy for each country:



Subjective Well-Being for each country Sample

Country	Mean	N	Std. Deviation
Austria	6.7857	7	2.26006
Czech Rep	6.8068	22	1.45913
Germany	8.3068	22	1.12581
Finland	5.9940	21	1.01675
Italy	4.9940	21	1.11276
Romania	7.0000	21	1.19242
Spain	7.6944	27	.97279



Austria

a. General aspects of Perceived Self-Efficacy and Subjective Well-Being for Austrian seniors

Regarding “**Perceived Self-Efficacy**” Austrian seniors, compared with seniors from other countries involved in the presented research, have a high level of the beliefs that they can perform well in novel/difficult tasks or to cope with adversity in their lives (with an average score of 3.14).

Regarding “**Subjective Well-Being**” (as a subjective measure of the quality of their life), Austrian seniors have (compared with the seniors from other participating countries) an intermediate level of satisfaction (mean 6.79), lower than German and Spanish seniors, similar with that one of Romanian and Czech seniors and higher than Finish and Italian seniors.

This shows that Austrian seniors report a suitable level of coping with their life events and a good subjective perception about their quality of life.

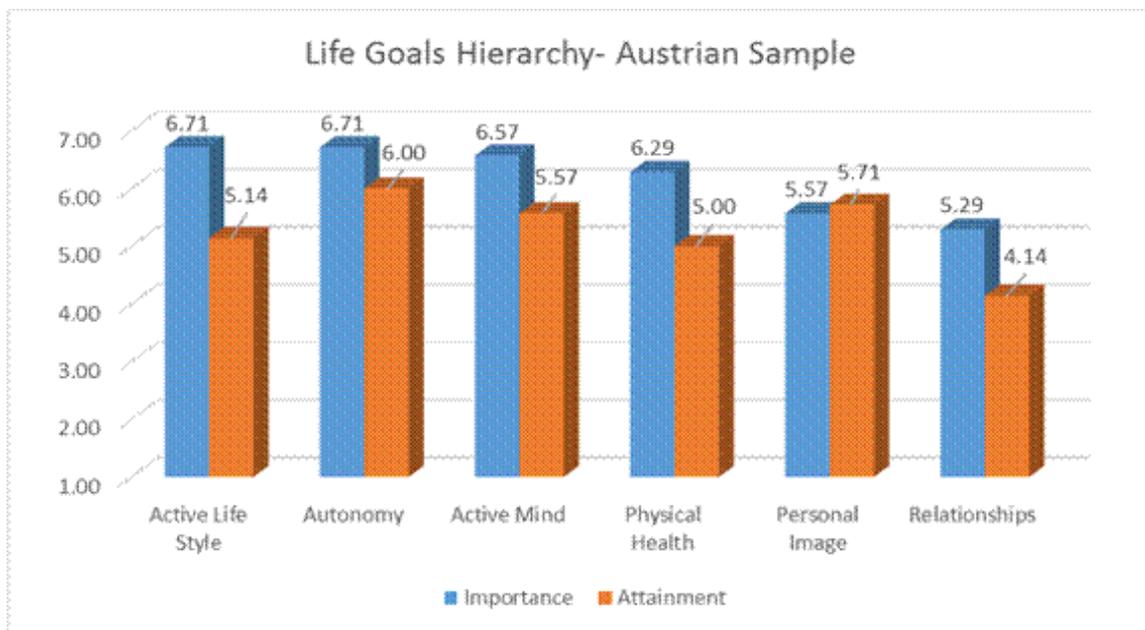
“**Perceived Self-Efficacy**” with a result of **3.14/4** and only 5th place in the “**Subjective Well-Being**” with the result of **6.79/9**.

This shows that these Austrian seniors only weakly believe in their ability to perform a novel or difficult task or cope with adversity and that life satisfaction in our sample of Austrian seniors is only at an average level.

But on the other hand, measured by importance of life goals for Austrian seniors involved in this research, most of them state that keeping an **Active Lifestyle** and keeping **Autonomy** is equally important to them. (6.71/7 for Active Lifestyle; 6.71/7 for Autonomy)

b. Life Goals Hierarchy for Austrian seniors

The ranking of Life Goals Hierarchy (Perception of Importance and Attainment), for Austrian seniors, is shown in the following chart:



Related with the specificity of Hierarchy of Life Goals, for Austrian seniors, we can observe the following:

1. The most important Life goal for Austrian seniors is to keep an **Active Lifestyle** and keeping **Autonomy** is equally important to them (both 6.71). This rank is more likely determined by the assumption that autonomy and an active life style are helpful to keep an active mind and physical health. Taking into account that the perceived level of attainment for an active life style (a level of 5.14/7) is significantly lower that the importance they give to this goal (in this case we have the biggest difference between importance granted to a goal and the level of attainment of

that goal) we think that this gap shows one of the major sources of dissatisfaction at this age. While the attainment for Autonomy is close to the perceived level (6.00).

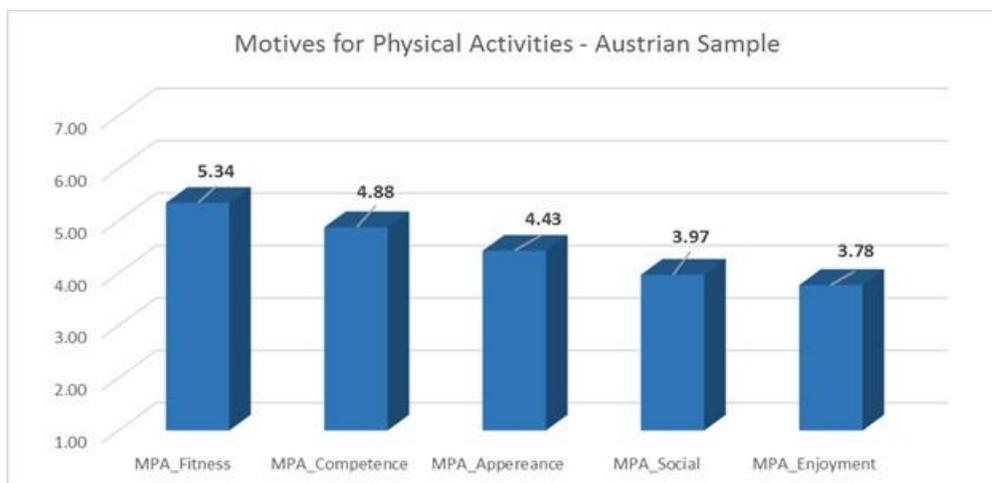
2. Ranked according importance on third and fourth place of the hierarchy, we found, with following goals: **Active Mind** (6.57/7) and **Physical Health** (6.29/7). These are the middle core goals of the seniors, and it shows a stable interest to maintaining mental capacities in a proper state, to having and maintaining physical health.

3. The penultimate place of Austrian senior's life goals is **Personal Image** (5.57/7), at a clear lower level than the previous four, that shows that the personal image (how they want to appear in front of others) is a minor relevant goal for Austrian seniors. But, surprisingly, the level of attainment is higher than the perceived score.

4. **Relationships** (that reflect the need for socialization) have the lowest score for Austrian seniors (5.29) and its attainment (4.14) is even lower. We suppose that this happened because Austrian seniors direct their efforts to accomplish an active lifestyle (perceived as more relevant) and this is already meant to keep relationships and meet with others.

c. Hierarchy of Reasons for Physical Activities for Austrian seniors

Related with topic of motives which drive a senior to get involved in physical activities, we can see the results in the next chart:



The results of this part will be used to help us to select and conceive appropriate activities and training materials for our seniors, taking into account their already crystallized reasons for getting involved in physical activities.

For Austrian seniors, the hierarchy of reasons for Physical Activities involvement is:

1. Fitness 5.34/7;
2. Competence 4.88/7
3. Appearance 4.43/7
4. Social 3.97/7
5. Enjoyment 3.78/7

As we observe, the main reason (the most significant reason) of seniors to get involved in physical activities is **Fitness** - to be physically active out of the desire to be physically healthy and to be strong and energetic - what shows the importance they give to their active life style.

In this hierarchy follows, in that order, **Competence** (desire to fulfill personal challenges), **Appearance** (to be more physically attractive in order to look better) and **Social reasons** (to be with others and having social interactions), what already have a lower level of relevance for the Austrian's seniors needs.

