# Association between Personal Well-being, Functional Status, Anxiety, Depression, Social Support and Spiritual Experience of Older Adults living in nursing Homes in Slovakia

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**Key words:** anxiety, depression, leisure activities, older adults, subjective well-being.

*Background*

Satisfaction with life is one of the most important pillars of successful ageing. Assessing the cognitive aspect of subjective well-being (which can be related to life satisfaction) is considered a useful complementary indicator for monitoring and comparing quality of life across countries.

*Objective*

The objective of the research is to assess associations between subjective well-being, functional status, anxiety, depression, social support and positive spiritual experience in older adults living in nursing homes in Slovakia.

*Methods*

Personal Well-being Index (PWI is assessed in points or percentages of the scale maximum (SM) from 0 to 100), Hospital Anxiety and Depression Scale, Multidimensional Scale of Perceived Social Support, Daily Spiritual Experience Scale, and functional status were administered and evaluated in a sample of 106 seniors. Associations between variables were assessed by Pearson correlation and linear regression analysis.

*Results*

Older adults were the most satisfied ones with the community in which they live (72.83), personal safety (72.74), and personal relationships (65.47). Satisfaction with standard of living, future security, life goals achieved, and health were rated below the 60% SM. The overall mean PWI score was 62.76% SM. In particular, higher levels of PWI was significantly related to lower levels of anxiety and higher levels of social support and experiencing daily spiritual experiences with positive valence. Functional status and depression were not significantly related to PWI. This model significantly (F = 19.51, p < 0.001) explained 47.1% of the variability in PWI. After adding socio-demographic variables (age, gender, education, marital status, income, comorbidity), the new model did not show significant changes.

*Conclusion*

Overall PWI is consistent with normative values for non-Western post-communist countries. The helping professions, including nurses, should focus on screening and reducing anxiety, creating and supporting an effective social network and support system, and fostering positive spiritual experiences in the elderly population living in nursing homes.