



## IMPACT OF FAMILY RELATIONSHIPS AND SELF-CONCEPT CLARITY ON LIFE SATISFACTION AMONG ELDERLY INDIVIDUALS IN PAKISTAN

Fatima Ijaz<sup>1</sup>, Saira Maqsood<sup>2</sup>

<sup>1</sup>Department of Psychology, Lahore Garrison University, Email: [Fatimaxhk786@gmail.com](mailto:Fatimaxhk786@gmail.com)

<sup>2</sup>Department of Psychology, Lahore Garrison University, Email: [sairamaqsood@lgu.edu.pk](mailto:sairamaqsood@lgu.edu.pk)

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#### Corresponding Author:

**Fatima Ijaz**

Email:

[Fatimaxhk786@gmail.com](mailto:Fatimaxhk786@gmail.com)

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### ABSTRACT

**Background:** In today's modern era, a visible gap in emotional, communication, role expectation and family support has emerged between children and parents, primarily due to quick advancements in artificial intelligence and other new technology. Numerous psychological challenges just like loneliness, isolation, identity crisis faced by our elderly people experience have been caused by the technology gap. The aim of our study is to bring these concerns to the forefront, address them effectively and provide practical solution through understanding of these factors of psychosocial correlates that influence the family relationship, self-concept and life satisfaction of elder adults.

**Method:** In current research correlational research design were selected and data were collected from the sample of 155 Males and 129 Females along with demographic Performa for assessment Brief Family Relationship (Fok et al., 2014) Self Concept Clarity (Jennifer D. Campbell et al., 1996) and Life Satisfaction Index for the Third Age (Peter, S. D., & Andrew, F.,2009) were used. To evaluate data psychometric properties, pearson product moment correlation, mediation (SEM PLS) and t test was done.

**Results:** The findings revealed that elder individuals have high level of satisfaction with their lives with good family relations. Among them the idea of good relation with family was the most important determinant of psychosocial correlates for self-concept and life satisfaction of individuals with golden age. Moreover, in later life, self-concept becomes more defined, and life satisfaction increases with strong familial relationships.

**Conclusion:** Research findings will be helpful for people who are not living with their families not giving time because of AI and new gadgets takes up much of their time which has resulted in a growing generational gap.

## 1. INTRODUCTION

The transition into the golden years of life brings about various psychosocial changes that significantly influence individuals' overall life satisfaction. Understanding these psychosocial correlates, such as family relationships and self-concept is important to promoting the wellness of older adults. The interconnected psychological and social elements that affect a person's behavior, emotional stability, and general mental health are stated to as psychosocial correlates. Numerous elements, such as social contacts, social support, self-concept, and family dynamics, have positive effect on an individual's experiences and degree of life satisfaction. However, the aim of this study is to look at the psychosocial factors like family relationship and self-concept that influence life satisfaction in people with golden age. (Antonucci & Ajrouch, 2007).

The term "golden age" mainly refers to older adults, or senior citizens, who are referred to as those 60 years of age and older and who enter a stage of life marked by retirement and chances for personal growth and fulfillment. (Luh, A.2003).

Psychosocial correlates are "the interaction between psychological processes and the social context in which individuals operate and highlighting how self-concept, family relationship can lesion stress and enhance satisfaction with life." According to this viewpoint, social connections are crucial for reducing the negative consequences of stress (Hobfoll, 1989). These all have a significant impact on how older persons perceive life. People frequently experience major life transitions as they become older, such as retirement, the death of a loved one, deteriorating health, and shifting societal responsibilities. These psychosocial factors can either support or hinder their ability to adapt to such changes, thus influencing their life satisfaction. Positive psychosocial

correlates, such as strong social support systems and high self-esteem, are linked with greater life satisfaction and emotional resilience in older adults. On the other hand, unfavorable elements including social isolation and loneliness can result in worse mental health, increased stress, and a lower quality of life (Pinquart & Sörensen, 2000).

Life satisfaction is a reflection of their overall assessment of their current state of life, which includes factors like their physical well-being, social relationships, and capacity to adapt to the Age-related alterations. People have major life transitions as they get older, such as retirement, changing responsibilities in the family, and changes in their health. Better mental health, emotional resilience, and stress management abilities are linked with higher life satisfaction in older adults. Strong social support system from the family, individual accomplishments, and participation in fulfilling activities are important components of life satisfaction (Diener, 1984). Life satisfaction affects not just mental health but also physical health, social interaction, and even survival. Higher life satisfaction has been linked to increased resistance against age-related health problems in older adults by promoting active lifestyles, following medical advice, and having a positive perspective (Diener & Chan, 2011). Elders who feel satisfied with their life are more likely to engage in social activities and maintain relationships with those who support them, both of which provide essential emotional support that can reduce stress and anxiety. This improved well-being has a positive impact on longevity since studies have connected a high degree of life satisfaction to a decreased risk of mortality, and happy individuals often live longer, healthier lives. (Steptoe & Wardle, 2012).