Enjoyment (the pleasure of having or getting fun) is the weakest reason for Austrian's elders to get involved in physical activities.

d. Conclusions for Austrian seniors

For Austrian seniors, perceived Self-Efficacy and subjective Well-Being are largely similar to those of the other countries seniors, with small variations. The differences that appear are related with Life Goals Hierarchy and with the reasons for Physical Activities.

Comparing the importance and attainment of each life goal to each other, for all variables we found a similar gap, in the sense that the level of attainment is in most targets lower than the importance granted to any life goal (besides personal image, where attainment is higher than importance, as described above). Also, the equally important main life goals for Austrian seniors are to keep an **Active Lifestyle** and keeping **Autonomy**. These goals are also consistent with their main reasons of involvement in physical activities, what is **Fitness**. Putting the results together, we can consider that appearance, personal challenges need and the having fun desire are

subordinated (functionally) to the physical health. In this way, active lifestyle and autonomy appear to be more valuable because it is a necessary requirement, as a base for other needs satisfaction.

That's why these results provide a strong base for our project goals, in order to develop appropriate modules with mixed activities, which will give our seniors the opportunity to achieve their goals and to satisfy their most relevant needs.

In reflection to the results, **DAFF** will compose two pilot courses for Walk'n'Talk. It is our challenge now to create encouraging training material that meets the needs and interests of senior citizens and helps them reach these life goals.

Czech Republic

a. General aspects of Perceived Self-Efficacy and Subjective Well-Being for Czech seniors

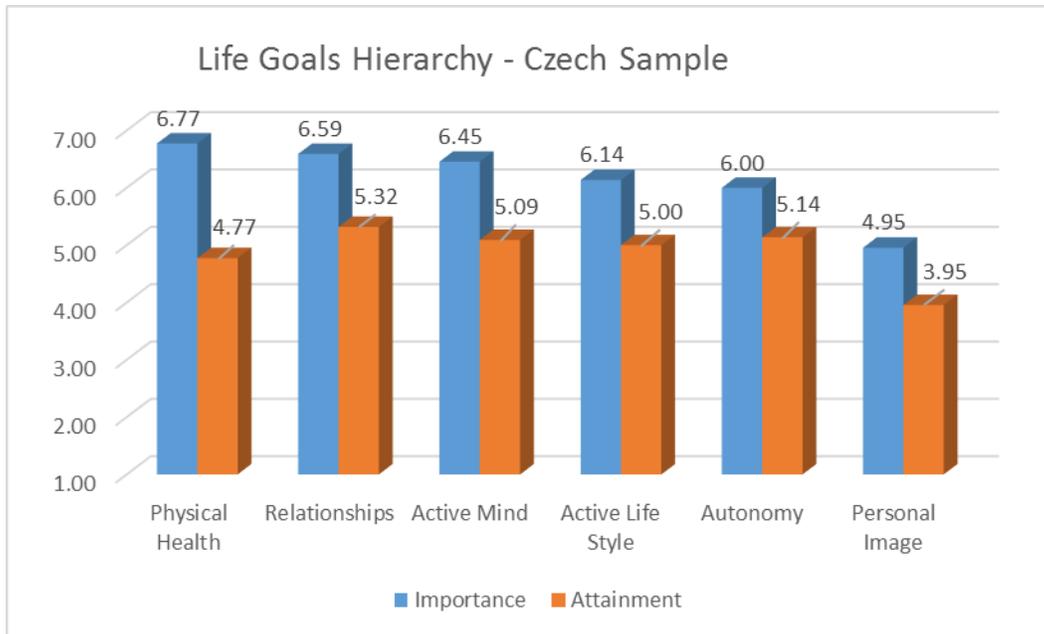
“Perceived Self-Efficacy” of the Czech seniors, compared with the seniors from other countries involved in this research, have the second highest score, which means they believe that they can perform well in a novel/difficult tasks or to cope with adversity in their lives (with an average score of 3.12).

Regarding “Subjective Well-Being” (as a subjective measure of the quality of their life), Czech seniors have (compared with the seniors from other participant countries) an average level of satisfaction (mean 6.81, SD=1.45), lower than seniors in Germany and Spain, similar with that one of Austrian and Romanian seniors and higher then Finish and Italian seniors.

This result shows that Czech seniors report a sufficient level of coping with their life events. Also the subjective perception about their quality of life is good.

b. Life Goals Hierarchy for Czech seniors

The ranking of Life Goals Hierarchy (Perception of Importance and Attainment), for Romanian seniors, is shown in the following chart:



Regarding the specifics of Hierarchy of Life Goals of the Czech seniors, we can observe the following:

1. The most important Life goal for Czech seniors is Physical Health. This rank is more likely determined by the assumption that health is a necessary condition for a good life at this age. Taking into account that the perceived level of attainment of the physical health (a medium level of 4.77/7) is significantly lower than the importance the seniors give to this goal (in this case we can see the biggest difference between the importance of the goal and the level of attainment of that goal) we think that this gap shows one of the major sources of dissatisfaction at the senior age.

2. The importance of the life goals on the second and third place of the hierarchy, have similar level: Relationships (6.59/7) and Active Mind (6.45/7). These are the middle score goals of the seniors, and they show a stable interest in maintaining mental capacities in a proper state and in having and maintaining good relationships with others (that reflect the need for socialization). For these two goals, the gap between their perceived importance and their actual level of attainment still exists (in the sense that the level of attainment is lower than the level of importance, over 5/7 but under 6/7) but is lower than for being physically healthy (which is on the first place as importance).

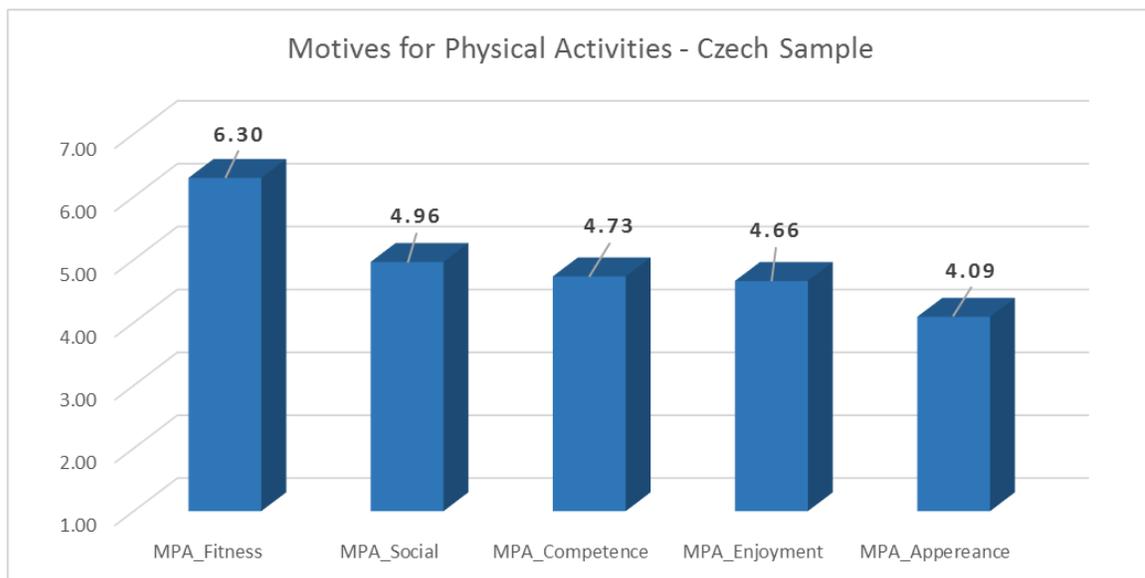
3. The two penultimate places of senior's life goals is Active Life Style (6.14/7) and Autonomy (6,00/7), at a similar level as previous two. It shows that to keep (or promote) a

personal active life style and being autonomous (being able to take care of themselves) is also a relevant goal for Czech seniors. Also, the level of attainment is similar with the other ones (5.00/7 for the Active Life Style and 5.14/7 for Autonomy).

4. Personal Image (or in other words how the seniors want to appeal to the others), have the lowest importance goal for Czech seniors (4.95/7) and the attainment level has, also, the lowest level from all the goals (3.95/7). We suppose that it happened because seniors at this age are more focused on the others goals (perceived as more relevant) and give up the efforts related with their appearance (which appears to be the least important goal at this age, therefore the most dispensable of all). It could be, in a way, a compromise that is done in the circumstances of their actual life situations.

c. Hierarchy of Reasons for Physical Activities for Czech seniors

Related with topic of motives who drive a senior to get involved in physical activities, we can see the results in the next chart:



The results of this part of the survey will be used to help us to select and design appropriate activities and training materials for seniors, taking into account the reasons they already stated for getting involved in physical activities.

