



Enjoying Life and Health Status among Young Adults and Elderly: A Comparative Study in Light of the Globalization Effects on the Human Being of the 21st Century

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ABSTRACT

The enjoying life and health status, consider one of the determinants of active adulthood and successful aging. Hence the importance of this study represented in investigate these variables, especially in the light of globalization, which left its negative effects clearly on the individual of this century as deep scarves, which positive psychology seeking to strengthen the positive and treat the negative aspects to achieve well-being. This descriptive study aimed to examine the relationship between enjoying life and health status among adults and the elderly, and to detect the differences in enjoying life and health status due to age, education, and sex. The sample consisted of 380 adults and elderly persons selected randomly. Data were collected by enjoying life scale and health status questionnaire which prepared by researchers in this study. The results showed that there was a significant statistical relationship between enjoying life and health status, and there were significant statistical differences in enjoying life and health status due to age, education, and sex. Level of enjoying life and health status was high in participants who are elderly, educated and females. These findings emphasized the importance of developing the enjoying life among young adults and the elderly to enjoy with health status and to achieve active adulthood and successful aging.

Keywords: Enjoying of life, Health status, Young adults, Elderly, Globalization, Successful aging

INTRODUCTION

The world today is witnessing many rapid and successive changes in all areas of life, which in turn affected human physical and mental health. Thus Arnout [1] pointed that the studies of psychologists in the current era have tended towards steady positive psychology in their studies of the experiences and positive characteristics in human personality, such as happiness, optimism, self-organization, personal competence, hope, forgiveness and enjoyment of life because this age requires a person with physical, psychological and spiritual qualities, which enable him to live in health, happiness and peace and make him able to overcome the negative sound that whispers within himself.

Globalization and Daily Life Behaviors

Cyan, et al. [2], pointed to there is no doubt that the daily life conditions have a major and profound impact on individuals' psychological stability. In this line, there are many policies and global variables that affect different aspects of human life: economic, social, cultural and political, the most widespread and common variables is that phenomenon called the constellation or globalization. During the two last decades, globalization has become one the most contentious subjects, and has been considered the cause of changes which affect the quality of human life. There were many opinions about the phenomenon of globalization: those who believe that globalization is evil and all its consequences are negative.

A second group pointed out that the phenomenon of globalization is a global phenomenon and we cannot confront it, so we must not care about it or face it until we see the real results of it. As globalization has positive effects, it also has negative effects such as increased unemployment, layoffs, poverty, increased mechanization and reliance on technology, reducing the human element in the work environment, which has increased the burdens, wrangling, and stress

[3]. Thus Since more than a decade ago Marsella [4] called for a new branch of psychology, she has named it as global community psychology, that would be responsive to the many changes and challenges emerging within our global era.

As a result, in the post-World War II period, Seligman and his colleagues shifted their emphasis on negative things and mental illnesses to focusing on positive things by studying optimism, strong personality traits, values, well-being [5]. Therefore, that is why a new branch of psychology has emerged, named (positive psychology), that promotes happiness and well-being, instead of study the disease and disorders. The term positive psychology is a general umbrella for the study of positive emotions, positive personality traits, and institutions, enabling man to employ and activate his energies and potentials to lead a productive and enjoying of life. Positive psychology is also interested in studying psychological processes that contribute to increasing the individual's satisfaction, physical and psychological health, development of virtues and sense of responsibility [6].

Enjoying Life Definition

The concept enjoying life is one of the most important modern concepts associated with the movement of positive psychology, it is referred to the individual positive self-experience as a result of his assessment of his satisfaction with all aspects of life and the use of his thinking in his various activities through his ability to altruism, vision, transcendence and take conscience as a guide for him. It also refers to the individual satisfaction of others, marriage and children, which cause a balance between the physical, mental, spiritual forces and motives that control his behavior and achieve integration into life, happiness and well-being.

McConnell [7] argued that happiness and well-being are things we feel in our hearts, not our minds, emotions and feelings are things that are related to this moment, and through observation and gaining the ability to enjoy the sources of happiness here and now, it is possible to create a life that enables the individual more than to enjoy the past, enjoying life is one of the stages of happiness and even a cause of it.