Family relationships refer to the emotional, social, and practical bonds that are present among individuals within a family unit. These relationships can involve parents,

children, siblings, spouses, and extended family members, and are characterized by varying degrees of support, communication, and shared experiences. Positive family relationships often provide a foundation for emotional stability, offering individuals a sense of belonging, security, and unconditional support. These relationships can influence different aspects of life, including psychological well being, LS, and overall health. In older adults, strong family ties can reduce feelings of loneliness and isolation, helping to promote resilience during life transitions. Conversely, strained or distant family relationships may exacerbate stress, contribute to psychological difficulties, and negatively impact life satisfaction (Umberson & Montez, 2010). Especially in the context of familial relationships, elderly people have certain needs that must be satisfied. Support from family members is crucial because it fosters a sense of safety and inclusion. Older adults frequently experience feelings of loneliness and isolation, which this assistance can help lessen. Family members may also be very beneficial in assisting senior citizens with daily duties, managing their healthcare, and getting around. To ensure that older persons feel appreciated and respected in their later years, research emphasizes the necessity of open communication and family engagement in attending to their emotional and physical needs (Antonucci & Akiyama, 1987).

Self-concept includes one's beliefs, thoughts, and feelings about oneself that are influenced by one's life experiences and social interactions, it is essential to the psychological health of older persons. As people become older, their perception of themselves may change throughout the course of their lives due to important life experiences, interpersonal interactions, and social positions. Because they provide emotional support and psychological encouragement meaningful social interactions and the maintenance of

supportive relationships are essential for developing a positive self-concept. Actively participating in family and community life may help older people feel more valuable and like they belong, which will strengthen their sense of self (Erikson, 1968; Rowe & Kahn, 1997).

Self-concept and family connections of seniors are tightly linked, and their perceptions of their own abilities and sense of control over their lives are greatly influenced by their family relationships. A person's self-concept is their confidence in their capacity to handle life's responsibilities, preserve their independence, and overcome hurdles. These skills grow more important as people age. Because it protects autonomy and self-esteem, it is essential for older people's mental health. Their self-confidence is reinforced by the practical, social, and emotional support that comes from family bonds. When family members give older people opportunities for connection, emotional encouragement they are more likely to maintain a positive self-concept, feel more motivated, and participate in social activities (Fingerman and Pillemer, 2020). Research indicates family ties have a major role in an elder's life satisfaction by meeting basic emotional and psychological requirements including security, friendship, and shared experiences (Fingerman et al., 2012). Family members give many elderly people a social network that supports their sense of self-worth and identity. Older folks frequently reside with or near their children and grandchildren in Pakistan, where extended families are typical, allowing them to maintain relationships and actively engage in family life ( Akram & Hussain, 2020). In the current era of rapid technological growth, the excessive use of technology has contributed to a major generational gap. As a result of their growing obsession with digital gadgets, children and younger people are becoming less emotionally connected to older people and engaging in meaningful contact.

Because of this, traditional family dynamics are changing, which makes elderly people feel isolated from society and ignored. The aim of our study is to bring these concerns to the forefront, address them efficiently and provide practical solution through understanding of these factors of psychosocial correlates that influence the family relationship, self-concept and life satisfaction of elder adult and clarify the causes of the gap between generation and how it affects older individual's life satisfaction.

Traditional family arrangements have been impacted by the blending of Western cultural practices into Eastern civilizations. For example, the construction of old age homes, a previously unusual idea in the region, has increased in Pakistan due to this nuclear families are progressively replacing the traditional joint family structure, which causes older persons to become marginalized (Noor & Qureshi, 2023). Through the examination of these elements, the study offers important insights into how they affect the quality of life for older adults in Pakistan.

Hence, the primary objectives of the study are to find out the fill a gap in the literature by focusing on the specific psychosocial factors that influence life satisfaction in older adults and examining the relationships between family relationships and self-concept Clarity, as well as the overall effects of these factors on life satisfaction in golden age individuals.

## **2. Theoretical Framework and Hypothesis Development**

The convey theory of social relationship similar to my model Family relationships have a big impact on older individuals' life satisfaction, especially in collectivist societies where families are frequently viewed as the main source of identity and support. (George, 2010). Family relationships hold significant influence over the life satisfaction of older adults, especially within collectivist societies where family is

often seen as a primary source of support and identity. Family ties offer a sense of security and belonging in these cultures. Familial relationships in forming self-concept and affecting life satisfaction while highlighting the ways in which social support networks change over the course of a person's life. Close family members who offer both practical and emotional assistance make up the majority of older persons' inner social circles, as this model illustrates. These connections provide a feeling of identification, belonging, and validation, all of which support a good self-concept which support our research good family relations made strong self-concept in turn, enhances emotional well-being, lessens loneliness, and validates one's place in the family and community, all of which led to increased life satisfaction which support our model how family relationships, self-concept, and life satisfaction are interconnected and shaped by social networks. (Antonucci et al., 2004).

H1 There is a positive significant relationship between family relationships, self-concept and life satisfaction among older adults.

H2 Self-concept would positively mediates the relationship between family relationships and life satisfaction among older adults.

H3 Women with golden age would significantly have better family relationship, high self concept and life satisfactions as compare to men with golden age