For Czech seniors, the hierarchy of reasons for Physical Activities involvement is:

1. Fitness 6.30/7;
2. Social 4.96/7

3. Competence 4.73/7

4. Enjoyment 4.66/7

5. Appearance 4.09/7

As we can see, the most significant reason to get involved in physical activities is Fitness - to be physically fit due to the desire to be physically healthy and to be strong and energetic - that show us again the importance they give to their physical health.

The following motives in this hierarchy are: *Social reasons* (to be with others and having social interactions), *Competence* (desire to fulfill personal challenges) and *Enjoyment* (the pleasure of getting fun) that have also significant level, although they have a bit lower level of relevance for the seniors needs.

Appearance (to be more physically attractive in order to look better) is the least important reason for elders to be physically active.

d. Conclusions for Czech seniors

For Czech seniors, Perceived Self-Efficacy and Subjective Well-Being are largely similar to those of the other countries seniors, with small variations. The differences that appear are related with Life Goals Hierarchy and with the of Reasons for Physical Activities.

Comparing the importance and attainment of the life goals to one another, for all variables we found a similar gap, in the sense that the level of attainment is always lower than the importance granted to any life goal. Also, the main life goal for Czech seniors is to be physically healthy. This goal is consistent with the main reason of seniors to get involved in physical activities, that is Fitness. Having put the results together, we can consider that the need of social interaction, personal challenges and fun are functionally subordinated to the physical health. From this point of view, the physical health appears to be more valuable because it is a necessary condition, a base for other needs satisfaction.

These results provide a base for our project goals, in order to develop appropriate training activities which will give our seniors the opportunity to achieve their goals and to satisfy their most desired needs. ProEduca will incorporate the findings of this research into the Walk and Talk piloting courses and workshops with the aim to fulfill the needs and interests of senior citizens. It will help them to achieve their life goals and, through this, to increase their quality of life.

Germany

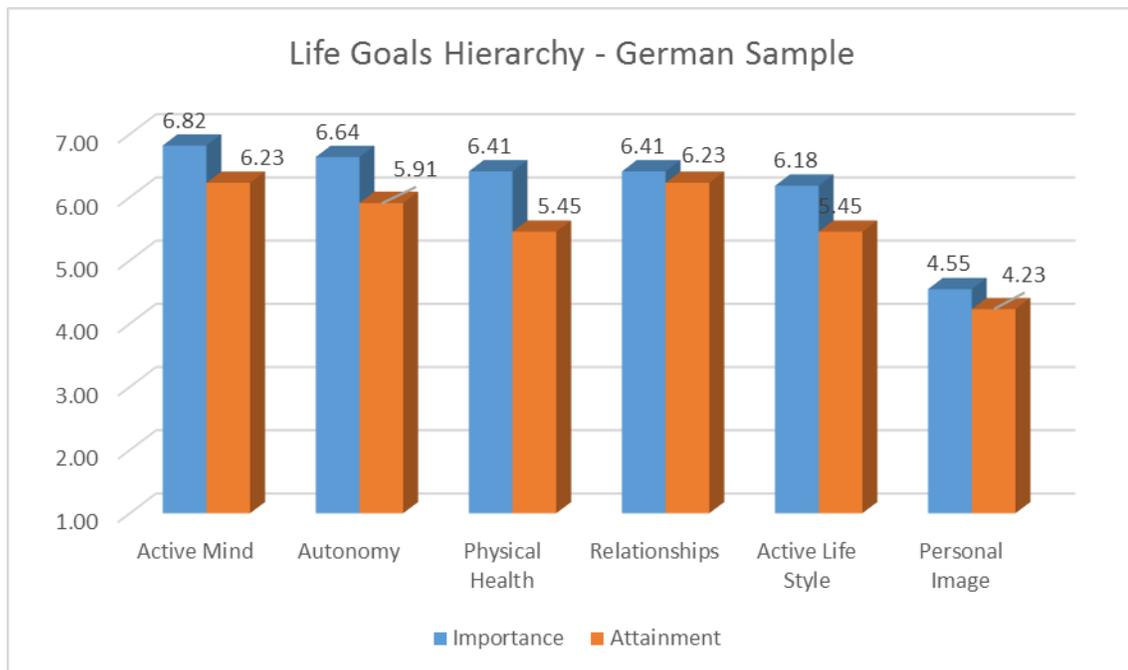
a. General aspects of Perceived Self-Efficacy and Subjective Well-Being for German seniors

As it can be seen from the table on "Perceived Self Efficacy for each country", the average of seniors' self-efficacy perception in all partner countries is 3.07, with 4 being the highest score. By examining self-efficacy perception level of the German seniors involved in this research it can be seen that their perception of self-efficacy is on place 3 and slightly above average (3.11) compared to the partner countries.

The second table on "Subjective Well-Being for each country sample" with scores between 1 to 10 shows a considerable difference between the level of perceived well-being of the seniors in the partner countries. German senior's level of subjective well-being (mean: 8.31 SD: 1.12) is highest compared to the partner countries' seniors with Italian seniors at the lowest level of 4.99.

b. Life goals Hierarchy and Motives for Physical Activities for German seniors

I.) Life goals Hierarchy – Perception of Importance and Attainment



1. Importance

Examining the graph on "*Life goals Hierarchy - German Sample*" it can be observed that the most important life goal of German seniors is keeping an **Active Mind** (6.82/7) closely followed by **Autonomy** (freedom to act independently and self-determined) (6.64/7).

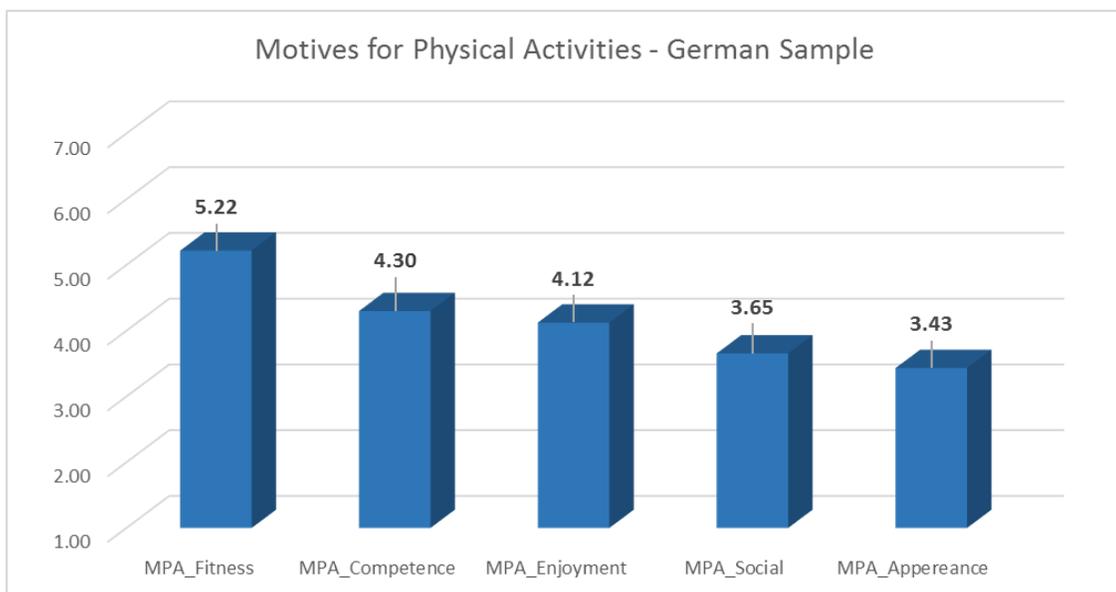
Physical Health ranking in importance alongside **Relationships** (both 6.41/7) and **Active Lifestyle** (6.18/7) can be regarded as further relevant life goals of the German seniors.

What particularly stands out is the importance rating for **Personal Image** which is markedly lower (4.55/7) than all other life goal importance ratings. It can be assumed that German seniors adjust to their life situation by de-emphasizing the importance of appearance and rather focusing on health issues and well-being.

2. Attainment

Compared to importance, the perceived attainment ratings in all variables are lower for all life goals. What attracts attention is the fact that the importance and attainment rating for **Physical Health** shows the highest gap (importance 6.41/7; attainment 5.45/7) and **Relationship** the lowest gap (importance 6.41/7; attainment 6.23/7).

c. Hierarchy of Reasons for Physical Activities for German Seniors



The hierarchy of the reasons for getting involved in physical activities is as follows:

1. Fitness: 5.22/7
2. Competence: 4.30/7
3. Enjoyment: 4.12/7
4. Social 3.65/7
5. Appearance: 3.43/7

As it is shown in the graph, the most important reason for German seniors for getting involved in physical activities is **Fitness**.