Enjoying life, like happiness, love, and beauty, does not have one meaning for two different people, and it is difficult to define, one that everyone agrees to without any difference, because the enjoying life lies in those personal experiences that the individual goes through continuously and in which Pleasure and happiness in the grip of grief, sadness, pain and repetition, and therefore the source of enjoying life is the self or the individual himself. The meaning of enjoying is referred to the individual's feeling of pleasure and satisfaction in doing or trying something he wants to get it.

Casey [8] defined enjoying life as a state of mind that results from thought, action, and gratitude. Shirai, et al. [9] defined enjoying life as a positive, active, mature and glowing positive state of mind that reflects the enjoying life and the ability to interact positively with the surrounding environment pleasantly and positively.

Enjoying Life and Happiness

Seligman [5] has identified three different levels of happiness:

1. **Fun life:** satisfying the inner pleasure of the body, being temporary and superficial, cannot generate real happiness, but makes life enjoyable for a moment
2. **The good life:** Engaging in an activity, which is socially expensive, and which generates strong pleasure through a challenge
3. **Purposeful life:** produces the highest levels of lasting happiness when people are able making a broader sense of their lives

In this sense, enjoying life is one of the stages of true happiness, according to Seligman [5], followed by the quality of life, followed by the meaning of life, then the true happiness.

We can argue that the enjoying of life, occurs in the form of a series of moments that occur automatically, and has two features:

1. Enjoy the active life full of vitality, optimism and hope are the positive appearances of the enjoying that appears on the individual in the form of joy, pleasure, smile sincere and reflected in the language of his body
2. Enjoy the passive life inhibiting the individual and representational in the internal sense of self-satisfaction, calm and peace of the interior without the apparent expression of the individual

From the psychological literature on the variable of enjoying of life, we noticed that some see enjoying life as a state and not as a characteristic [10,11], but others, psychologists considered enjoying life is one of the elements of happiness and the stage of its stages [5]. Seligman's view that enjoying life is one of the elements of happiness and its stage, there is no essential difference between enjoying life and happiness.

From Csikszentmihalyi [11] two main strategies can be adopted to improve the quality of life and enjoy it, the first is to try to make external conditions match our aims, and the second is to change how to cope with external conditions to make them fit our aims better. Thus he determined nine components of the flow experience: clear aims, focus on activity and integration, absence of sense, sense of time, immediate feedback, the balance between individual ability and challenge, individual sense of ability to control, self-promotion, self-enjoying upon completion of activity and completion of task difficult.

Seligman [5] has developed a theoretical model of happiness that helps us understand the elements that make up a sense of happiness. This model consists of five (PERMA) essential elements of psychological happiness: Positive feelings (P), Engaging (E), Relations (R), Meaning (M), Achievements (A). Seligman [5] believes that these five elements can help people reach prosperity, happiness, and meaning in life. This model can also help develop programs to help people develop new cognitive and emotional tools. Altamimi [12] in his theory of happiness determined two types of enjoying life: balanced and non-balanced enjoying.

Elements of the Experience of Enjoying

Csikszentmihalyi [11] identified eight main elements that comprise the experience of enjoying in the individual:

1. The first is the experience that usually occurs when an individual encounters tasks that he or she has an opportunity to accomplish and complete
2. Second: the individual must be able to focus on what he or she is doing
3. While third and fourth: Focus is usually possible as the tasks performed to accomplish the aim and provide immediate feedback
4. But the fifth: A deep action and less effort eliminate the anxiety and frustrations of the daily life of consciousness
5. And sixth: Experiences allow an individual to exercise a sense of control over his actions
6. Seventh: Fear of self-immolation
7. And eighth: Sense of ecstasy or enjoying of time

A combination of these eight elements creates a deep feeling of enjoying that creates the sense that energy is useful to enjoy what it does. Fader [13] added three ways to achieve enjoying of life: the individual has a daily ritual of fun activities, Vigilance or focus on the present moment when eating food or doing an activity, and put a reminder on the phone, computer or calendar reminds the individual to enjoy everything more important in life.

