

# Investigating the status of life satisfaction, quality of life and death anxiety according to the personality traits of the old living at home and in city of Kermanshah

---

Mohammad Reza Rasouli TABAR

[mohammadreza.r.t.1370@gmail.com](mailto:mohammadreza.r.t.1370@gmail.com)

Islamic Azad University, Kermanshah (Iran)

**Résumé :** Le but de cette étude était d'étudier l'état de satisfaction de la vie, la qualité de vie et l'anxiété de la mort en fonction des traits de personnalité (introversion et extraversion) des personnes âgées vivant à la maison et dans la ville de Kermanshah en 2016. La population statistique comprenait toutes les personnes âgées introverties ou extraverties, âgées de plus de 60 ans et vivant dans la maison de retraite de Mehrvarzan dans la ville de Kermanshah. Les participants comprenaient 300 personnes âgées, dont 102 en foyer de soins et 198 à leur domicile. L'outil de collecte de données était le Questionnaire sur la qualité de la vie de Wir et Sherborne, le questionnaire sur la satisfaction à l'égard de la vie, le questionnaire sur l'anxiété de mort de Templar. Les résultats de l'étude ont montré qu'il existe une différence significative entre la qualité de vie des personnes âgées introverties et extraverties. Si l'on considère les scores moyens de qualité de vie des personnes âgées extraverties et introverties, on peut dire que les personnes âgées extraverties ont une meilleure qualité de vie. Il existe également une différence significative entre la satisfaction de la vie des personnes âgées extraverties et celle des personnes introverties, de sorte que l'on peut dire que les personnes âgées introverties ont une plus grande satisfaction de vivre que les personnes âgées extraverties. Les résultats ont également montré qu'il existe une différence significative entre l'anxiété de mort des personnes âgées introverties, de sorte que les personnes âgées introverties ont une anxiété de mort moindre que les personnes âgées extraverties.

**Mots-clés :** *qualité de vie, satisfaction de la vie, mort anxiété, vieillesse, introverti, extraverti.*

## Introduction

Old age is one of the stages in the evolution of human life, in which the latest developments in human take place. The growth trend at this stage of life, like other phases of life is characterized by complex biological and psychological changes and traits. These changes affect the thoughts, feelings, beliefs, values and, in general, personality and

behavior, (Mahdizadegan and Bagherpour, 2001). The number of elderly people on the planet, including Iran, is increasing. This is promising; however, aging and increasing the aging population is a phenomenon that may cause many problems in the world in the future. Although in Iran, the ratio of young age groups to the total population of the country is high and Iran is considered a young country, according to the census in 1335, 6.2%, census in 1345, 6.5%, census in 1355, 2.5%, census in 1365, 4.5%, census in 1375, 6.6%, census in 1385, 7.3%, and census in 1390, 3.8% of the population of the country were over 60 years old (Iran Statistics Center, 2011).

Death anxiety is one of the variables that play a role in life satisfaction. Death anxiety means an unusual and great fear of death (Rice, 2009). Research shows that death anxiety occurs more often in middle-aged and elderly people. Empirical studies on life satisfaction and, subsequently, in the broader framework of functional well-being have been formed since the early twentieth century. Flugol studied temperament through the recording of emotional events. Post-World War II researchers have studied life satisfaction and happiness through simple lists (Beyani et al., 2007: 26). Recently, life satisfaction has become a favorite subject for sociologists and other development-related fields. It can be said that people who have life satisfaction, have a certain biological, psychological, economic and social status. Hence, one of the characteristics of life satisfaction is that the person has a sense of health and happiness. Life satisfaction plays an important role in the development or change of approaches of social development and planning. In other words, the formulation of developmental plans based on social survey data creates a kind of change in the top-down approach in planning, which leads to a strengthening of the bottom-up view of developmental plans and, subsequently, social policy-making. This kind of transformation is in the policy and social planning approach, because the data from this template are designed in a bottom up style. Social planning and policy-making as tools for implementing developmental plans require the recognition of social, political, economic and cultural structure and the recognition of social interaction patterns (Mohseni and Heidari, 2011: 105).

Life satisfaction is one of the issues which is influenced by culture. Basic issues of life such as what is good life? What is joy? are strongly influenced by culture values, so it can be stated that personality and culture have a mutual impact on each other, and both can determine the level of satisfaction for people. External factors such as income level, education, and socioeconomic status determine only a small proportion of the level of life satisfaction and happiness of an individual. Of course, this feeling is more related to personality traits. Major goals in life, progress toward them and conflict between goals that are completely culture-dependent all affect the level of health, life satisfaction and happiness (Khosravi and Nahidpour, 2012: 2).

