

ABSTRACT

This thesis comprises three manuscripts that examined views on aging and their health-related outcomes. The first manuscript addresses how life domains and personal values shape people's judgment of warmth and competence of older adults. This manuscript tells us how views on aging are formed. The second manuscript addresses age differences and the underlying mechanism of changes during the pandemic (versus before the pandemic) of age stereotypes and current self-views via future self-views. This manuscript tells us that views on aging can be divided into views of older adults in general (age stereotypes) and self (current and future) views on one's own aging, and how they influence each other bi-directionally. The third manuscript addresses how self-efficacy and collective efficacy moderate the relationship between views on aging and preventive behaviors during the pandemic. This manuscript tells us the outcome of having certain views on aging.

Manuscript 1 is a cross-cultural factorial experiment survey study, investigating personal value factors that influence the relationship between life domains and judgments of warmth and competence of older adults. The participants were recruited from online platforms in Tencent in China and Mturk in the US in 2021. The results showed that in China, relational life domains (i.e., number of friends, family relationships quality, and engagement in neighborhood activities) positively predicted warmth; while individualistic domains (i.e., income, depression, and memory) predicted competence. Similarly, in the US, relational domains (i.e., family relationships quality, and engagement in neighborhood activities) predicted warmth; while individualistic domains (i.e., income, depression, and memory) predicted competence. Personal values significantly augmented these relationships between life domains and judgments of warmth and competence.

Manuscript 2 is a longitudinal study that tested changes in views on aging (age stereotypes, current self-views, and future self-views) in Hong Kong in 2018 and 2020. Results support both the internalization model (age stereotypes predicted future self-views of aging which predicted current self-views of aging) and the projection model (current self-views of aging predicted future self-views of aging which predicted age stereotypes). Age differences only occur in relationship between future self-views and current self-views in two (independence and personality domains) out of five domains in the internalization model. Likewise, age differences occur in the relationship between current self-views and future self-views in three (independence, personality, and health domains) out of five domains in the projection model. This study extends our understanding of age dependence bidirectional relationships between age stereotypes and current views via future self-views, which shed light on the mechanism of changes in age stereotypes and self-views on aging during the pandemic (vs. pre-pandemic).

Manuscript 3 investigated whether self-efficacy and collective efficacy moderated the relationships of self-views on aging and preventive behaviors. Results show that less preventive behaviors only occur in people with less positive self-views on aging and lower collective efficacy. The study shed light on the avenue of studying the roles of self-views on aging and collective efficacy during the pandemic.

Overall, these three studies demonstrate how views on aging are related to health-related outcomes and highlight the influences of personal values in shaping age stereotypes, and the mediating role of future self-views on aging. They also show how views on aging can work with collective efficacy in predicting preventive behaviors.

Keywords: age stereotypes, personal values, Stereotype Embodiment Theory, Stereotype Content Model, Social Cognitive Theory, preventive behaviors

摘要

本論文包括三篇手稿，這些手稿調查了對老化的看法及其與健康的關係。第一份手稿闡述了生活領域和個人價值觀如何塑造人們對老年人溫暖和競爭力的判斷。這份手稿告訴我們對老化的看法是如何形成的。第二份手稿通過未來自我看法解決了年齡差異在新型冠狀病毒肺炎大流行期間（與大流行之前相比）年齡刻板印象和當前自我看法的變化的潛在機製。這份手稿告訴我們對老化的看法可以分成對老年人整體的看法和對當前自己和未來的自己老化的看法，以及對老年人的看法和對自己老化的看法如何相互影響彼此。第三份手稿討論了自我效能感和集體效能感如何調節新型冠狀病毒肺炎大流行期間對自我老化的看法與預防行為之間的關係。這份手稿告訴我們對老化看法的一些特定結果。

手稿一是一項跨文化因素實驗調查研究，調查了影響老年人生活領域與溫暖和競爭力判斷之間關係的個人價值觀因素。參與者於 2021 年通過中國騰訊和美國 Mturk 的在線平臺招募。結果表明，在中國，關係生活領域（即朋友數量、家庭關係質量和參與鄰裏活動）正向預測溫暖；個人主義領域（即收入、抑郁和記憶）預測競爭力。同樣，在美國，關係領域（即家庭關係質量和參與鄰裏活動）預測溫暖以及個人主義領域（即收入、抑郁和記憶）預測競爭力。個人價值觀顯著增強生活領域對溫暖和競爭力的判斷的關係。

手稿二是一項縱向研究，測試了 2018 年和 2020 年香港人對老化的看法（年齡刻板印象、當前自我看法和未來自我看法）的變化。結果同時支持了內化模型（年齡刻板印象預測了未來自我老化看法，而未來自我老化看法又進一步預測了當前自我老化看法）和投射模型（當前自我老化看法預測了未來自我老化看法，而未來自我老化看法又進一步預測了年齡刻板印象）。內化模型的年齡差異僅發生在五個領域中的兩個（獨立性和人格領域）的未來自我看法與當前自我看法之間的關係中。類似地，投射模型的年齡差異發生在五個領域中的三個（獨立性、人格和健康領域）中的當前自我看法與未來自我看法的關係中。本研究通過未來的自我看法擴展了我們對年齡刻板印象與當前自我看法之間的年齡差異雙向關係的理解，揭示了新型冠狀病毒肺炎大流行期間（與大流行前）年齡刻板印象和自我老化看法的變化機製。

手稿三調查了自我效能感和集體效能感是否在對自我老化看法和預防行為的關係中具有調節作用。結果表明，較少的預防行為僅發生在更少積極的自我老化看法和較低集體效能感的人群中。該研究揭示了研究大流行期間自我老化看法和集體效能感的作用的途徑。

總體而言，這三項研究展示了對老化的看法與健康的關係，並強調了個人價值觀在塑造年齡刻板印象中的影響因素，以及未來對自我老化看法的中介作用。這些研究還展示了對自我老化的看法如何與集體效能感一起預測預防行為。

關鍵詞：年齡刻板印象、個人價值觀、刻板印象具體化理論、刻板印象內容模型、社會認知理論、預防行為