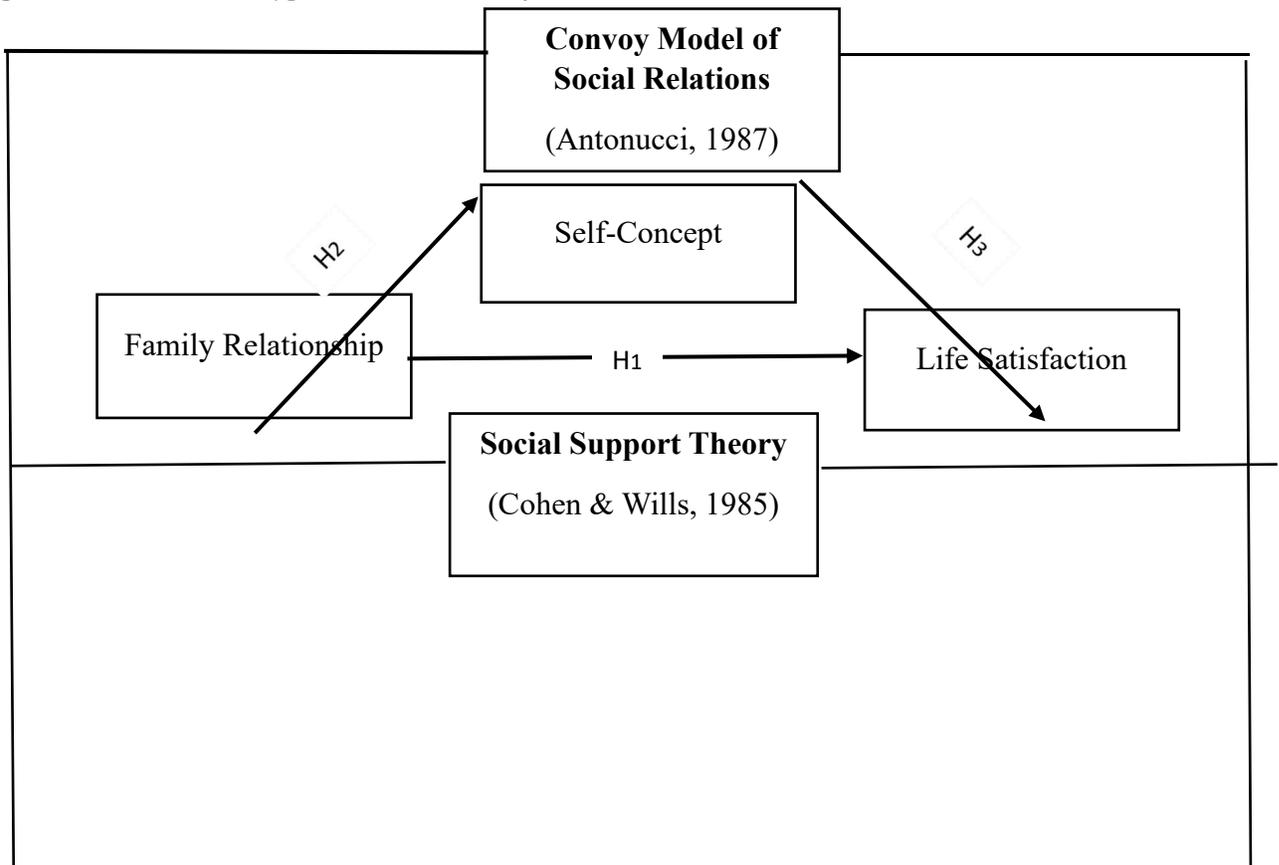
Pakistan is a collectivist culture hence the joint family system's prevalence is more here than other individualistic cultures. Research indicates that Life Satisfaction is more impacted by family support than by friend support. Regardless of a person's degree of familialism, receiving emotional support from family members greatly increased life happiness. However, those with greater degrees of familialism benefited most from instrumental assistance. These findings highlight the importance of family, especially instrumental support, in enhancing the

wellbeing of elderly people with close family ties.

Social Support theory highlights the importance of social support in influencing physical and mental health. Social support from family, in particular, is linked to improved well-being and life satisfaction in older adults by buffering stress and enhancing self-esteem and self-concept. The presence of close, supportive family relationships is critical for maintaining mental health and life satisfaction so that older adults who live with their families are more satisfied. The theory focuses on general social support more impacted rather than the specific role of

family relationships. Social Support Theory underscores the importance of supportive relationships by the family is important for life satisfaction of elder adults also improve self-perception. (Cohen & Wills, 1985). In Pakistan, the transition from joint to nuclear family structures is likely to modify these effects, because joint families traditionally provide more social support, daily interaction, and caregiving for older adults. For example, in qualitative studies in Karachi, obligations to care for aging parents are deeply tied to family expectations and religious and cultural values, acting as a buffer against loneliness and low self-esteem. (Shekhani, 2024).

Figure 1: Theoretical/Hypothetical model of Research



### 3. Research Design and Sample

This model is formulated to investigate the psychosocial correlates and relationship among study variables and the predictive role of Family relationship and Self-concept on Life satisfaction among individual with golden age. Correlational research design were conducted. A sample of 284 should be adequate using this study's Greens approach since it is more than the minimal requirement as determined by the Green formula ( $50 + 8x4 = 82$  participants). (Carmen & Wilson, 2007). Individuals who fall in golden age 60 years or older were included. Working men and women both who were retired and had previously served in a job, have at least two children, intact memory and live in joint family systems were included whereas who were still employed, below 60 years, not living with their children's and have memory issue or psychological disorder were excluded.

*3.1 Measuring Instruments.* The standardized questionnaires were used to measure study variables along with demographic Performa.

*3.2 Brief Family Relationship Scale (BFRS).* It was developed by Cohen et al. in 2000. The scale consist 16 items rayed on 5 point rating scale, evaluate different aspects of family relations. (e.g, In our family we really help and support each other, In our family we spend a lot of time doing things together at home, In our family we argue a lot etc) With a Cronbach's alpha value usually reported between (0.84) and (0.93) (Cohen et al., 2000).

