

Abstract

Objectives. This present study is an attempt to explore the relationship between subjective age and subjective well-being (SWB) among adults in Hong Kong. A different relationship between subjective age and SWB is expected when compared to previous research conducted in western societies, in which positive affect may not be associated with subjective age, while lower level of negative affect may be associated with younger subjective age.

已註解 [h1]: Be more specific. How different?

Methods. Data were collected from respondents between 18 to 89 years of age ($N = 311$) from the community in Hong Kong.

Results. Using regression analyses, it was found that a younger subjective age was associated with less negative affect after controlling for covariate variables (i.e. marital status, having a child, and educational level). No association was found between subjective age and life satisfaction, positive affect or neutral affective states. An interaction effect of age was found in the high-arousal negative affective state: older adults who endorsed a younger subjective age had significantly lower high-arousal negative affect when compared to younger adults.

已註解 [h2]: Be more specific. List the covariates

Discussion. The relationship of subjective age and SWB could be influenced by cultural context. Future research in this area should include an emphasis on cultural influences