Ranked on place two and three but still at a level above average are **Competence** (to be able to face new challenges) and **Enjoyment** (taking pleasure in life). This shows that these reasons are relevant for German seniors, though not as important as fitness.

Social reasons (social activities to mix with other people) on place 4 and **Appearance** (getting or staying physically attractive) on place 5 are the least important reasons for getting involved into physical activities.

d. Conclusions/Interpretation for German seniors

Comparing the results of "*Self-Efficacy*" and "*Subjective Well-Being*" show that the seniors' perceived self-efficacy is largely at the same level in all partner countries. However, German seniors' rating on perceived "*Subjective Well-Being*" were highest compared to the seniors in the partner countries. Thus it can be assumed that German seniors consider their quality of life to be good even when they are facing age related physical health problems, as can be seen in the comparably big gap between physical health importance and attainment ratings.

During the interviews and completion of the questionnaires most elderlies stated that their biggest wish was to stay in their homes and neighborhood as they age, even though they know that physical health problems might increase over the years.

And knowing that an active body is crucial for their physical and mental health, it is not surprising that **Fitness** (to stay physically and mentally active) is the most important reason and - at a bit lower level but still of significance - **Competence** (the ability to face new challenges and take their own decisions) and **Enjoyment** (the process of taking pleasure in something) the second and third most important reasons for them for getting involved in physical activities.

These reasons are also consistent with the importance ratings for their most important life goals, keeping an **Active Mind** and living an independent and **autonomous** life.

Physical Health and **Relationships** are both ranked on place 3, but the attainment ratings of these two life goals differ a lot.

Physical Health shows the highest gap between importance and attainment. We can assume that seniors are well aware that their physical health status tends to decline with age and that keeping physically fit can help improve this situation. Again, it is not surprising that their first choice for getting involved in physical activities is **Fitness**.

When looking at the high attainment ratings of the life goal Relationship and the seniors' low need to socialize with others as a reason for getting involved in physical activities, it can be asserted that the respondent seniors are still well-integrated in their families and personal social networks.

Regarding the low importance, they give to **Appearance** and **Personal Image**, it can be assumed that German seniors adjust to their life situation by de-emphasizing the importance of appearance and focusing on health issues and well-being.

In general, it can be said that **fitness, competence** and **enjoyment** all build on keeping an **active mind** and improving **physical health** which again are important for an independent and **autonomous** life.

We will incorporate these findings in the development of our new Walk'n'Talk course offer by balancing physical and mental activities to provide the seniors with the ability of reaching their most important life goals.

Finland

a. General aspects of Perceived Self-Efficacy and Subjective Well-Being for Finnish seniors

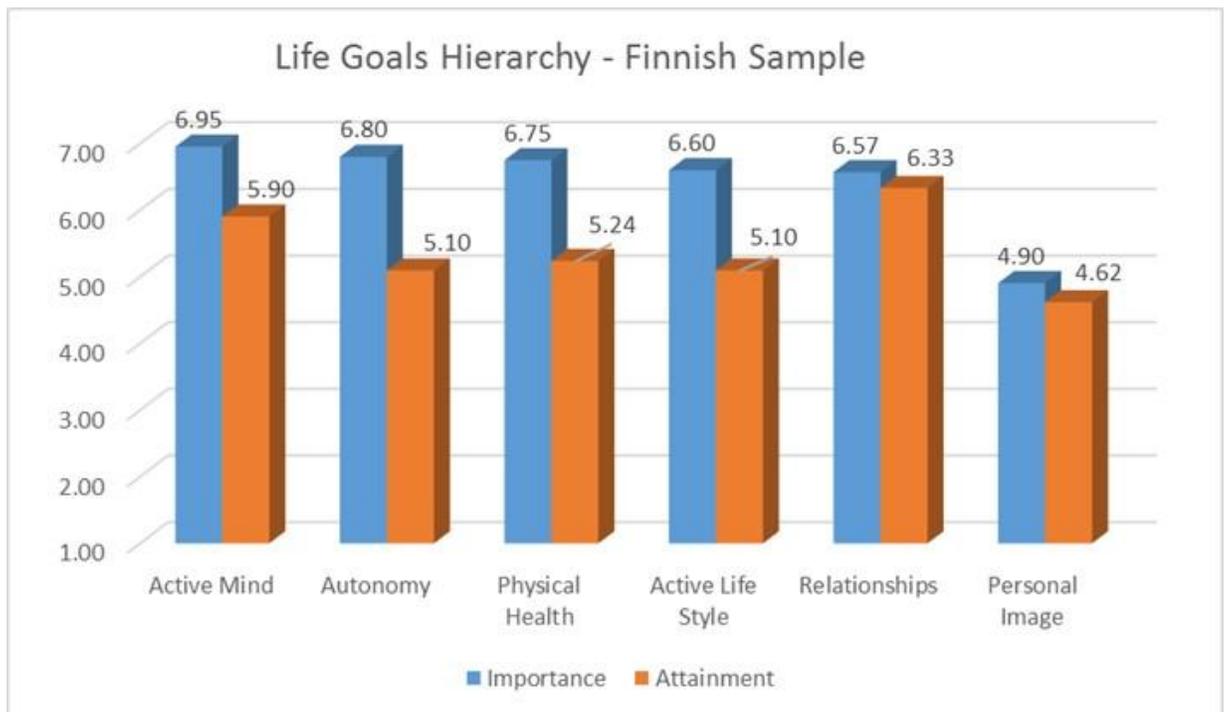
Regarding “**Perceived Self-Efficacy**” Finnish seniors, compared with the seniors from other countries involved in this research, have a somewhat same level of that they can perform well in new life situations, life tasks and life changes.

Regarding “**Subjective Well-Being**” (as a subjective measure of the quality of their life) the study implies that Finnish seniors have (compared with the seniors from other participant countries) rather high aspiration for active mind and active life and the figures suggest that they are relatively satisfied with the state of their human relationships.

This shows that Finnish seniors report a reasonably suitable level of coping in life and satisfactory subjective perception about their quality of life.

b. Life Goals Hierarchy for Finnish seniors

The ranking of Life Goals Hierarchy (Perception of Importance and Attainment), for Finnish seniors, is shown in the following chart:



Related with the specificity of Hierarchy of Life Goals, for Finnish seniors, we can observe the following:

1. The most important **Life Goal** for Finnish seniors is **Active Mind**. This rank is more likely determined by the assumption that active mind is needed to be able to manage life and live a good life by the time he/she reaches his/her senior years. The graphics look to show that there is not a big gap in importance and attainment in **Life Goal Hierarchy**, so maybe the assumption can be drawn that that the study subjects (actors) are quite satisfied with their lives at the time they were answering the questions in this research study.