*3.3 Self-Concept Clarity Scale (SCCS).* The Self-Concept Clarity Scale (SCCS) was developed by Campbell et al. (1996). It consist 12 items, rated on 5 point rating scale which including statements like "My belief about myself often conflict with one another and I spend a lot of time wondering about what kind of person I really am" The scale has shown good reliability, with a Cronbach's alpha value commonly reported around (0.86).

*3.4 The Life Satisfaction Index for the Third Age (LSITA).* It was developed by Andrew et al. (2009) to assess life satisfaction specifically in individuals with golden age. The scale consists of 20 items designed to measure different aspects of life satisfaction among the elderly including statements like (My life could be happier then it is now and As I look back on my life, I am well satisfied) The Cronbach's alpha reliability coefficient for the LSITA has been reported to be above (0.80).

*3.5 Demographic sheet.* The data were collected from the participants using a demographic questionnaire comprising of information about age, profession, marital duration, marital partner, children's, Retirement duration and family system.

Table 1 shows that the number of men participants (155) is greater than the number of women participants (129) in the study. Participants are higher in government job than private or business one. Participants are higher from working class socioeconomic status.

*Table 1: Sociodemographic characteristics of the participants. (N=284)*

Sample characteristics	M	SD
Age	65	4.04
Marital Duration	38	7.7
Retirement Duration	6.80	4.77

*Note , N= 284*

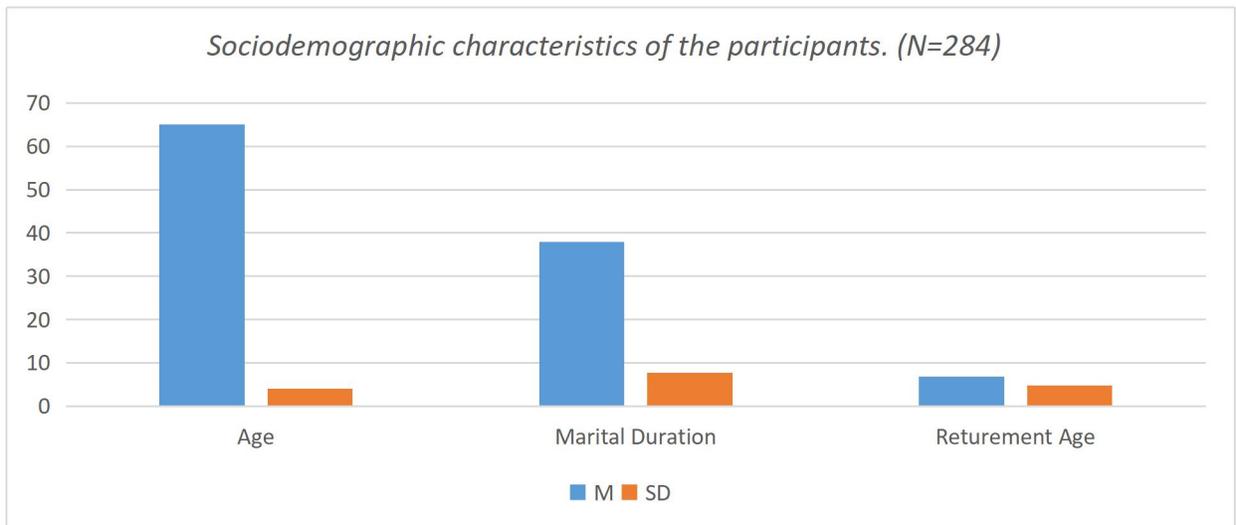


FIGURE: 2 SOCIODEMOGRAPHIC CHARACTERISTICS OF THE PARTICIPANTS. (N=284)

Table 2: Sociodemographic characteristics of the participants. (N=284)

Sample characteristics	n	%
Gender		
Male	155	54.6
Female	129	45.4
Marital Partner		
Alive	161	56.7
Death	123	43.3
Profession		
Private Job	35	12.3
Government Job	206	72.5
Business	43	15.1
Family System		
Nuclear Family	185	65.1
Joint family	99	34.9

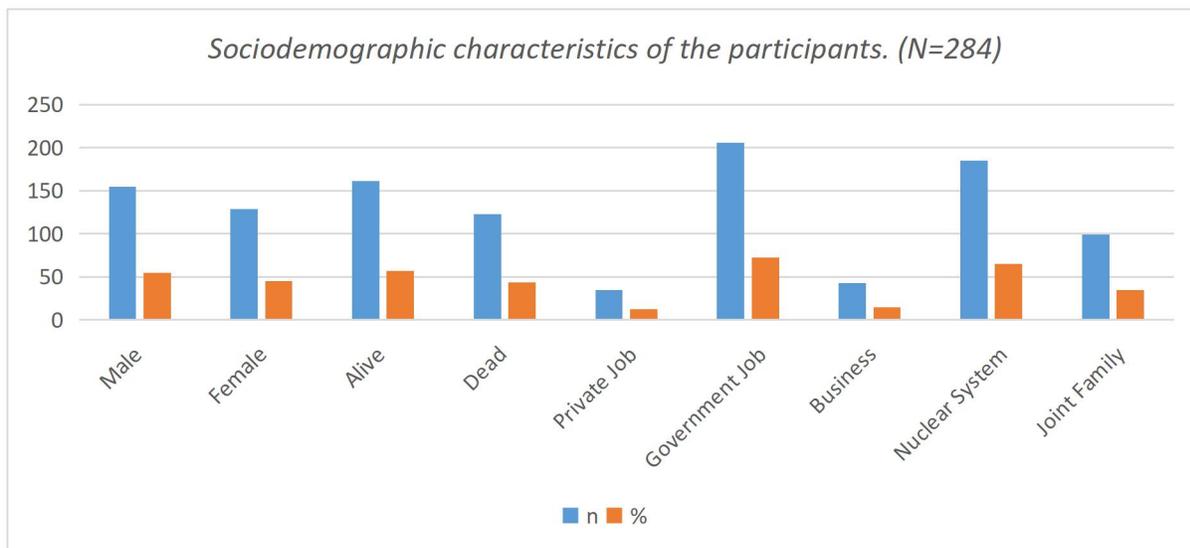


FIGURE 3: SOCIODEMOGRAPHIC CHARACTERISTICS OF THE PARTICIPANTS. (N=284)