About aging and perceived health status, the study of Cockerham, Sharp and Wilcox [14] found that persons with ages over 60 years tend to perceive their health in more positive than young adult age groups, and also found that the more educated elderly persons and those with fewest symptoms were likely having positive perceived of their own health. Similarly, the study conducted by Mossey and Shapiro [15] found that risk of death and poor health associated with poor life satisfaction, low income. In their study McCallum, Shadbolt, and Wang [16] revealed that people rate their health as poor of illness and disability.

The results of a study conducted by Scheier, et al. [17], found that optimism an important predictor of coping efforts and of surgical outcomes, and there were positive relationships between optimism with manifestations of problem-focused coping, but there is a negative relation between optimism and the use of denial, also optimism was associated with a faster rate of physical recovery during the period of hospitalization and with a faster rate of return to normal life activities after discharge.

Finally, there was a strong positive relationship between the level of optimism and postsurgical quality of life at 6 months. Shankar, et al. [18] found that people who were the happiest were 35 percent less likely to die compared with those who were least happy, result because they're less likely to suffer from heart attacks, strokes, and other pain-

ful conditions like arthritis. Steptoe, et al. [19] found that Two or more impaired activities of daily living developed among 4.4%, 11.7% and 16.8% of participants in the high, medium and low enjoying-of-life trails, respectively, thus they emphasized that positive affective well-being such as happiness and life enjoying related to a reduced incidence of serious illness and longer survival at older ages. Everson, et al. [20] study results show that high levels of hostility are associated with increased risk of mortality and incident myocardial infarction.

The studies which interested in enjoying life are few. Demyttenaer, et al. [21] conducted a study on a sample of 1140 patients diagnosed with depression and general anxiety, the results showed a strong correlation between the symptoms of main depression and general anxiety disorder and the ratings of the sample on the measure of enjoying of life. The results of the Shirai, et al. [9] study indicated that there is a statistically significant correlation between enjoying life and exposure to heart disease and death in men, whereas for women there is no statistically significant correlation between enjoying life and heart disease and death.

Steptoe, et al. [22], conducted a longitudinal study that began in 2002 on a sample of men and women aged 50 years and over the results of the study revealed a high level of enjoying life among the youngest participants, women, married, higher in the level of education, and higher in the income level of comparison with those who enjoy low degrees of life. The results of the study also found that the highest levels of enjoying life are lower in degrees of depression, physical illness, and smoking compared with those who have low scores in enjoying of life. The results also showed that 20.4% of the people who died during the study were low in enjoying life, thus indicating a relationship between enjoying life and longevity.

Al-Ghamdi [23] attempted to uncover the nature of the relationship between constructive thinking and its relation to both enjoying life and job satisfaction in a sample of secondary school teachers, the results found a relation between the enjoying life and the dimensions of structural thinking. As well as, the results of the study that conducted by Zaninotto, et al. [24] on the enjoying life for the elderly, showed that 24% of the respondents decided not to enjoy their lives in any of the three stages of the measurement, while 34% of the sample decided that they had a high level of enjoying life in the three measurement stages, The study has an inverse correlation between enjoying life and death.

From the results of previous studies that interested in health status and enjoying of life, and because of the importance of studying the variable enjoy life in light of the changes resulting from globalization and its negative effects on the physical and psychological health and quality of life of the 21st century individual, the present study is interested in the health status and enjoying life among young adults and elderly, and we hypothesized that the level of enjoying life correlate to the health status among young adults and elderly.

Objectives of the Study

The main objective of this study was to examine whether the enjoying life relates to health status among young adults and elderly, as well as, to detect the differences in enjoying life and health status due to the age, sex, and education variables.

MATERIALS AND METHODS

Participants

The study sample was randomized, it consisted of three hundred and eighteen young adults and elderly (males=172, females=146) residents of the Kingdom of Saudi Arabia. Their ages ranged between 40 years and above, and the average age of the participants was 54.97 ± 10.98 years.