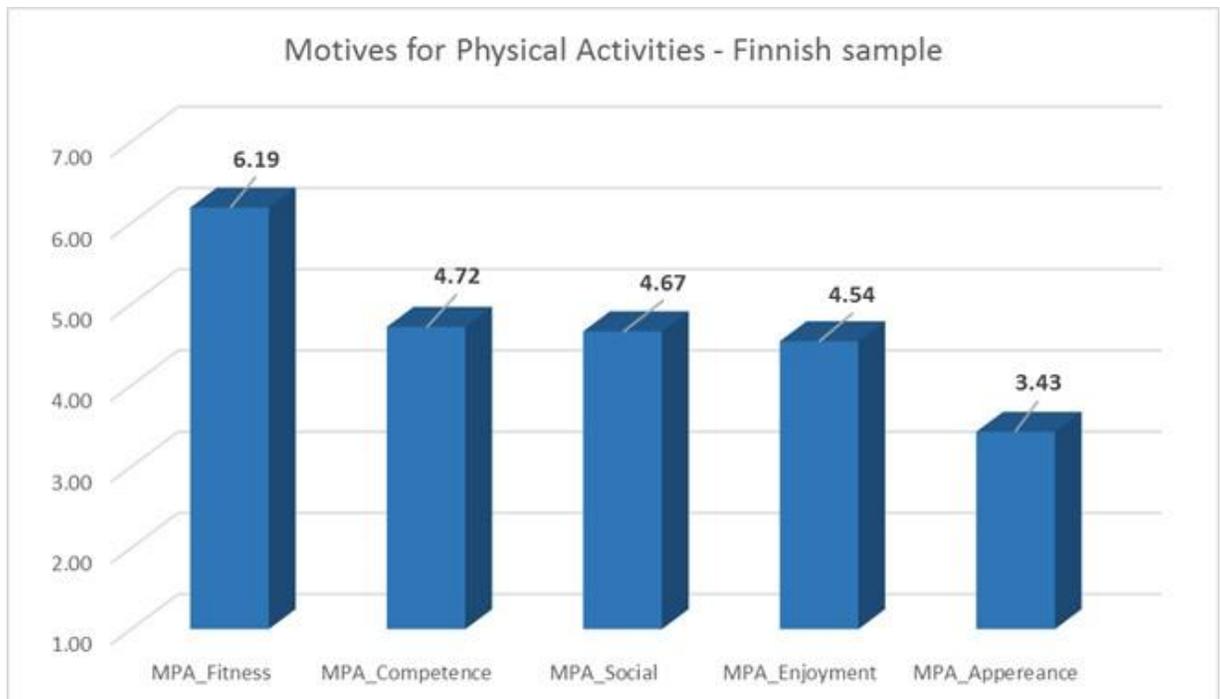
2. Ranked according importance on the second, third and fourth place of the hierarchy, we found the following goals: **Autonomy (6,80/7)**, **Physical health (6,75/7)**, **Active life style (6,60/7)**, **Relationships (6,57/7)** and **Personal image (4,90/)**. Our study shows that the gap between importance and attainment is lowest in **Relationships** and **Personal Image** and it is biggest in **Autonomy** (that is the second important life goal for the actors of this study). Thus, the graphics insinuate that Finnish senior citizens are more worried about maintaining their personal **Autonomy** than about their **Life Goals**.

3. To penultimate place of the seniors' life goals is **Relationships (6,57/7)**. It is almost in a same level than the previous three indicators. Here a conclusion may be drawn that **Relationships** are important to Finnish seniors.

4. **Personal Image** (or how they want to appear in front of others), has the lowest importance as a life goal for Finnish seniors (4,90/7). Also the level of attainment of that factor is lowest compared to the other study results (4,62/7). Explicated, Finnish seniors value more the practical values in their lives, because it affects their everyday life more than for example **Personal Image** does. This result seems to indicate that in order to be a happy senior one needs to have an active mind and active lifestyle, as well as have a good physical health and good relationships. This results as autonomy in a person's life. In other words, eventually these factors carry more importance in a Finnish senior's life than to have other people think that you look good or are physically attractive.

c. Hierarchy of Reasons for Physical Activities for Finnish seniors

Related with topic of motives who drive a senior to get involved in physical activities, we can see the results in the next chart:



The results of this part will be used to help us to select and conceive appropriate activities and training materials for Finnish seniors, taking account of their personal reasons for getting involved in physical activities.

The information reported in this part of the study has been highly appreciated when we have developed our testing phases and piloting courses offered for our senior students. We want to serve them activities that especially take account of their values and needs of physical activities.

For Finnish seniors, the hierarchy of reasons for Physical Activities involvement is:

1. Fitness 6.19/7;
2. Competence 4.72/7
3. Social 4.67/7
4. Enjoyment 4.54/7
5. Appearance 3.43/7

As we observe, the most significant reason of seniors to get involved in physical activities is **Fitness**. In this hierarchy follows, in that order: **Competence, Social reasons and Enjoyment**.

The study gives evidence that for Finnish senior citizens **Appearance** is the least important reason to get involved in physical activities.

d. Conclusions for Finnish seniors

For Finnish seniors, **Perceived Self-Efficacy** and **Subjective Well-Being** are quite similar to those of other countries seniors, with small differences but with one exception: **Personal Image**. Comparing the importance and attainment of **Personal Image**, in particular the difference between the importance and attainment is smaller than other factors of **Subjective Well-Being**.

When studying the results of the other countries, it is interesting to read that the results of the Spanish, German and Finnish seniors are rather similar when it comes to **Relationships**. The importance and attainment of **Relationships** in these three countries are closer to each other than in the other subject countries.

To sum up, these results provide a strong base for our project goals. At SCC Sastamala Community College the Walk and Talk piloting courses will strongly incorporate the Finnish seniors' **Life Goals Hierarchy**. Ultimately we are writing a new curriculum for adult education courses for seniors that support **Active Mind, Autonomy and Physical Health**.

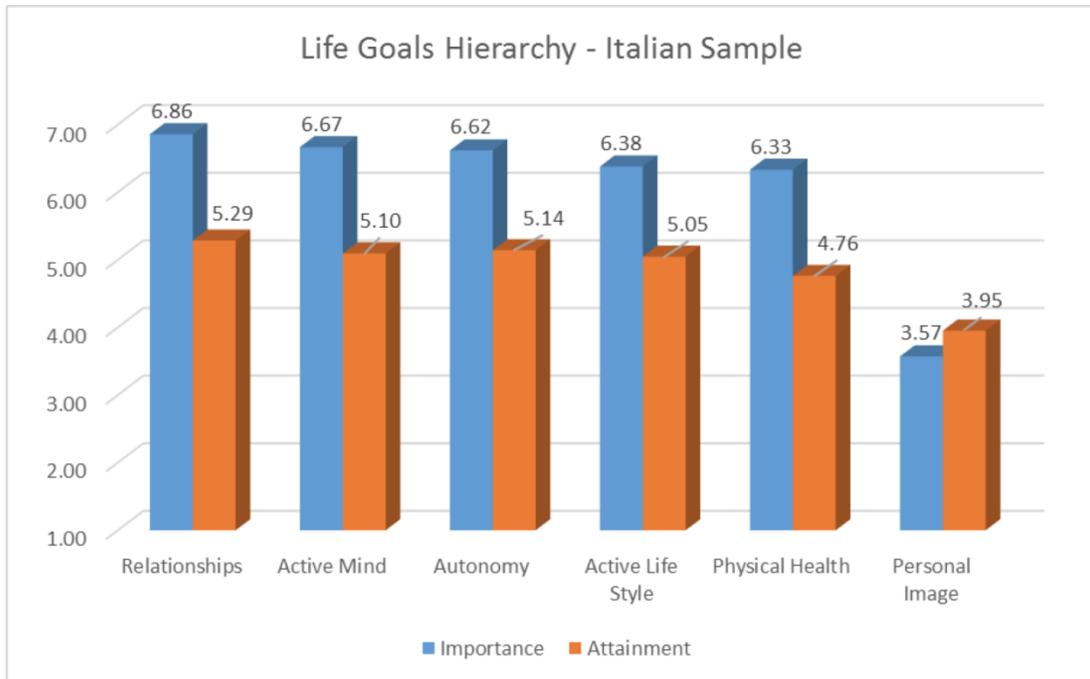
Italy

a. General aspects of Perceived Self-Efficacy and Subjective Well-Being for Italians seniors

At point 1 of the research, considering the “Perceived Self Efficacy” of the Italian elder people we collected a score of 3.08/4.0 that give us a positive situation considering the representative sample. For the “Subjective Well-Being”, point 2, the Italian sample give us a result of 4.99/9.0 witch is the lowest among the countries involved in research.

b. Life Goals Hierarchy for Italian seniors

The ranking of Life Goals Hierarchy (Perception of Importance and Attainment), for Italian seniors, is shown in the following chart:



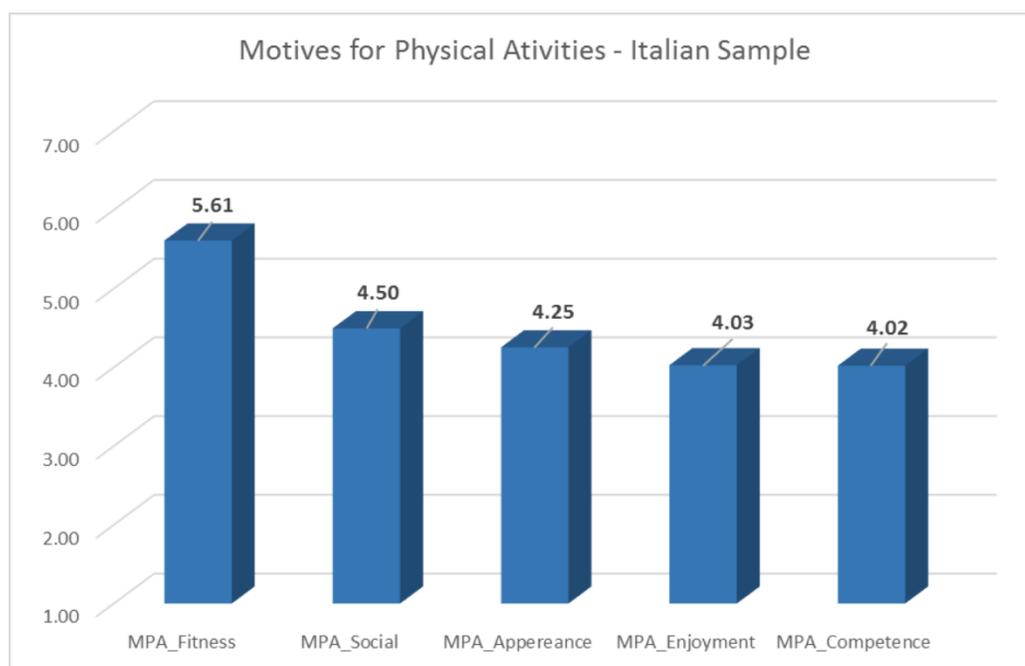
In the point number 3/a of our research, the “Life goal Hierarchy and Motives for Physical Activities”, as for the perception of importance, the Italian seniors answered as follow: Relationship 6.86/7, Active Mind 6.67/7. Autonomy 6.62/7. Active life style 6.38/7. Physical Health 6.33/7. Personal image 3.57/7.

When it comes to the variable of Importance compared to Attainment, in all variables Attainment is Lower than Importance but for personal image that is 3.57/7 for importance and 3.95/7 for attainment.

It seems that the respondents consider all the topics treated as fundamental goals in the hierarchy of their life goals, with a lively life of social relationships, an active mind, an autonomous life, an active lifestyle and a physical Well-Being all, as listed above, with very high values, between 6.86 and 6.33 out of 7, except for their own image which is not particularly careful with a 3.57/7.

The achievement of these goals seems to our respondents something real and achievable with data ranging between 5.29 / 7 for social relationships, a 5.10 for active mind, 5.14 / 7 for autonomous life, 5.05 / 7 for active lifestyle, and a 4.76 / 7 for fitness. As far as the image is concerned, the possibility of achieving goal 3.95 / 7 is higher than the 3.57 / 7 figure, demonstrating a high regard for its means and incredible optimism.

c. Hierarchy of Reasons for Physical Activities for Italian seniors



For the other theme of our research 3/b, "Hierarchy of Motives for Physical Activities", Italian seniors completed the motives in the following order:

Fitness 5.61/7;

Social, which refers to carry on physical activity in order to make friends and socialize 4.50/7; Appearance, which refers to being physically active in order to improve their appearance 4.25/7. Enjoyment, which refers to being physically active in order to be happier 4.03/7.

Competence 4.02/7.

As we observe, the main reason (the most significant reason) of seniors to get involved in physical activities is **Fitness** - to be physically active out of the desire to be physically healthy and to be strong and energetic - that show us again the importance they give to their physical health.

In this hierarchy follows, in that order, **Social reasons** (to be with others and having social interactions), **Appearance** (to be more physically attractive in order to look better) Is the weakest reason for elders to get involved in physical activities. **Enjoyment** (the pleasure of getting fun) that have also significant level, although they have a bit lower level of relevance for the seniors needs. **Competence** (desire to fulfill personal challenges).

d. Conclusions for Italian seniors

These results will eventually provide as basis not only for the next IO's, but also help Archivio della Memoria to write the curriculum for the Walk and Talk piloting courses, in other words to incorporate the results and findings of IO1 into the curriculum.

In reflection to the results, **Archivio della Memoria** will compose one pilot courses for Walk and Talk project that will have the title: Walk and Talk video and photo shooting, editing and sharing. The course will give access to the elders to technology, social network and media contents maintaining the most important focus on the main life goal for Italian seniors that is to be physically health.

These course will give to participants the possibility of discover new places by walking and shooting videos and photos, talking about the themes that they will decide to develop, sharing their experiences with their course colleagues or with their friends and working on their active mind and autonomy acquiring new skills on mobile and new media functions. The course will then propose group workshop to develop relationship and socialization and to maintain an active mind among the participants.

Romania

a. General aspects of Perceived Self-Efficacy and Subjective Well-Being for Romanian seniors

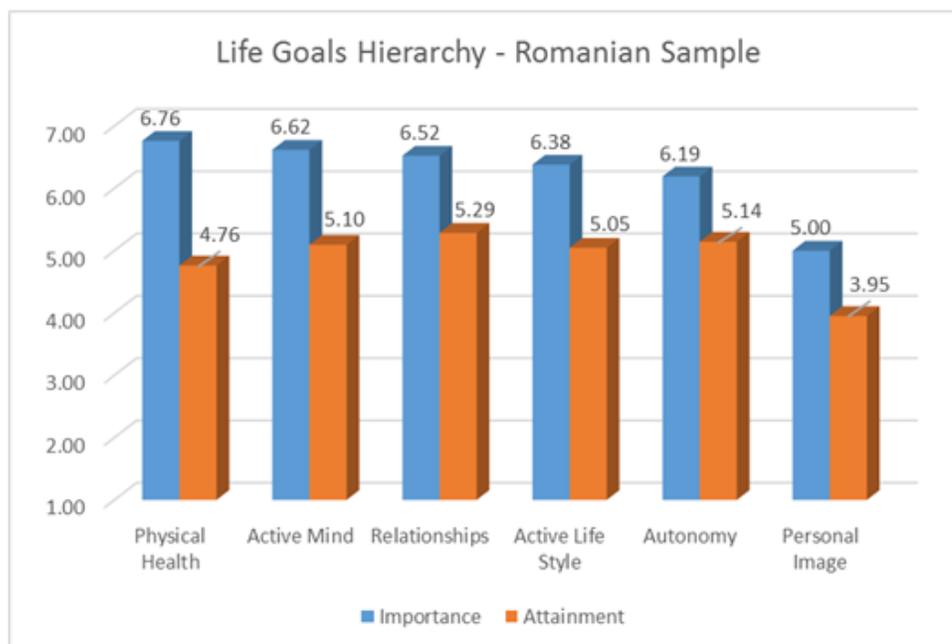
Regarding “**Perceived Self-Efficacy**” Romanian seniors, compared with the seniors from other countries involved in this research, have a similar level of the beliefs that they can perform well in a novel/difficult tasks or to cope with adversity in their lives (with an average score of 3.09).

Regarding “**Subjective Well-Being**” (as a subjective measure of the quality of their life), Romanian seniors have (compared with the seniors from other participant countries) an intermediate level of satisfaction (mean 7.00, SD=1.19), lower then German and Spanish seniors, similar with that one of Austrian and Czech seniors and higher then Finish and Italian seniors.

This shows that Romanian seniors report a suitable level of coping with their life events and a good subjective perception about their quality of life.

b. Life Goals Hierarchy for Romanian seniors

The ranking of Life Goals Hierarchy (Perception of Importance and Attainment), for Romanian seniors, is shown in the following chart:



Related with the specificity of Hierarchy of Life Goals, for Romanian seniors, we can observe the following:

The most important Life goal for Romanian seniors is **Physical Health**. This rank is more likely determined by the assumption that health is a necessary condition for a good life at this age. Taking account that the perceived level of attainment of that need (a medium level of 4.76/7) is significantly lower than the importance they give to this goal (in this case we have the biggest difference between importance granted to a goal and the level of attainment of that goal) we think that this gap shows one of the major sources of dissatisfaction at this age.