3.6. *Procedure.* The study was approved by the Departmental Board of Studies and the Board of Advanced Studies and Research. Permission was obtained from the authors of the assessment measures used in the study before data collection. The study's goals were explained to the participants, and they gave their written agreement after being guaranteed anonymity and confidentiality. Additionally, they were made aware of their right to leave the research at any moment. The incomplete forms were discarded.

After initial screening, 284 out of 290 collected responses were retained for analysis. Data were entered into SPSS Version 25, with further mediation analysis conducted using Partial Least Squares (SEM PLS) version 04 structural equation modeling to examine the effects of family relationships on self-concept, and subsequently on life satisfaction. The research was designed, conducted, and

Table 3: *Intercorrelation of Family Relationship, Self-Concept Clarity, and Life Satisfaction.* (N=284)

Variables	1	2	3
Family Relation	-		
Self-Concept Clarity	.27**	-	
Life Satisfaction	.44**	.43**	-

reported in compliance with American Psychological Association (APA) guidelines.

#### 4. Result.

The study employee advances statistical analysis, including SPSS (Version 25) for descriptive analysis, for cleaning the data (missing values, outliers, normal distribution) psychometrics of constructs, and correlational analysis and Structural Equation Modeling through Smart PLS (version 0.4) for mediation analysis. The analysis was conducted in line with the objectives of the study. Especially Pearson correlation was used to measure the relationship between the variables, while mediation analysis was carried out to determine the significant interference that increase or decrease the influence on a dependent variable. Given are the findings of the study along with the description of the analysis.

Note=\*\* Correlation is significant at 0.01 level (2 tailed)  $p < .01$   
 $*p < .01$ .  $**p < .001$ .

Findings demonstrate that Family Relation has positive significant relationship with Self Concept Clarity ( $r = .27^{**}$ ,  $p > .01$ ), and Life Satisfaction ( $r = .44^{**}$ ,  $p < .01$ ). Moreover,

Self-concept also positively significantly correlated with Life Satisfaction. ( $r = .43^*$ ,  $p < .01$ .)

Note.  $K$  = number of items;  $\alpha$  = reliability;  $M$  = mean;  $SD$  = standard Deviation  $k$  = kurtosis;  $S$  = Skewness

Table depict Psychometric properties for the scales used in the present study. The

Table 4: Psychometric properties of Family Relationship, Self-Concept Clarity, and Life Satisfaction.

Scale	K	S	M	SD	Potential Range	Actual Range	Cronbach's $\alpha$
Family Relationship	0.398	-0.10	56.22	5.75	80-16	75-20	.641
Self-Concept Clarity	-0.431	-0.17	35.17	7.17	60-12	55-15	.749
Life Satisfaction.	-0.021	0.005	42.59	5.63	60-12	55-15	.694

Cronbach's for Family Relationship scale was .641 ( $< 70$ ) which indicate low internal consistency. The Cronbach's for Self concept scale was .749 ( $< 80$ ) which indicate good internal consistency. The Cronbach's for Life Satisfaction scale was .694 ( $< 70$ ) which indicate slightly less than good internal consistency. Analysis showed descriptive statistics for all scales. It also showed a moderate to good reliability of family relationship, Self-concept clarity and Life satisfaction. Overall Reliability analysis shows moderate to good reliability of all scales so we proceed for further analysis. Family Relationship and Self-Concept Clarity are slightly skewed toward the higher end. Life Satisfaction is nearly symmetric. Moreover Family Relationship shows a slightly peaked distribution. Self-Concept Clarity is more spread out and Life Satisfaction is close to normal. All of the variables' skewness and kurtosis values are near zero, indicating that the distributions are close to normal.

## Mediation Analysis through Smart PLS

### 4.1 Mediation Analysis through Smart PLS.

The investigation was done in two steps first measurement model was explained for the psychometric properties of constructs. Later on, a structural model was utilized to further test the hypothesis of the study.

4.2. *Measurement Model.* The measurement model was evaluated to measure the reliability and validity of the study variables. Reliability was assessed through Cronbach's  $\alpha$  and composite reliability. The results of  $\alpha$  and CR confirmed internal consistency. Composite Reliability value recommended that they should be at least above 0.4. The outer loadings near the range due to multicollinearity and variables related each other. The other outer indicators established above the range values were held because of their high significance for the model. The  $\alpha$  value and composite reliability (CR) of constructs were established over the required value. For convergent validity, the AVE of the construct was assessed and was found.

Although the value should be 0.5 for AVE but above 0.3 is acceptable if already standardized scale is used. It is worth noting that the AVE is relatively a more conservative measure as compared to CR. Convergent validity of a measure may be considered adequate based on CR alone even though half

of the variance is because of error. In the case that the AVE is below 0.5 but the composite reliability is above 0.6, the construct's convergent validity remains adequate. (Fornell & Larcker, 1981; Malhotra, 2010). The values reported in Table 3.3 showed the construct's reliability and validity.