Tools

Data gathering were done by:

Enjoying life scale (ELS-20): The enjoying life scale was developed in this study to assess enjoying life among adults and elders. This scale comprises of 20-items self-report. ELS-20 rates individual response on 3-point Likert scale 1="not at all" and 3="a lot" with higher scores indicates more enjoying of life. ELS-20 total scores range from 1 to 60 and higher scores indicate high enjoyment of life. The ELS-20 has good internal consistency Cronbach's alpha coefficient of 0.979. The correlation coefficients between sentences and the total score of ELS-20 were ranged between 0.701 to 0.894.

Health status questionnaire (HSQ-30): The Health status Self-report Scale (HSQ) consisted of 30-items, developed by researchers in this study, to assess an individual’s perceptions of his health status. HSQ 30-items are rated on a 3-point Likert scale from 1=not at all true to me to 3=completely true for me. HSQ-30 total scores range from 1 to 90 and higher scores indicate poor health status. The HSQ-30 has good internal consistency Cronbach’s alpha coefficient of 0.986, and the correlation coefficients between sentences and the total score of HSQ-30 were ranged between 0.778 to 0.881.

Research Design

A descriptive design was used in this study to examine the relationship between enjoying life and health status and to detect the differences in health status and enjoying of life.

Procedures

Ethical was obtained from the research committee of the participants. The scales were administered individually to the respondents online (WhatsApp, Facebook, and E-mail). All respondents were being instructed to fill and submit the questionnaire to the researchers, after the researchers told them that their data will be kept confidential and will be used for scientific purposes only.

Data Analysis

Data collected were analyzed using correlation and T-test. All analyses were carried out with the program of the statistics package for social sciences (SPSS version 21).

RESULTS

The results of the relationship between enjoying life and health status presented in Table 1 showed that there was a statistically significant correlation between enjoying life and health status ($r=0.882$, $p<0.01$), this means that the higher health status individuals the higher enjoying of their lives.

Table 1 Correlation between enjoying life and health status

Variables		Enjoying of Life	Health Status
Enjoying of Life	Pearson Correlation Sig. (2-tailed)	1	0.882**
	n	318	318

**Correlation is significant at the 0.01 level (2-tailed)

The results of the differences in enjoying life and health status among study simple due to age (young adult and elderly), presented in Table 2 showed that there were statistically significant differences between adult and elderly in health status and enjoying of life, the adults were poorer in health status than elderly ($t=28.497$, $p<0.05$), but elderly higher in enjoying life than adults ($t=23.406$, $p<0.05$).

Table 2 The differences between adult and elderly in health status and enjoying life

Variables	Age	N	M	SD	Std. Error Mean	t-test	Sig. (2-tailed)
Health Status	1	164	76.5549	11.58498	0.90463	28.497	0.000
	2	154	41.4286	10.30759	0.83061		
Enjoying of Life	1	164	28.5732	8.7115	0.68025	23.406	0.000
	2	154	50.6883	8.09867	0.65261		

The results of the differences in health status and enjoying life among the study sample due to education (non-educated and educated), presented in Table 3 showed that there were statistically significant differences between non-educated and educated persons in health status and enjoying of life, the non-educated were higher poor in health status than educated persons ($t=20.065$, $p<0.05$), but educated persons higher in enjoying life than non-educated ($t=17.582$, $p<0.05$).

Table 3 The differences between non-educated and educated persons in health status and enjoying life

Variables	Education	N	M	SD	Std. Error Mean	t- test	Sig. (2-tailed)
Health Status	1	176	73.4545	15.18489	1.1446	20.065	0.000
	2	142	42.3028	11.76242	0.98708		
Enjoying of Life	1	176	30.517	10.6701	0.80429	17.582	0.000
	2	142	50.1479	8.84776	0.74249		

The results of the differences in health status and enjoying life among the study sample due to sex (males and females), presented in Table 4 showed that there were statistically significant differences between males and females in health status and enjoying life ($t=22.159$, $p<0.05$), males were higher poor in health status than females, but females higher in enjoying life than males ($t=18.867$, $p<0.05$).