Ranked according importance on second, third and fourth place of the hierarchy, we found, with similar levels, following goals: **Active Mind (6.62/7)**, **Relationships (6.52/7)** and **Active Life Style (6.38/7)**. These are the middle core goals of the seniors, and its show a stable interest to maintaining mental capacities in a proper state, to having and maintaining good relationships with others (that reflect the need for socialization) and to keep (or promote) a

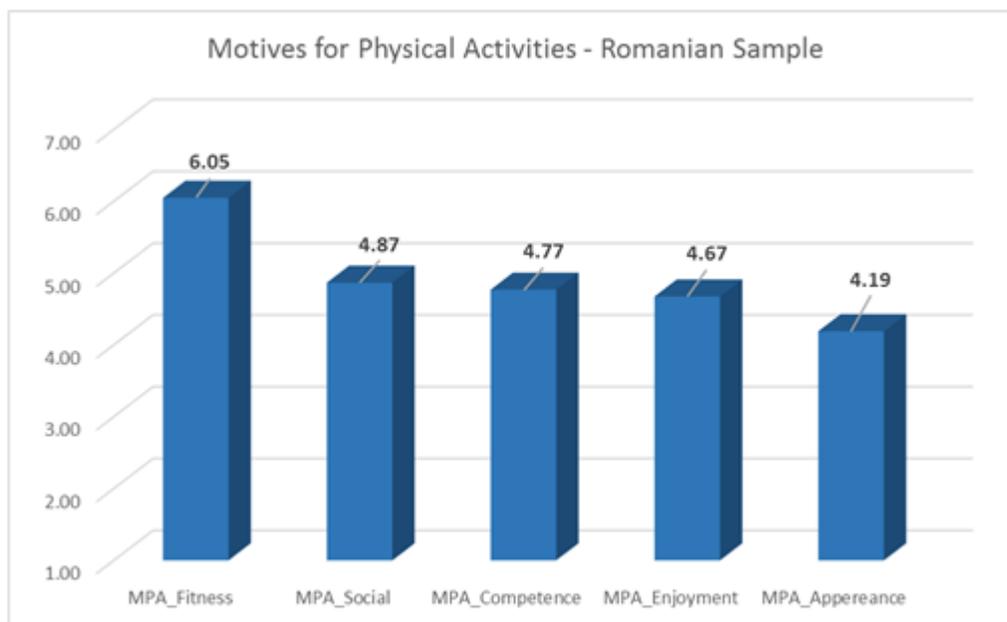
personal active life style. For all of these, the gap between their perceived importance and their actual level of attainment still exist (in the sense that the level of attainment is lower than the importance granted, over 5/7 but under 6/7) but is lower than for being physically healthy (who is on the first place as importance).

To penultimate place of senior's life goals is **Autonomy** (6,19/7), at a similar level at previous three, that show that being autonomous (being able to take care of themselves) is also a relevant goal for Romanian seniors. Also, the level of attainment is similar with the other ones (5.14/7).

Personal Image (or how they want to appear in front of others), have the lowest importance goal for Romanian seniors (5.00/7) and the attainment level has, also, the lowest level from all the goals (3.95/7). We supposed that is happened because seniors direct their efforts to accomplish the others goals (perceived as more relevant) and give up the efforts related with their appearance (that appear to be the less important goal at this age, therefore the most dispensable of all). It could be, in a way, a compromise that is done in the circumstances of their actual life situations.

c. Hierarchy of Reasons for Physical Activities for Romanian seniors

Related with topic of motives who drive a senior to get involved in physical activities, we can see the results in the next chart:



The results of this part will be used to help us to select and conceive appropriate activities and training materials for seniors, taking account of their already crystalized reasons for getting involved in physical activities.

For Romanian seniors, the hierarchy of reasons for Physical Activities involvement is:

Fitness 6.05/7;

Social 4.87/7

Competence 4.77/7

Enjoyment 4.67/7s

Appearance 4.19/7

As we observe, the main reason (the most significant reason) of seniors to get involved in physical activities is **Fitness** - to be physically active out of the desire to be physically healthy and to be strong and energetic - that show us again the importance they give to their physically health.

In this hierarchy follows, in that order, *Social reasons* (to be with others and having social interactions), *Competence* (desire to fulfill personal challenges) and *Enjoyment* (the pleasure of getting fun) that have also significant level, although they have a bit lower level of relevance for the seniors needs.

Appearance (to be more physically attractive in order to look better) Is the weakest reason for elders to get involved in physical activities.

d. Conclusions for Romanian seniors

For Romanian seniors, Perceived Self-Efficacy and Subjective Well-Being are largely similar to those of the other countries seniors, with small variations. The differences that appear are related with Life Goals Hierarchy and with the of Reasons for Physical Activities.

Comparing the importance and attainment of each life goal to each other, for all variables we found a similar gap, in the sense that the level of attainment is always lower than the importance granted to any life goal. Also, the main life goal for Romanian seniors is to be physically health. This goal is consistent with their main reason of involvement in physical activities, that is Fitness. Putting result together, we can consider that social interaction need, personal challenges need and the having fun desire are subordinated (functionally) to the physical

health. In this way, physical health appears to be more valuable because it is a necessary requirement, as a base for other needs satisfaction.

That's why, these results provide a strong base for our project goals, in order to develop appropriate modules with mixed activities, who will give our seniors the opportunity to achieve their goals and to satisfied their most relevant needs. **Faculty of Psychology and Educational Sciences, in the** Walk and Talk piloting courses and workshops, will incorporate the findings of this research into a frame able to fulfill the needs and interests of senior citizens. That will help them to achieve their life goals and, through this, to increase their quality of life.

Spain

CIDET performed the survey to 27 senior citizens by using a Google Forms survey template. As some of the senior citizens had not enough experience to use this online form, they were asked and the survey was filled in a tablet by the interviewer. The senior citizens were interviewed In several places: public libraries and social houses (with the help of the town councils) and in the Third Age University of Castellón.

a. General aspects of Perceived Self-Efficacy and Subjective Well-Being for Spaniard seniors

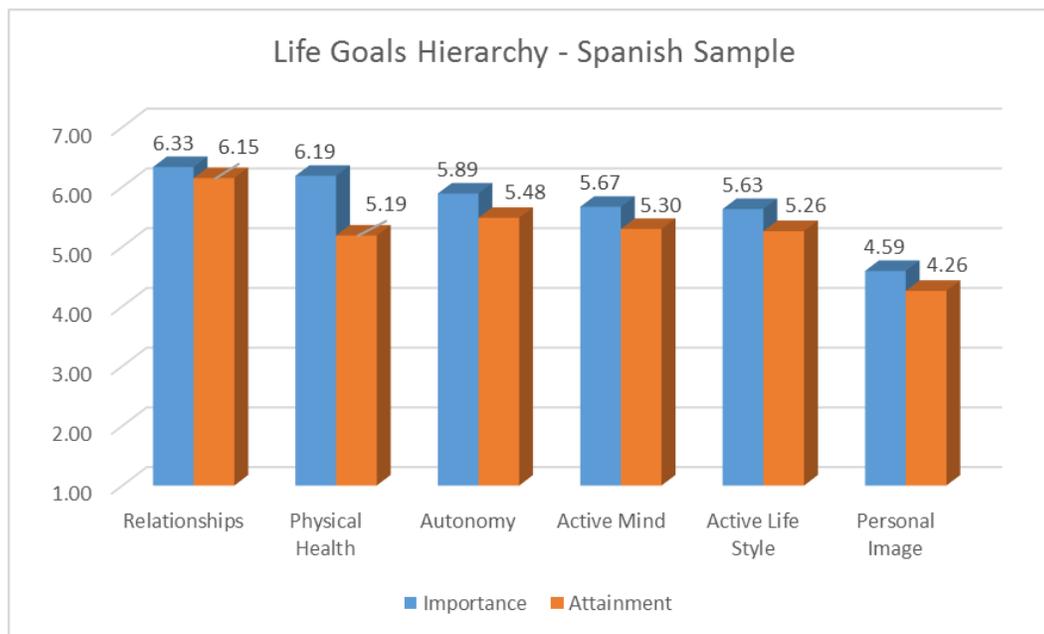
Regarding “**Perceived Self-Efficacy**” Spanish seniors, compared with the seniors from other countries involved in this research, belief to be less capable to perform well in a novel/difficult tasks or to cope with adversity in their lives (with an average score of 3.00). They are more similar to Finland than to other countries as Austria, Germany or Czech Republic, although the difference is very narrow to be considered significant (less than 10% compared to Germany that has a perceived self-efficacy index of 3.11)

Regarding “**Subjective Well-Being**” (as a subjective measure of the quality of their life), Spaniard seniors have (compared with the seniors from other participant countries) an intermediate level of satisfaction (mean 7.69, SD=0.97), higher than compared to other countries (only Germany has higher Subjective well-being index. The low SD also shows that the sample is very homogenous, probably this was caused because not any senior was interviewed in the homes or and senior residences, where we could find more dependent and disabled seniors.

Both previous index shows that generally Spaniard Seniors believe they have a high subjective perception of their quality of life, still they feel they are not capable (compared to other countries) to cope with changes.

b. Life Goals Hierarchy for Spaniard seniors

The ranking of Life Goals Hierarchy (Perception of Importance and Attainment), for Spaniard seniors, is shown in the following chart:



Related with the specificity of Hierarchy of Life Goals, for Spaniard seniors, we can observe the following:

Relationships are considered one of the most important life goal regarding the subjective Well-Being (6.33/7) and it has a high degree of attainment. This not only shows that relationships are important for Spaniard seniors, they also feel that fulfill that need.