Table 5: Psychometric properties for constructs

Measures	Outer Loadings Range	Cronbach's $\alpha$	CR	AVE	Discriminant Validity HTMT<0.8
FR	0.49- 0.90	0.86	0.89	0.74	0.48
SCC	0.40 -0.99	0.79	0.89	0.74	0.38
LS	0.51- 0.99	0.82	0.87	0.71	0.38

Internal reliability of the scale ranges from 0.71 to 0.90 which shows a high internal consistency of constructs. All scales show high internal reliability. (Athanasidou & Mavrikaki, 2014; Taber 2018,)

4.3 Structural Model. The hypothetical assumptions were tested through a systematic process. The direct and indirect effect were investigated to check if the paths were

significant or not. The structural model help in testing the hypothesis of the study along with the predictive capacity of the study model. The first step of the structural model was to assess the multicollinearity through VIF. VIF value below 5 are considered acceptable. (Hair et al., 2022). + SmartPLS version.

Table 6: Collinearity statistics for the variance inflation Factor (VIF) for the study variance (N =284)

	Family Relation	Self-Concept Clarity	Life Satisfaction
Family Relation	-	1.70	1.00
Self-Concept Clarity	-	-	
Life Satisfaction	-	1.70	-

Note. LS = Life Satisfaction, SCC= Self-Concept Clarity, FR = Family Relation

The VIF values that were obtained fall significantly below the standard cut-off of 5 and varied from 1.00 to 1.70 (Hair et al., 2019). Given that the independent variables in the current model did not exhibit significant

overlap. The required range showed no multicollinearity and within the acceptable range these predictors contribute independently to the model and do not overlap excessively with other predictor.

Table 7: Predictive Capabilities of model (N=284)

Variable	R <sup>2</sup>	Q <sup>2</sup>
Life Satisfaction	0.28	0.39
Self-Concept Clarity	0.38	0.39

Note. LS = Life Satisfaction, SCC= Self-Concept Clarity

Value strength of  $R^2$  is 0.25 depicts weak, 0.50 for moderate, and 0.75 indicates strong effect, respectively. The predictive capability ranges as 0.02 for small, 0.15 medium and 0.35 large (Hair et al., 2022). Findings of the Table 8: *Path Coefficients Direct Paths (N=284)*

study depicts moderate effect size and large predictive relevance for LS ( $R^2$  0.28  $Q^2$  0.39) and SC ( $R^2$  0.38  $Q^2$  0.39) as according to (Cohen, 1988)

	Coefficient	SE	T	P	Confidence Interval	
					LL	UL
FR → LS	0.37	0.05	6.50	0.00	0.25	0.47
FR → SCC	0.29	0.06	4.51	0.00	0.16	0.42
SCC → LS	0.28	0.05	5.45	0.00	0.17	0.38

Note. LS = Life Satisfaction, SCC= self-Concept Clarity, FR = Family Relation,  $**p < .001$

Table showed that family Relation positively predicts Life satisfaction ( $\beta = 0.37$ , SE = 0.05,  $t = 6.50$ ,  $p < .001$ ) and positively predict Self-concept clarity ( $\beta = 0.28$ , SE = 0.06,  $t = 4.51$ ,  $p < .001$ ). While the self-

concept clarity also significantly predicts life satisfaction ( $\beta = 0.28$ , SE = 0.05,  $t = 5.45$ ,  $p < .001$ ). Its mean those who have good family relation have better self-concept and life satisfaction.

Table 9: *Indirect path (N=284)*

Path	B	SE	t	P	LL	UL
Family Relation → Self Concept Clarity → Life Satisfaction	0.08	0.08	3.53	0.00	0.04	0.13

Note. LS = Life Satisfaction, SCC= self-Concept Clarity, FR = Family Relation,  $**p < .001$

Table showed that self-concept clarity partially mediates the relationship between Family Relationship and Life Satisfaction ( $p < .001$ ,  $B = 0.08$ ). The values indicate that

the indirect effect of FR, SCC on LS which indicate Family relationship impact the self-concept that directly increase Life satisfaction.