Table 4 The differences between males and females in enjoying life and health status

Variables	Sex	N	M	SD	Std. Error Mean	T-test	Sig. (2-tailed)
Health Status	1	172	74.4128	14.46708	1.1031	22.159	0.000
	2	146	42.0274	10.99024	0.90956		
Enjoying of Life	1	172	29.9767	10.08325	0.76884	18.867	0.000
	2	146	50.2466	8.87349	0.73438		

DISCUSSION

The study examined the relation between health status and enjoying of life. This result implies that the adults and elderly persons who more physical and psychological health, the higher enjoying of their lives. This result is aligned to the previous studies which emphasized the relationship between mental and somatic health [17,18,20].

These results also congruent with the study of Steptoe, et al. [25] which found a negative correlation between enjoying of life, illness and longer survival, as well these results are in line with the study of Demyttenaer, et al. [21] which revealed a verse relationship between enjoying of life, depression and general anxiety disorders. Shirai, et al. [9] found that enjoying life-related with exposure to heart disease and death, likewise Steptoe, et al. [22] found that the higher in enjoying life was the lower in depression, physical illness and smoking. About the results of differences in health status and enjoying life are close with Steptoe, et al. [22] study detected that level of enjoying life was high in youngest participants, women, married, higher education level, and with higher income, while the results of this study differ from the results of the present study regarding to differences between the younger and the older in enjoying of life. Also, these results consistent with Abdel Aal and Mazloum’s study [10] that found differences between males and females in enjoying life in favor of females.

These results consistent the individual who has a resilience mature mind generally seeks to fit between himself and the unfavorable conditions as time elapses and is no longer inevitable. Thus, the elderly were higher in enjoying life than younger participants in the study. Casey [8] view that most of us lack the leisure to enjoy about life, and that the best way to find the enjoyment is to make practical changes, every day. In addition to making conscious choices in your life and doing your favorite things, small changes in life increase your enjoyment of your life.

Also, what is happening in the Arab society today of the political and social events have affected the physical and mental health of the young adults because of the increasing life stresses and future anxiety which led to an increase in the state of confusion, despair, pessimism, depression, and un- such as smoking, drug addiction, eating disorders introversion, internet addiction, sleep disorders, and isolation from others, therefore decreased their happiness and enjoying of life, while elderly people are characterized by wisdom, peace of mind, appropriate emotional forbearance, composure, and broadmindedness, thus they are likely to reflect on their lives positively even in the face of stressors and imminent death, and then they more enjoying of their lives and health.

According to Erikson's stages of psychosocial development, at the seventh stage individuals feel to be productive and contributions to their societies because they want to leave a legacy and make this world a better place for future generations [26]. Thus, if the person who feel more productive and contributes to society, he becomes more enjoying his life and engaging in health status. While in the last stage- late adulthood- when a person experiences a sense of integrity and proud of their achievements, they become satisfied and enjoying his life, thus he behaves healthily, but who is unsuccessful at this stage experience despair and wasted his life, he is less enjoying life and has poor somatic and psychological health.

Education is the best of the pleasures to compensate for a deficiency felt by the individual, therefore the highest level of education was the highest in the enjoying of life because education makes an individual more mature and aware of the meaning and purpose of life, the theories of learning have confirmed that there is a direct correlation between maturity and learning. A mature person, successful in the fit between himself and life, can avoid the two happiness obstacles: poverty and disease, thus he is healthier and enjoying his life.

CONCLUSION

These findings emphasized the importance of developing the enjoying life among young adults and the elderly to enjoy the healthy status, and to achieve active adulthood and successful aging. And, also indicates the necessity need of developmental counseling programs to increase the 21st century person enjoying his life and to engage in healthy behavior, thus he can realize productivity, identity, confidence, happiness, well-being, quality of life and mental health.

DECLARATIONS

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Ethical Approval

All procedures performed in this study involves human participants were in accordance with ethical standard of scientific research.

Conflicts of Interest

The authors declared no potential conflicts of interest with respect to the research, authorship, and/or publication of this article.

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