One of the issues that engulfed the minds of men from the very beginning of their creation is death and its surrounding issues, especially because science, and in particular psychology, has been silenced in this matter, while religions provide a suitable platform for psychological comfort and relaxation with the theme of human immortality (Sharifi Niya, 2008). In a study by Kakaberiyi and Moazinejad (2015) entitled Relationship Between Age and Meaning in Life with Death Anxiety in elderly men and women, a significant negative relationship between meaning in life and aging with death anxiety in both elderly men and women was observed and can predict the level of death anxiety in elderly women and men. Hussein Zadeh et al. (1393) showed that social support has a direct effect on life satisfaction; self-efficacy and self-respect can influence life satisfaction indirectly. Hejazi et al. (1393), in a study on elderly people, showed psychological needs explain 29% of internal motivation and



22% of life satisfaction changes are predicted by psychological needs and internal motivation. Faraji and Khademi (2012) also showed that there is a significant relationship between life satisfaction of elderly people and their vitality. There is also a significant correlation between income and relative deprivation variables and life satisfaction.

Farhadi and his colleagues (2011) investigated the quality of life of elderly people in Dashti city of Bushehr province in February 2009 using the SF-36-quality of life questionnaire. In this study, two dimensions of psychological aspect (life expectancy, social function, emotional role, mental health) and physical aspect (physical function, physical role, physical pain, general health) were introduced as determining factors in life quality. The findings of this research show that the quality of life of rural elderly people in this city is lower than average, so that urgent care is needed and interventions to improve their life quality are necessary.

Hicran et. al (2017) conducted a research entitled Hidden Fear of the Elderly people in Nursing Homes: Death Anxiety and Depression. The results of this study showed that the total mean of depression was 43.4 years and death anxiety was 7.57. A mild depression was found in 69.8% and 16% of subjects reported depressive symptoms . Correlation between death anxiety and depression was positive and significant (correlation coefficient of 0.304).

Missler et al. (2012) entitled Death Anxiety Survey in Elderly People showed that higher death anxiety and lower self-esteem are seen in elderly people living in the nursing homes and women suffer more fear than men. Regarding the increasing number of elderly people in the community and concerns about their health and well-being, the purpose of this study was to study the literature on the death anxiety of the elderly people.

Stephen et al. (2010) also showed that life expectancy increased from 75.9 years to 77.6 years in 2005, reaching 82.6 years in 2050. Men and women who are about 85 years old have a large age group in the United States. The results also showed that there is a positive relationship between death anxiety and age, and there is no significant difference between the attitude of aging in elderly men and women .There was also no significant difference between elderly attitudes in elderly people with different ethnicities (black and white race).

Azayra et al. (2010) conducted a study on the death anxiety among Muslim Arab elders in Israel. The results of this study showed that the elderly people living in a nursing home have more death anxiety than elderly people living in thier homes. In a study by Ron (2010) entitled “Old people and their death anxiety” (a comparison among old people living in the community and nursing homes in Israel), it was found that death anxiety existed for any elderly person regardless of their place of residence. But living in a nursing home exacerbates this anxiety. In his study, Ron (2010) showed that it is important to focus on nursing homes to find ways to increase life satisfaction, which is a variable that reduces the psychological anxiety associated with death .In line with previous researches, the main issue of the present research is to answer this question, “whether there is a difference between life quality, life satisfaction and death anxiety among elderly people who are introverted and extroverted living in their homes and nursing homes in Kermanshah?”.

## **Research method**

This research is an applied research and is descriptive and comparative in terms of collecting required data.

The statistical population of the study consisted of all introverted and extroverted elderly people aged 60 years and more living in Mehrvarzan nursing home and living in

their homes in Kermanshah city. The participants included 300 elderly people, of whom 102 were at the nursing home and 198 were at their homes. Since the present study is a qualitative and statistical population is specific, Cochran's formula was used to determine the sample size (=168 people).

The elderly population of the community was selected by cluster sampling and elderly population living in the nursing home was selected by convenience sampling method. In order to choose the elderly living in their homes, Kermanshah city first divided into four districts, then 2 districts were selected and from these districts, elderly people who were at hospitals, public places, parks, mosques, shops and private homes were chosen. The subjects were selected randomly and tested.

### Research tools

The Wir and Sherborne life quality questionnaire with reliability (0.85), which is a self-report questionnaire is mainly used to assess the quality of life and health. This questionnaire has 36 items and assesses eight areas of physical function, social function, Physical role, emotional role, mental health, vitality, physical pain and general health. In addition, the 36-SF provides two general measures of functionality: the physical component score (PCS), which also measures the physical dimension of health, and the overall mental component score (MCS), which measures psychosocial dimension of health. The subject's score in each of these varies from zero to 100, and the higher scores better life quality. The validity and reliability of this questionnaire have been confirmed for Iranian population, and the internal consistency coefficients of the eight subscales have been reported between 0.70 and 0.85 and their test-retest coefficients have been reported between 0.43 and 0.79 at intervals of one week.