Second most important Life goal for Spaniard seniors is **Physical Health**. After relationships, it seems that a necessary condition for a good life is to be healthy. The attainment of this need is significantly lower, and compared to the other needs, it has the highest difference (from 6.19/7 importance to 5.19 attainment). In the qualitative interviews, respondent emphasized the need of being physically and psychologically healthy, but when that was not possible, or at

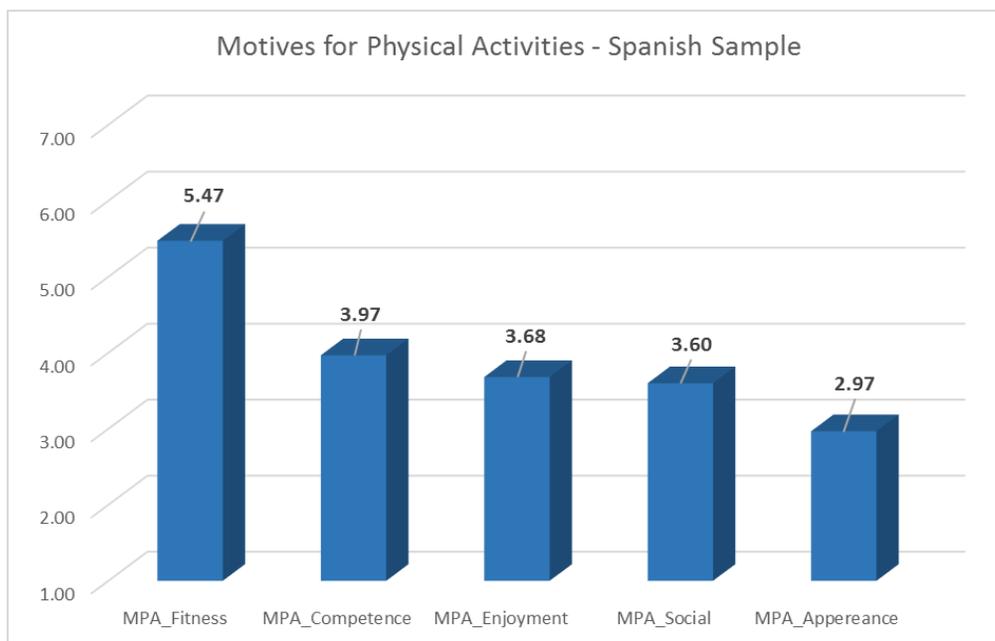
least, was not completely satisfactory, as it is observed by low attainment (5.19/7), finding new friends was one thing that most of them appreciate, mostly because it was becoming harder to find people with some interest, easy to talk and with enough confidence. Considering the results of this questionnaire and the qualitative interviews, it can be observed that the physical health is important for seniors and can be improved to increase the satisfaction.

Approximately with on the same rank, are **Autonomy** (5.89/7), **Active Mind** (5.67/7), and **Active Life** (5.63/7). Neither one of them are not considered being the most important, reflecting a similar importance for their goals fulfillment. This shows the interest of being active in an autonomous way from very different perspectives: mind, body and with self-direction and independence.

Finally, it is not important for the senior learners how they appear in front of others, the **personal image** (4.59/7) is in the last position. Nevertheless, from qualitative interview, we observed that personal image is still an important factor for their life goal (to look good), but compared to the other priorities, this becomes the least important.

c. Hierarchy of Reasons for Physical Activities for Spaniard seniors

Next graphic shows the motivations seniors have to be involved in physical activities:



To be fit is the main reason to (5.47/7) is the main motivation to perform physical exercise, so when designing an educational activity that involves walking it is important to have

this target in mind. During qualitative interviews (at in quantitative interviews supported this) it was observed that exercise is one thing that makes senior citizens to maintain their physical health. This involves the desire and also need to increase their physical health.

The desire to fulfill personal challenges, that is **Competence** (3.97/7) is the second position, that and **Enjoyment** (3.68) on the third are still important, but not as much as the first main aim that is the physical benefit (to be fit). Being **social** (3.60/7) is not one of the main reason they like to do physical exercise. The reason of being Social appears nearly at the less important motives for doing physical activities could be because Spanish seniors have available other places or scenarios that provide opportunities for socialization.

To be more **Attractive** (2.97/7) to others, that is Appearance is in the last position. Even this could be important when seniors tend to socialize or relate with other members of their family and members, we can conclude that this is not considered as a motivation to get involved in physical activities.

d. Conclusions for Spaniard seniors

CIDET proposal for the Walk'n'Talk is to promote the social contact and enrich the social relations between the people while they practice physical exercise. The activity we propose should be done based on the senior citizens' interests but from both perspectives:

From an educational institution perspective, this can be obtained from the subjects and courses they most like and including in this course extra academic activities that include physical exercise. The advantage of this approach is that we will reach those senior learners that wish to increase their skills and competences in certain areas and do not have a healthy lifestyle. In this way, we include physical activities to subjects already developed.

From a trekking or walking club/association perspective and already enrolled participants that already like to walk. We propose to include teaching and learn activities before or after the walking activity, not with the main purpose to promote the instruction of knowledge, but the acquisition of other informal skills, attitudes and values, creating a social network between all of them. This will allow people to learn and know each other interests, motivation, life, etc. creating stronger links when the participants in this trekking activity meet again. The main topics for this teaching activity could be something related to the trekking place or context. The main approach

should not be instructivism, but the design of activity that allows the knowledge of the participants to flow from each other.

We consider both approaches suitable for the Walk'n'Talk project depending on the kind of institution. In both cases, we appreciate the advantage of reaching new skills and competences no matter if those are senior learners now doing an outdoors activity or on the other side, walkers seniors that will be introduced to teaching activities. Still the most important, and in both cases, based on the interests of the senior citizens (Social and to be Fit) is to reinforce both aims, by promoting suitable physical exercise and motivating it by explain why it is so important and why it will be good for us (that is awareness) and proposing social and dynamic activities among the learners, not focusing so much in the course objective, but on the process.

5. Final conclusions and implications

This research provide a statistical overview about the various aspects that might be related with the seniors Well-Being and aims to clarify aspects that need to be considered in order to be able to develop practical activities aimed to improve the quality of life at senior age.

In the first section of this research, for the whole sample, we investigated the potential (external and internal) drivers of a fulfilling life at senior age.

Even we expected that the demographics (gender, living area and educational level) are relevant the as potential external drivers of well-being, our results highlight that this aspects does not significantly influence the Subjective Well-Being of seniors. Also (for our sample), the Perceived Self-Efficacy (which reflects the confidence that people have in the ability to exert control over the events that affect their lives) have no significant influence on how seniors feel and think about their lives

Consistently with our expectations, the involvement in physical activities contributes in a clear manner to a better level of the Subjective Well-Being at this age. We believe that by offering the opportunity to engage in various physical activities, we can contribute to the maintenance of social, physical, intellectual functioning and positive emotions over the elder life span.

Related with satisfaction level of the Psychological Basic Needs, we noticed that the seniors which consider themselves as more autonomous and also, the seniors who have a stronger sense of belonging and connectedness with others have a greater level of well-being – which is strongly associated with positive beliefs and emotions related with their lives, seen as pleasurable and fulfilled.

In the second section of this research we investigated the Hierarchy of Life Goals and the Hierarchy of the Motives for Physical Activity at senior age (for each partner country).

Even if the structure of the life goals hierarchy is slightly different from one country to another, we can observe that a good physical health, the quality of relationships and the desire to be autonomous are the most relevant issues at senior age. An effective practical approach that could makes possible to achieve these goals as efficiently as possible must take into account the strongest reasons that can lead a senior to get involved in physical activity. A response for each partner country is reflected by the Hierarchy of the Motives for Physical

Activity, and suggest which can be the motivational components that can lead the elderly to engage in physical activity (appropriate for this age). To be physically active out of the desire to be physically healthy, to be with others and having enjoyable social interactions and the ability to face new challenges (and taking their own decisions) are the main triggers which can be used as ways to motivate the elderly to become involved in the activities promoted within our project.

From this project point of view, providing to the seniors the opportunity to get involved in mixed activities (which must includes both physical activities and relational activities) will strongly contributions to the consolidation of well-being, as a profound sense of a fulfilled and pleasant life.

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