Figure 2: *Emerged Model of Research*

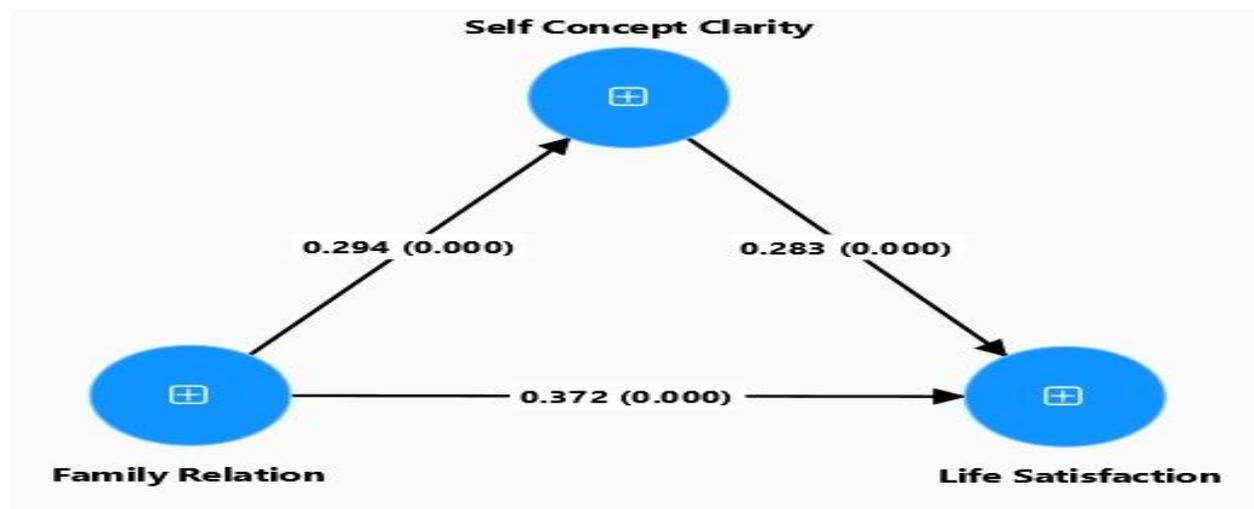


Figure 2 shows that good family relationship leads to a higher Positive self-concept clarity, which in turn has increase life satisfaction.

Table 10: Gender Differences in Family Relationship, Self-Concept Clarity, and Life Satisfaction.

Variables	Men <sup>a</sup>		Women <sup>b</sup>		<i>t</i> (284)	<i>P</i>	Cohen's <i>d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			
Family Relationship	56.37	5.58	56.05	5.94	0.47	0.63	0.06
Self-Concept Clarity	34.70	7.14	35.74	7.18	1.21	0.22	0.15
Life Satisfaction	41.88	5.52	43.44	5.67	2.34	0.02	0.28

Note. *N* = 284. *M* = mean; *SD* = standard deviation

<sup>a</sup>*n* = 155. <sup>b</sup>*n* = 129.

\**p* < .01. \*\**p* < .001.

Results of the independent samples t-test showed no significant gender differences in family relationships and self-concept clarity but life satisfaction is statistically significant between genders. Table indicate life satisfaction is higher in females ( $M=43.44$ ,  $SD=5.67$ ,  $P=0.02$ ,) then male ( $M=41.88$ ,  $SD=5.52$ ,  $p= 0.63$ ).

## 5. Discussion

This study assume Family relationship has a significant relationship with Life satisfaction. The results of the present study support the findings of previous literature which suggested strong familial relationships were linked to a more positive self-concept, which in turn led to improved life satisfaction (Antonucci & Ajrouch, 2019).

There is a positive relationship among family relationships, self-concept and life satisfaction in older adults approved by the research explain physical health and functional independence are crucial for promoting a good self-perception of aging, a sense of companionship, family support and a supportive social network are crucial for improving life satisfaction. Another study executed by Leung, K., Wu, H.-H., & Lam, C. (2018).to investigated the roles of family and friends in the psychological well-being of older adults, focusing on their contributions to life satisfaction among Chinese seniors in Hong Kong. Result indicated peoples who have good family relational terms have higher satisfaction with life. Another study stated that fostering social connections and emotional coping skills is essential for promoting life satisfaction among older adults. (Smith & Jones, 2020).

The findings indicated that In order to improve the quality of life, life satisfaction is a comprehensive evaluation of attitudes and sentiments toward one's own and one's family's lives. One would anticipate a favorable correlation between life satisfaction and work family. The study revealing that older adults who reported stronger family support and higher levels of self-competence experienced greater life satisfaction. Support relationships between spouses and partners are linked to increased social support and less social strain, which in turn enhances older individuals' overall life satisfaction. Support from friends is linked to higher life satisfaction among older persons who experience stress from their spouses or partners. The findings showed that while family conflict was associated with poorer life happiness, family closeness and communication were positively connected with self-concept and life satisfaction. The results of the mediation study demonstrated that the association between life satisfaction and family dynamics was significantly mediated by self-concept another view state Children with distinct self-concepts are more likely to have parents with high levels of SCC, according to research (Crocetti et al., 2016).

Strong family relationships become more important as individuals transition into later

stages of life where social networks may shrink, and physical and emotional vulnerabilities often increase. Family ties give an older adult a steady supply of both practical and emotional assistance, which helps them feel safe, self-worth, and belonging. These Relations help to reduce feelings of loneliness and isolation, which are common challenges in old age. Through the development of family relationships assist older adults in maintaining a sense of self-identity and purpose, both of which are essential for having a fulfilling life. Achieving satisfaction in life requires self-understanding, which are developed by strong familial relationships. Family interactions help elder people maintaining a feeling of Self-identity and purpose, which are both essential for life satisfaction ( Bandura , 1997). Emphasized how psychological outcomes like life satisfaction and self-concept when supported by an outside network. They explained when individual get older their social network become reduce and their more focused become concept like who am I what I did in my life and if they are satisfied with the answers of these questions which made by strong familial bond they are satisfied with their life. Just like Individual who have strong family support more satisfied with life.

such as According to Bandura (1997), person overall satisfaction with life depends how they see them self and their abilities to perform task, if families provide much support elders in return believe in their self to handle different life situations and age-related difficulties and much more satisfied then those who have familial conflicts (Ryff & Keyes, 1995).