Life satisfaction questionnaire, with reliability (0.81), this questionnaire in a 7-point Likert style has 5 questions, which is made by Diner, Amnes, Larsen and Griffin. The range of correlation coefficients ranged from 0.43 to 0.96 with an average of 0.59. Moreover, the range of correlation coefficients of questions with total scale scores ranged from 0.44 to 0.73 with a mean of 0.73.

Templer's death anxiety inventory has a reliability of 0.76 (12 questions). This questionnaire has four sub-scales, coefficient of fear of dying 0.82, fear of death of others 0.73, fear of emotional punishment after death 0.67 and the fear of sudden death is 0.13.

### Findings

As shown in Table 1, the average of life quality scores for the introverted and extroverted elderly people were  $92.54 \pm 26.46$  and  $106.56 \pm 22.626$ , respectively.

**Table 1: Mean and standard deviation of life quality in introverted and extroverted elderly people**

Standard Error	SD	Mean	number	groups	
2.881	26.406	92.54	84	introverted	Life quality
2.469	22.626	106.65	84	extroverted	

As shown in Table 2, the average of life satisfaction scores for the introverted and extroverted elderly people were  $18.18 \pm 8.810$  and  $15.15 \pm 8.120$ , respectively.

**Table 2: Mean and standard deviation of life satisfaction in introverted and extroverted elderly people**

Standard Error	SD	Mean	number	groups	
0.961	8.810	18.18	84	introverted	Life satisfaction
0.886	8.120	15.15	84	extroverted	

As shown in Table 3, the average of death anxiety scores for the introverted and extroverted elderly people were  $29.82 \pm 11.727$  and  $35.58 \pm 12.702$ , respectively.

**Table 3: Mean and standard deviation of death anxiety in introverted and extroverted elderly people**

Standard Error	SD	Mean	number	groups	
1.280	11.727	29.82	84	introverted	Death anxiety
1.386	12.702	35.58	84	extroverted	

**Table 4: Kolmogorov–Smirnov test for exploring normality of data on Life Satisfaction and Death Anxiety and Life Quality**

Life satisfaction	Life quality	Death anxiety	
168	168	168	number
1.255	1.053	0.861	z-statistics
0.086	0.217	0.449	Significance level

According to Table 4, because the level of significance is greater than 0.05, so the data are normal, in order to obtain the difference between life quality of the extroverted and introverted elderly people, the t-test independent have been used whose results are shown in Table 5.

**Table 5: Independent t-test for assessing the quality of life in the extroverted and introverted elderly people**

t-test						Leven test			
Confidence level%95		Average of errors	Differences in means	Significance level	Degree of freedom	Significance F			
Higher bound	Lower bound					level			
-6.628	-21.610	3.794	-14.119	0.000	166	-3.721	0.060	3.600	Life quality
-6.627	-21.611	3.794	-14.119	0.000	162.189	-3.721			

As shown in Table 5, the calculated t statistic is -3.721 with a degree of freedom of 166 and the significant level of less than 0.01 was obtained. Therefore, there is a significant difference between life quality of the introverted and extroverted elderly people. According to the mean scores of life quality in the elderly people, both introverted and extroverted, it can be said that extroverted elderly people have higher life quality. To obtain the difference between life satisfaction in extroverted and introverted elderly people, the independent t-test has been used and its results are shown in Table 6.



**Table 6: T-test for independent groups for assessing life satisfaction in the introverted and extroverted elderly people**

T-test					Levene Test				
Confidence level%95	Average of	Differences in	Significance	Degree					
Higher bound	Lower bound	erros	means	level	of t	freedom	Significance level	F	
5.605	0.443	1.307	3.024	0.022	166	2.313	0.339	0.918	Life satisfaction
5.605	0.443	1.307	3.024	0.22	164.909	2.313			

As shown in Table 6, the calculated t statistic of 2.313 with a degree of freedom of 166 is greater than the value of the table, and the significant level of less than 0.05 was calculated.

Therefore, there is a significant difference between life satisfaction of the introverted and extroverted elderly people. According to the mean of life satisfaction scores in the elderly, both introverted and extroverted, it can be said that introverted elderly people have higher life quality.

To find the difference between the death anxiety in extroverted and introverted elderly people, independent t-test has been used whose results are shown in Table 7.

**Table 7: T-test for independent groups for assessing death anxiety in the introverted and extroverted elderly people**

T-test					Levene Test				
Confidence level%95	Average of	Differences in	Significance	Degree					
Higher bound	Lower bound	erros	means	level	of t	freedom	Significance level	F	
-2.038	-9.486	1.886	-5.762	0.003	166	-3.055	0.516	0.424	Death anxiety
-2.038	-9.486	1.886	-5.762	0.003	164.953	-3.055			

As shown in Table 7, the calculated t statistic of 3.055 with a degree of freedom of 166 is greater than the table value and the significant level of less than 0.05 was calculated. Therefore, there is a significant difference between death anxiety between introverted and extrovert elderly people and the zero assumption is rejected. Depending on the mean scores of death anxiety in the elderly, both the introverted and extroverted, it can be said that the introverted elderly people have a lower death anxiety than the extroverted ones.

