

## Social Well-Being of Iranian Older Adults and its Relationship with Socio-Demographic Variables

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### Abstract

**Background:** Health consists of physical, psycho and social well-being. Social well-being in individual level is a combination of psychological well-being about community. The importance of social well-being is high among the older adults for a different reason such as social isolation and loneliness.

**Methods:** This is a cross-sectional study which was conducted in Tehran, capital of Iran, in 2016. The participants were community-dwelling older adults selected by using the multistage cluster sampling strategy across the city. We used Social Well-being Scale (SWS) for collecting data.

**Results:** Three hundred older adults completed the scale. Mean age was  $66.39 \pm 6.98$  years; 60% were male. The data revealed that the older participants were at moderate level in terms of social well-being. Social well-being in these older people was significantly related to their marital status ( $P= 0.03$ ), level of education ( $P= 0.03$ ), employment status ( $P<0.01$ ), housing status ( $P<0.01$ ), financial ( $P<0.01$ ) and health status ( $P<0.01$ ).

**Conclusions:** Social well-being in older people is linked to having pension, house ownership, being employed, prospers financial status, education, good health and married status.

**Keywords:** Social Well-Being; Older Adults; Health