

HUMOR AND SUBJECTIVE WELL-BEING IN LATER LIFE: EVIDENCE FROM OLDER ADULTS IN SOUTHERN PERU

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Humor was the only significant predictor of life satisfaction, explaining 21.5% of the variance in the model.

INTRODUCTION	METHODS	RESULTS	CONCLUSIONS	REFERENCES																																										
The progressive aging of the population is generating a significant social and psychological impact in Latin American countries. Consequently, there is growing interest in understanding the psychological factors that may promote subjective well-being and life satisfaction in later life, particularly given that lower levels of well-being and poorer psychosocial functioning have been associated with an increased risk of cognitive decline and mild cognitive impairment in older adults (Sutin et al., 2021). Humor appears to influence how individuals interpret their life experiences, contributing to greater emotional regulation and higher life satisfaction, even in the presence of health-related difficulties or limited access to education.	250 older adults were assessed (mean age = 72.9, SD = 4.57), of whom 87.6% were women and 12.4% were men. Individuals with moderate to severe depressive symptoms were excluded. We used the Peruvian validated versions of the Coping Humor Scale (CHS-5) and the Satisfaction With Life Scale (SWLS). Data were analyzed using a multiple linear regression model, with SWLS scores as the dependent variable and age, sex, years of education, presence of chronic illness (yes/no), and humor scores as predictors.	The regression model explained 21.5% of the total variance in life satisfaction scores. Humor emerged as a robust and statistically significant predictor of life satisfaction (B = 0.62; β = .45; p < .001). In contrast, age (p = .409), years of education (p = .186), sex (p = .165), and presence of illness (p = .116) did not show significant effects.	The findings indicate that humor constitutes a relevant psychological resource for life satisfaction in later adulthood. These results highlight the importance of considering positive psychological factors in the promotion of well-being and active aging, and suggest that strengthening humor may represent a valuable strategy in interventions targeting older adults in community settings.	Sutin, A. R., Stephan, Y., & Terracciano, A. (2021). Psychological well-being and risk of cognitive decline and dementia. <i>Journal of Alzheimer's Disease</i>, 79(4), 1685–1695. https://doi.org/10.3233/JAD-201337																																										
OBJECTIVE To examine the role of humor as a predictor of life satisfaction in Peruvian older adults, while controlling for relevant sociodemographic and clinical variables.		Tabla 1. Multiple Linear Regression Predicting Life Satisfaction <table><tr><th>Predictor</th><th>B</th><th>β</th><th>SE</th><th>t</th><th>p</th></tr><tr><td>Constant</td><td>12.17</td><td>—</td><td>3.99</td><td>3.05</td><td>.003</td></tr><tr><td>Humor</td><td>0.62</td><td>0.45</td><td>0.08</td><td>7.87</td><td>< .001</td></tr><tr><td>Age</td><td>-0.04</td><td>-0.05</td><td>0.05</td><td>-0.83</td><td>.409</td></tr><tr><td>Years of education</td><td>0.07</td><td>0.08</td><td>0.05</td><td>1.33</td><td>.186</td></tr><tr><td>Sex</td><td>-0.99</td><td>-0.25</td><td>0.71</td><td>-1.39</td><td>.165</td></tr><tr><td>Chronic diseases</td><td>0.86</td><td>0.21</td><td>0.54</td><td>1.58</td><td>.116</td></tr></table>	Predictor	B	β	SE	t	p	Constant	12.17	—	3.99	3.05	.003	Humor	0.62	0.45	0.08	7.87	< .001	Age	-0.04	-0.05	0.05	-0.83	.409	Years of education	0.07	0.08	0.05	1.33	.186	Sex	-0.99	-0.25	0.71	-1.39	.165	Chronic diseases	0.86	0.21	0.54	1.58	.116	CONTACT Eva Condori-Gorbeña evacondori7601@gmail.com Sharmely Ticona-Poma sharpoma6@gmail.com Claudia River-Fernadez clauri01@ucm.es	ALZHEIMER'S ASSOCIATION AAIC>26
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