### Discussion and conclusion

The results showed a significant difference between the life quality in the extroverted and introverted elderly people. These results were consistent with the studies of Mogallo and Agilar Vafaie (2009) and Argyle(2001) .

In explaining these results, it can be said that aging is a sensitive period of human life and paying attention to the issues and needs of this stage is a social necessity. Considering the needs of this stage, attention to life quality of the old is an important issue (Taheri, Fereidouni Moghadam, Cheraghian, Hekmatpour and Hojjati, 2013). Many researchers describe life quality as a multidimensional concept that includes health, functional status, social status, and other aspects of the individual's life (Bowling et al., 2002). Some experts consider two aspects of human personality more important in determining the quality of life (extroversion and tranquility/introversion and anger). Indeed, most people have a single-dimensional and extreme personality-that is, a natural person who is neither completely

introverted nor extroverted, not angry and violent, and not quite cold and calm. However, the character of many people in one dimension is more advanced than the other dimension, and therefore some are introverted and extroverted (Ising, 1996). Being sociable, loving people, preferring large groups and gathering, being courageous, energetic, and optimistic are some of traits of the extraoverted (Lucas and Fujita, 2000).

Argyle (2001) in his study showed that extroversion has a positive relationship with cheerfulness and life quality. Moghlanlo and Agilar (2009) also found out that extraversion makes people to participate in social activities and enjoys the presence among other people, and, as a result, the quality of life in individuals rises.

In general, it can be stated that personality traits generally affect people's lifestyle and, consequently, affect the quality of life of individuals. Individuals who acquire higher score in certain personality traits, such as extroversion, usually experience more positive emotions, and this affects positively their life quality as opposed to the introverts. Therefore, there seems to be a significant difference between the life quality in the introverted and extroverted elderly people. The results showed that there is a significant difference between life satisfaction in the introverted and extroverted elderly people, which were consistent with the studies of Ahadi, Kashani and Bagheri (2011), and Blatney et al. (2004). In explaining these results, it can be said that the general life satisfaction of the elderly means the cognitive and informed evaluation of individuals from their life quality as a whole unit based on the elderly personal criteria. Research has shown that personality traits, such as introversion-extroversion, are one of the essential components for predicting and explaining life satisfaction (Beyrami and Gholizadeh, 2011). The extroverted are essentially socialable, risky and daring, and experience more pleasant emotions and experiences (Lucas and Fujita, 2000).

Tversky & Griffin (1991) Also argue that positive emotions and life satisfaction are related to personality traits, and because of some personality traits such as extroversion, some people (like the extroverted) emphasize more on positive events of life and thus, experience higher life satisfaction.

Ahadi et al. (2011) in their study showed that people who are high in extroversion have broad verbal and communication abilities. This facilitates relationships with others and provides a wider social network and more social support for them, which also increases their life satisfaction. Blatney et al. (2004) also showed that extroversion makes people experience higher life satisfaction.

In sum, it can be stated that extroverted tend to experience new experiences more than the introverted and have more social relationships than the introverted, and one of the factors of life satisfaction is having social bonds and relationships. On the other hand, introversion is associated with more isolation and lower creativity, and hence the introverts experience less joy than extroverts. Therefore, there seems to be a significant difference between life satisfaction in the extroverted and introverted elderly people. The results also showed that there is a significant difference between the death anxiety in the extroverted and introverted elderly people. In fact, a study that directly correlated with these results was not found, but it can be said that most elderly people have one or more underlying illnesses that change their life style, reduce their self-esteem, increase the their sense of vulnerability, disorder, and disturb their social and mental activities (Raeisey, 2014). With the advancement of the disease, the pain and suffering of patients from loneliness and dependence on others increases. Elderly people, because of physical changes, poor health,



inability and loss of affiliates, are more likely to think or talk about death. In fact, the death anxiety is inevitable and since nobody has experienced death, Thinking about it causes anxiety (Mohammadzadeh, 2014). Death Anxiety includes a set of attitude of death such as fear, threat, anxiety, discomfort, and other negative emotional reactions associated with anxiety (Azaiza, Ron, Shoham, 2010).

On the other hand, extroverted elderly people are more interested in engaging in social activities and engaging with others, because they are able to take advantage of them by being among other people and talking about their problems. In general, most people feel somewhat better when they share their own problems or even talking about their illness or their lack of energy. Considering that extroverts have better communication and can partly interact with their peers, they can reduce their anxiety. Thus, it seems that there is a significant relationship between the death anxiety between the extroverted and introverted elderly people.

This research has some limitation like the fact that some elderly people could not fill in the questionnaire due to physical and visual problems, as well as the unmanageable social and economic differences of the elderly. It is suggested that future research compare the life quality, life satisfaction, mental health and emotional intelligence. This research should be replicated in other cities and other areas and its results should be compared with the them.

