

## Perceived Social Support, Gerotranscendence and Well-Being in Older Adults in Ismaili Community

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### Abstract

The objective of the present study is to determine the relationship between perceived social support, gerotranscendence and well-being in married and widowed men and women of Ismaili community. Gerotranscendence is a natural and individual process towards maturity and wisdom, a transformation characterized by new ways of understanding life, activity and oneself, cosmic and transcendent normally followed by an increase in life satisfaction (Tornstam, 1989). A non-probability purposive sampling technique was used to select a sample of 160 older adults of Ismaili community, among whom 80 (40 men and 40 women) were married and 80 (40 men and 40 women) were widowed. The Multidimensional Scale of Perceived Social Support (Zimet, Dahlem, & Farley, 1988), Gerotranscendence Scale (Cozort & Rachel, 2008) and Warwick-Edinburgh Mental Well-being Scale (2006) were administered to the participants to measure perceived social support, gerotranscendence and well-being respectively. The results indicated a significant gender difference with respect to the cosmic transcendence dimension of gerotranscendence ( $p < 0.05$ ). Gerotranscendence and perceived social support were found to have significant negative correlation in older married men ( $p < 0.05$ ). However, gerotranscendence and well-being had significant positive correlation in older married women ( $p < 0.05$ ). Additionally gerotranscendence, perceived social support and well-being were found to have significant positive correlations in older widowed men and in older widowed women ( $p < 0.05$ ). This study shows that social support plays a critical role in the lives of aged individuals and acts as a significant resource as they age.

**Keywords:** Gender difference, gerotranscendence, marital Status, perceived social support, wellbeing.

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