

Applicant

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Project Title

Resilience and healthy ageing across the life course: A longitudinal analysis of psychological wellbeing and physical adversity

Project Summary

The world is experiencing an unprecedented demographic shift, with more people entering old age than ever before. The ageing process is often accompanied with decreases in functional capabilities, e.g. physical strength, and the onset of age-related disorders, e.g. arthritis. When presented with these challenges some older adults adapt more positively than others, maintaining high levels of wellbeing and quality of life. This positive adaption to adverse events, known as resilience, is the primary focus of this study. I am particularly interested in how socioeconomic position and social networks influence individuals' resilience. Is greater social mobility associated with greater resilience? Do larger/stronger networks of friends/family improve individuals' resilience?

Keywords

Resilience, Socioeconomic position, Social support