It is suggested that for elderly people, safe places, other than nursing homes, should be considered as places providing appropriate recreational facilities for their age, because the positive emotion and purposefulness of life are prerequisites for happiness and in this way elderly people find the world a safer place. They should be able to make their decision easier and have a greater life expectancy and, as a result, they should experience higher life satisfaction. It is suggested that nurses and nursing caregivers strengthen the religious beliefs of the elderly people in order to reduce their anxiety and encourage them to participate in social activities. It is also suggested that elderly people should be trained in order to improve their life quality in accordance with their age.

## References

- ABDI Zarrin, Sohrab, AKBARIAN, Mehdi, (2006), *Successful elderly people in the light of religion and religious beliefs*. Iranian Journal of Aging, Second Year, No. 4.
- AHADI Hasan, LOTFI Kashani Farah, BAGHERI Nasrin, (2011), *The Relationship between Personality Characteristics (introversion and extraversion) and Mental Health with Happiness*, Behavioral Sciences: Summer 2011, Volume 3, Issue 8; From page 9 to page 22.
- AHADI, Fazlollah; SALAR, Ali Reza; FAQIH Zadeh, Soghrat, (2003), *Exploring Life Quality of Elderly People in Zabedan*. Quarterly Journal of Hayat, No.22.
- AMERI, Golnaz; GOWARI; Fatemeh; Nazari; TAHERE; Rashidi; MASOUMEH; AFSHARZADEH, Pouran, (2002), *Definitions and theories of elderly people*. Quarterly Journal of Hayat. 8 (1): 4-13
- ARGYLE. M., (2001), *The Psychology of happiness Great Britain: Routledge of life in older age*. Aging and Mental Health 2002; 6: 355–371.
- AZAIZA F, Ron P, SHOHAM M, GIGINI I., (2010), *Death and dying anxiety among elderly Arab Muslims in Israel*. Death Stud. Apr; 34(4): 351-64
- BAYANI, Ali, ASGHAR, Kuchiki, ASHOUR and GOODARZI Hossein, (2007), *Reliability and Life Satisfaction Scale*, Iranian Journal of Psychologists, No. 11, 259-265.



- BEYRAMI Mansour, GHOLIZADEH Hossein, *Personality factors as predictors of depression and life satisfaction*. Urmia Medical Journal. 1390; 22 (2): 92-98
- BLATNÝ M., Jelínek M, BLÍŽKOVSKÁ J., Klimusová H., (2004), *Personality correlates of self-esteem and life satisfaction*. Stud Psychol; 46: 97-104.
- CORR, P.J., (2008), *Reinforcement sensitivity theory (RST): Introduction*. In P.L. Corr ( Ed.), *The reinforcement sensitivity theory of personality* (pp. 1–43). Cambridge: Cambridge University Press.
- CORR, P., PICKERING, A.D., GRAY, J.A., (1995), *Personality and reinforcement in associative and instrumental learning*. Personality and Individual Differences, 19: 47- 71.
- CORR, P., PICKERING, A.D., GRAY, J.A., (1997), *Personality, punishment, and procedural learning: a test of J. A. Gray's anxiety theory*. Journal of Personality and Social Psychology, 73, 337- 344.
- CRANE, (2005), *Growth Theories: Concepts and Applications*. Translation by Ali Reza Rajaei and Gholamreza Khobi Nejad, (2013). Tehran: Growth Publication
- CUMMING, E. & HENRY, W.E., (1961), *Growing old*. New York: Basic books.
- De PASCALIS, V., & SPERANZA, O., (2000), *Personality effects on attentional shifts to emotional charged cues: ERP, behavioural and HR data*. Personality and Individual Differences, 29, 217– 238.
- De PASCALIS, V., ARWARI, B., MATTEUCCI, M., & MAZZOCCO, A. (2005). *Effects of emotional visual stimuli on auditory information processing: A test of J.A. Gray's reinforcement sensitivity theory*. Personality and Individual Differences, 38(1), 163-176.
- DEPAOLA, S.J., GRIFFEN, M., YOUNG, J.R., & Neimeyer, R.A., (2003), *Death anxiety and attitudes toward the elderly among older adults: The role of gender and ethnicity*. Death Study. 27(4), 335-54
- DEPUE, R.A., & COLLINS, P.F., (1999), *Neurobiology of the structure of personality: Dopamine, facilitation of incentive motivation, and extraversion*. Behavioural and Brain Sciences, 22, 491– 569.
- DIENER, E. D.; EMMONS, R.Y LARSEN, R. & GRIFFIN, S., (1985), *The Satisfaction With Life Scale*. Journal of Personality Assessment, 1: 71-75 .
- FABERGAT, M., (2004), *Metaphors in psychotherapy: from affect to mental representation*. Dissertation of ph.D Universitat Des Saarlands.
- FARAJI, Tooba and KHADEMI, Talieh, (2012), *The study of the role of life satisfaction on social vitality, youth sociology studies*, issue 10, 87-102.
- FARHADI, Akram, FOROUGHAN, Mahshid, MOHAMMADI, Farahnaz, (2011), *Quality of life of rural elderly people: Case study: Dashti city of Bushehr province*, Research article from a dissertation, Iranian Journal of Aging, Sixth Year, No.20.
- FAYERS P M, MACHIN D., (2000), *Quality of Life Assessment, Analysis and Interpretation*, Jhon Willy, New York.
- FRANKEN, H. A., MURIS, P., & GEORGIEVA, I., (2006), *Gray's model of personality and addiction*. Addictive Behaviors, 31, 399– 403.
- GHASEMZADEH, Habibollah, (1989), *Metaphor and cognition*. Tehran: Farhang Publication.
- GHOLAMI, Hafizi, MEHDI, Fariba, ASGARI, Parviz, FARAH, Naderi, (2015), *Comparison of the Effectiveness of Mindfulness and Spiritual Coping Skills on Death Anxiety and Blood Pressure in Elderly People with High Blood Pressure*. Journal of Aging Psychology, Vol. 2, No. 2, 1 - 151
- GOMEZ, R., COOPER, A., & GOMEZ, A., (2000), *Susceptibility to positive and negative mood states: test of Eysenck's, Gray's and Newman's models*. Personality and Individual Differences, 29, 351–365.
- GOMEZ, R., GOMEZ, A., & COOPER, A., (2002), *Neuroticism, extraversion as predictors of negative and positive emotional information processing: Comparing Eysenck's, Gray's, and Newman's theories. Positive Stimuli Modulates the Attention in Extraverts Study*. Acta Psychologica Sinica, 40(11), 1158-164.
- GRAY, J.A., (1987), *The psychology of fear and stress* (2nd edn). Cambridge: Cambridge University Press.
- GRAY, J. A., & MCNAUGHTON, N., (2000), *The neuropsychology of anxiety: An enquiry into the functions of the septohippocampal system* (2nd ed.). Oxford: Oxford University Press.

