Survey Finds that Socially Active Seniors are Happier

A new Gallup poll found those aged 65 and older report the highest level of enjoyment and happiness out of any age group. The survey indicated that seniors who spend much of their time socializing are more likely than their peers to report a high level of happiness.

Individuals aged 18 and up were asked if they experienced a lot of enjoyment and happiness without much stress and worry throughout the previous day. Overall, 64 percent, a percentage higher than any other age group, of seniors reported a high level of enjoyment and happiness. The next happiest age group was the 50-64 year olds, of which 47 percent reported a high level of enjoyment and happiness without a lot of stress and worry. Researchers found that the feeling of emotional wellbeing rises sharply after age 60, but this increase is not a result of retirement. Both those 60 and older working full time, at 61 percent, and those out of the workforce, at 63 percent, reported similar levels of happiness.

The perception of happiness was affected by the amount of social interaction. About 72 percent of participants aged 65 and older who reported engaging in social activity six hours a day described a high level of enjoyment and happiness. Only 44 percent of those 65 and older who reported zero hours of social time described the same emotional wellbeing.

More information about the poll is here: U.S. Seniors Maintain Happiness Highs with Less Social Time.