The results indicate women with golden age would significantly have better family relationship, high self-concept and life satisfactions as compare to men with golden age revealed Women's life satisfaction may be more impacted by social harmony and family responsibilities in collectivist countries (like

Pakistan), In contrast, men, particularly after retirement, may experience a decline in social roles tied to employment and financial provision, which can lower their perceived competence and life satisfaction. Previous research has also shown that women tend to derive more emotional support from family and interpersonal relationships, which enhances their overall life satisfaction in older age (Pinquart & Sörensen, 2001). According to research by Burton-Jeangros, (2014). older women often report better levels of life satisfaction than males do. This is probably due to the fact that they have stronger familial ties and social support networks in later life. And male satisfaction with life effected by financial responsibility, family pressure and so on.

## **6. Conclusion**

It is concluded that elder individuals have high level of satisfaction with their lives with good family relations. Furthermore, in older age self-concept will be clearer and satisfaction with life improved with good family relationships for older adults to find purpose and fulfillment in life, they must have a strong sense of self that is based on healthy family relationships. The mediation model demonstrated that family support contributes in self-concept clarity, which, in turn, increases life satisfaction. This study emphasizes how older persons' well-being is strongly impacted by the behavior of their familial interactions. In addition to improving life satisfaction, strong family relationships guarantee that senior citizens stay important and respected in their own homes with their kids. Results indicated that there is significant gender difference in life satisfaction among female and male. Females with golden age have higher satisfaction in life as compared men. This findings will contribute how psychosocial correlates affect family relationships, self-concept, and life satisfaction in older adults, while clarifying

the role of the generational gap in shaping their well-being.

## **7. Limitation and Future Recommendation**

Although the findings of the current research have contributed to the literature in several ways, nevertheless, In order to escape the potential limitation a number of the precautionary measures were taken, but still there are several limitations that should be noted. This study consisted of Elder adults who hesitate to provide data. Due to their age and mental fatigue, they reported feeling tired after answering the survey questions. This fatigue might somewhat influence the data. The implementation of techniques or activities needed to promoting awareness in closeness among families, and awareness-raising initiatives are needed to emphasize the significance of caring duties for senior citizens in Pakistani society.

The questionnaire should not be lengthy rather, it should be comprehensive and precise, future research could consider employing shorter scales or mixed-method approaches, such as interviews, to reduce respondent fatigue While the use of Urdu versions would have been more helpful for the elder population, validated Urdu tools were not available, English-language tools can still be valid in multilingual contexts when participants are educated, which was ensured in the present study sample.

The sample was collected exclusively from urban areas, educated older adults, as it was difficult to find participants meeting the required educational criteria in rural areas and excluding participants from rural Future studies should include rural populations, who may face different or heightened psychosocial challenges. Despite these limitations, the results are still reliable and consistent with research from other collectivist societies, such China and India. These similarities support the validity of the findings by indicating that the relationships seen are not specific to

Pakistan but rather represent larger cultural processes. Future research should aim to collaborate with rural communities and local NGOs to access more diverse demographics, thereby ensuring a broader and more inclusive representation of older adults.

*7.1 Policy Recommendations:* To address the psychosocial challenges identified, low-cost and culturally relevant interventions should be prioritized. Community-based workshops can be organized to bridge generational technology gaps, enabling older adults to connect with their families more effectively. Additionally, family counseling sessions and awareness programs in local community centers may strengthen intergenerational relationships, enhance self-concept, and improve life satisfaction among older adults.

## **8. Implication of the study**

*8.1 Clinical Implication.* Research findings will be helpful for the people who are not living with their families not giving time because of artificial intelligence and new gadgets takes up much of their time which has resulted in a growing generational gap. Building familial relationships and making time for senior citizens a priority is not only necessary but crucial for their overall health in this materialistic and advanced technological society. The study can be helpful to understand the importance of techniques which can use for better family relationships. Family therapy can be use to enhance relationship between parents and children which reduce conflicts and for generational gap conflicts intergenerational therapy can be helpful for elder adults to improve their life satisfaction. Person-centered therapy can be used to improve life satisfaction in elder adults to promote unconditional positive regard, which can be extended to family dynamics, encouraging all members (including children) to accept one another and express their feelings without judgment. In order to monitor and enhance relationships, family members role-play

technique can be helpful in certain conflicts during treatment.

**8.2. General Implication.** Current research makes some significant contribution to the literature on Family relation, Life satisfaction in general and particular context. Due to limited availability of indigenous literature on the relevant construct, especially in the context of self-concept using as a mediator. The current study findings provide a distinct perspective on the variable compare to existing research. This study aims to fill a gap in the literature by focusing on the specific psychosocial factors that influence life satisfaction in older adults and examining the relationships between family relationships and self-concept Clarity. Through the examination of these elements, the study offers important insights into how they affect the quality of life for older Pakistanis, especially those living in assisted living facilities so that children's can understand the needs of elder adults better. By understanding the psychosocial challenges faced by older adults, this study encourages families to be more mindful of the needs of elder adults and to create a supportive environment that fosters emotional and psychological well-being.

#### **Data Availability**

The data used in this paper can be obtained from the corresponding author upon request.

#### **Conflicts of Interest**

The authors declare that they have no conflicts of interest regarding the publication of this work

#### **Declarations**

**Ethical approval:** The study was approved by the Departmental Board of Studies and the Board of Advanced Studies and Research at Lahore Garrison University, Lahore, Pakistan. All procedures performed in this study were in accordance with the ethical standards of the institutional review board.

**Consent to participate:** Permission was obtained from the authors of the assessment measures used in the study before data

collection. Furthermore Informed consent was obtained from all individual participants included in the study.

**Consent to publish:** All participants provided consent for the publication of anonymized data for academic and research purposes.

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*Alicia Colombo*.