- GULAÇTI, F., (2010), *The Effect of Perceived Social Support on Subjective Well-being*, Procedia Social and Behavioral Sciences, 2, 3844-3849.
- HAMEDI, Robab and KAVIANI, Hussein, (2004), *A Study on the relationship between metaphors and depressed mood*, Journal of Cognitive Sciences, 1 & 2, 50-45.
- HEJAZI, Elaheh, SALEH Najafi, Mahsa and JAVAD Amani, (2013), *Mediating role of internal motivation in the relationship between basic psychological needs and life satisfaction*, Contemporary psychology quarterly, No. 77, pp. 77-88.
- HEMMATI, Alamdarlu, GHORBAN, Dashi, GHOLAMREZA, Shajai, SETARE, Hakimi Rad, Elham, (2008), *Comparison of loneliness and general health of the elderly people living in their homes and those who live in nursing homes in Tehran - Elderly Journal of Iran*, Third Year, No. 8.
- HICRAN, Bektay, Öznur KÖRÜKCÜ & Kamile KABUKCUOĞLU, (2017), *Undercover fear of elderly people in nursing homes: Death anxiety and depression*, Journal of Human Science. Volume: 14 Issue: 1.
- HOSSEIN, Zadeh, ASGHAR, Ali; MORTEZA, Azizi and TAVAKOLI, Hossein, (2013), *Social support and life satisfaction in adolescents: the role of self-efficacy and self-esteem*, Quarterly Journal of Developmental Psychology, No. 41, 321-339.
- HUIJUN Liu, YANZHI Cai, SHUZHUO Li, (2011), *The Quality of Life and Mortality risk of Elderly People in Rural China: The Role of Family Support*.
- ISING, Mickolf, (1996), *Psychology of Happiness*, Translation by Mohammad Firuz Bakhte and Khalil Beigi, Tehran, Badr.
- JACKSON, C.J., (2002), *Mapping Grays model of personality on to the Eysenck personality profiler (EPP)*, Personality and Individual Differences, 32: 495-507.
- JAMALZADEH, Razieh and MAHMOUD Golzari, (2013), *The Effectiveness of Hope Therapy on Increasing Happiness and Satisfaction of Life in Older Women in Borujen's nursing home*, Journal of Women and Society, No. 2, 31-48.
- JAVAHERI, Fatemeh, SERAJZADEH, Hossein, RAHMANI, Rita, (2010), *Analysis of the effects of women's employment on their quality of life*, Women magazine on development and politics (Women's Research), Volume 8, No. 2: 143-163.
- KAKABERAIE, Keyvan, MOAZINEJAD, Mahvash, (2015), *Relationship between Age and Meaning in Life with Death Anxiety in Elderly Men and Women*, Journal of Aging Psychology, Vol. 2, Issue 1, pp. 37-47.
- KHARAZMI, Shahindokht, (2009), *Quality of Life and Indicators of Happiness*, Tehran, seven Ads Advertising Co.
- KHOSRAVI, Zohreh and FARZANEH Nahidpour, (2011), *A Survey on Life Satisfaction, Belief in the World's Equity and Social Protection in Iranian and Indian Students*, Journal of Women's Sociology, No. 2, 15-1.
- LE V Hoi, Nguyen TK Chuc, Lars Lindholm, (2010), *Health-related quality of life, and its determinants, among older people in rural Vietnam*, Hoi et al.
- LEE, H.C., Kim, K., Seo, Y., & Chung, C.K., (2007), *The relations between personality and language use*, Journal of General Psychology, 134, 405-413.
- LUCAS R, Fujita F., (2000), *Factors influencing the relation between extraversion and pleasant affect*, Journal of Personality and Social Psychology, 79:1039-1056.
- MADDOX, G.L., (1963), *Activity and morale: A longitudinal study of selected elderly subjects*, Social Forces, 42, 195-204.
- MAHDIZADEGAN, Iran; BAQERPOUR, Rahmatullah, (2000), *Abuse and neglect of the elderly people*, first edition, Pardazh publication, Isfahan
- MANSOUR, Mahmoud, (2001), *Genetic Psychology*, Tehran, Samt publication, Third Edition: 220.
- GARCIA BLANCO, Manuel de, Josep GARRE OLMA, Maria MARCO ARBONES & Pilar MONREAL BOSCH, *Analysis of self- concept in older adults in different contexts*, European Journal of psychological Assessment, Vol. 20, Issue 4, pp. 262-274



- MARKUS, H., (1997), *Self-schemata and processing information about the self*. Journal of personality social psychology. 35,36-68.
- MARKUS. H., (1983), *Self-knowledge: An expected view*. Journal of personality. 51.543-565.
- MATTHEWS, G., GILLILAND, K., (1999), *The Personality theories of H.J. Eysenck and J.A. Gray : a comparative review*. Personality and Individual Differences, 26:583-626.
- MCCONNELL, A.R., BILL, M.C., DEMBER, W.N. & GRASHA, A.F., (1993), *Personality through metaphor: optimism, pessimism, locus of control and sensation-seeking*. Journal of Current Psychology, 12, 195-215 .
- MISHARA, Beryan, VERIDEL, Robert, (1992), *Adult Psychology*, Translation by Hamza Ganji et al., Tehran, Information publication.
- MISSLER M., STROEBE, M., Geurtsen, L., MASTENBROEK M., CHMOUN S., van der HOUWEN, K., (2012), *Exploring death anxiety among elderly people: a literature review and empirical investigation*. Omega (Westport). 64(4):357-79.
- MOGHANLOO, Mahnaz, VAPHAEL, Agilar Maryam, (2009), *The Relationship between the Five-factor Pattern of Personality with Happiness and Physical and Mental Health*, Iranian Journal of Psychiatry and Clinical Psychology, Vol. 15, No. 3, From page 290 to page 299.
- MOHAMMADZADEH, Ali, (2012), *Study on the relationship between obsession associated with death and religious coping methods, practice of religious beliefs and attachment styles to God*, Iranian Journal of Psychiatry and Clinical Psychology, (Issue 3, Autumn 2013). 236-243
- MOHAMMADZADEH, Asghar; Dowlatshahi; BEHROUZ; Mohammad Khani; PARVANEH, (2010), *The effectiveness of cohesive memory rehabilitation on the symptoms of depression in the old*. Iranian Journal of Aging, Sixth Year, No. 19.
- MOHSENI, Tabrizi-Alireza; MALAHQA Heidari, (2011), *Investigating the Impact of Social Security on Life Satisfaction among Students; Case Study: Students at Social Sciences and Management College of Azad University of North Tehran*, Quarterly Journal of Welfare and Social Development Planning, No. 10, 103-136.
- MOTAMEDI, Gholamreza, (2008), *Human and Death*, Tehran, Beast Publication.
- NASIRI, Habibollah, JOKAR, Bahram, (2008), *The meaning of life, life satisfaction and mental health in women* , Women's Research, Vol. 6, Issue 2, Summer 2008: 136-157.
- National Center for National Statistics. (2013). <https://www.amar.org.ir>
- NOBAHAR, Monir; Vafaei, Abbasali, (2006), *Study of the types of sleep disorders and their coping methods for the elderly people*. Iranian Journal of Aging, Second Year, No. 4.
- PAPALIA, Diane & et alii (1992). *Human Development*. New York: Mc Graw Hill.
- PENAGHI, Leili, EBRASHI, Zohreh, MANSOURI, Nader, DEHGHANI, Mohsen, (2009), *Quality of life and its related demographic characteristics in the elderly of Tehran*, Iranian Annals, Fourth Year, No.12.
- PERVIN, L.A., & JOHN, O.P., (2001), *Personality: theory and research*. New York: John willy and Sons.
- negative signals. Journal of Personality and Social Psychology, 66, 1128–1139.
- PURKY, W., (1988), *An over view of self- concept the eory for counselors*. Ann a arbor, ED 304-630.
- QUEVEDO, R.J.M., & ABELLA, M.C., (2011), *Well-being and Personality: Facet- level Analyses*, Personality and Individual Differences, 50, 206-211.
- RAEISI, Milad, (2011), *The Relationship Between Death Anxiety and Quality of Life in Patients with AIDS*, Journal of Humanities and Social Sciences, May 2011, 357-365.
- RAHIMI Nejad Abbas, (2011), "Standardization of Eisenck Teen Personality Questionnaire in Adolescent Girls and boys in Tehran", Journal of Psychology and Educational Sciences, 33 (1), 29-54.
- RASTI, Sima; MOMEN Heravi, MANSOUREH, Salajegh Sahar, (2010), *Response to treatment in elderly and disabled people with intestinal parasites*. Iran's Elderly Magazine, Year Six, No. 19.
- RICE, J., (2009), *The relationship between humer and death anxiety*. Department of psychology. Copy right 2009 missouri western state university.

- RON, Pnina, (2007), *Elderly people's attitudes and perceptions of aging and old age: the role of cognitive dissonance?* International Journal Of Geriatric Psychiatry, 22: 656–662.
- RON, Pnina, (2010), *Elderly People's Death and Dying Anxiety: A Comparison between Elderly Living within the Community and in Nursing Homes in Israel*. Volume: 18 issue: 1, page(s): 3-17.
- SADROLLAHI, Ali; KHALILI, Zahra; AHMADI Khatir Maryam; MAHDAVI Shahri Seyed Moslem, (2010), *Aging psychology*. Tehran. Jamenegar publication.
- SAM Aram, Ezzatollah; AHMADI Bani, Ziba, (2006), *Exploring Factors affecting on the Elderly Situation in the Family - Iranian Journal of elderly*, Second Year, No. 4.
- SARTIPZADE, Afsane; Ali Akbari DEHKORDI, Mahnaz; TABAEIAN, Seyedeh Razieh, (2009), *Exploring the Effectiveness of Therapeutic Spirituality on Death Anxiety in the Elderly Living in the Nursing Home: Psychology: Psychology and Religion – No.36 (Scientific Research)* pp. 57 to 70.
- School of Urban and Public Affairs, University of Texas, Arlington, Texas, USA, Kamla-Raj 2009 Stud Home Comm Sci, 3(1): 1-5.
- SHAMSI, Afzal, (2010). *Risk Factors for Coronary Artery Disease in Residential / Non-Residential at Nursing Home*. Master of Nursing Education, Instructor of Nursing Midwifery Faculty, Tehran.
- SHEIKHI, Mansoureh, HOOMAN, Heydar Ali, AHADI, Hassan and MOJGAN Sepah Mansour, (2011), *Psychometric characteristics of Life Satisfaction Scale, Thought and Behaviour Quarterly in Psychology*, Issue Nineteen, 29-17
- SIJUWADE, Philip O., (2009), *Attitudes towards Old Age: A Study of the Self-Image of Aged*.
- SMILLIE, L.D., PICKERING, A.D., & JACKSON, C.J., (2006), *The new reinforcement sensitivity theory: Implications for personality measurement*. Personality and Social Psychology Review, 10, 320–335.
- Statistics Center of Iran, Results of Population and Housing Census of the whole country during 1335-1383, Tehran, National Center for National Statistics.
- STEPHEN, J. Depaola a, GRIFFIN, Melody a, YOUNG, Jennie R. a & NEIMEYER, Robert A. b., (2010), *Death Anxiety And Attitudes Toward the Elderly Among Older Adults: The Role Of Gender And Ethnicity*. a Auburn University Montgomery, Alabama, USA b University of Memphis, Tennessee, USA Published online.
- TAHERI, Nuraleh, FEREDOUNI Moghaddam, MALEK, Cheraghyan Bahman, HEKMATPOUR, Nafiseh Hojjati Hamid, (2013), *Factors Affecting on Quality of Life of the Elderly People Living in nursing homes*, Nursing Quarterly Journal of Nursing, Vol. 2, No. 1.
- TVERSKY, A., & GRIFFIN, D., (1991), *Endowment and contrast in judgment of well-being*. In F. Strack, M. Argyle, & N. Schwartz (Eds.), *Subjective well-being*. Oxford: Pergamon.
- WENDERSDEN, James, (2001), *Growth Psychology* (1 & 2); Translation by Hamza Ganji (2008) Fourth Edition, Savalan Publication, Tehran.
- YA, Huiwen, (2010), *Religious and death anxiety*, Journal of human resource and adult learning, V.6 p. 127-132.