

Moderating Role of Social Participation in the Relationship Between Perceived Stress and Emotional Well-being for Young-old Elderly Mizos

H.K.Laldinpui Fente
Mizoram University

Lalthantluangi Sailo
Pachhunga University College, Mizoram

That too much stress adversely affects mental well-being is now a well-known fact. An often-recommended antidote to such a connection is social participation. However, is this true for every gender and at every age? With such a question, this study investigated the role of social participation in the relationship between perceived stress and emotional well-being among participants from the elderly population in a strongly collectivistic culture of the Mizo in Mizoram, India. Social Participation, Perceived Stress and Emotional Well-being were measured using Levels of Group Participation Scale by Rasmussen, Perceived Stress Scale by Cohen, Kamarck, and Mermelstein, and Adult Mental Health Continuum – Short Form by Keyes respectively among 204 (102 male and 102 female) representative sample of the young-old elderlies in Aizawl, the capital city of Mizoram, following a multistage systematic random sampling procedure. Results revealed a significant positive correlation between social participation and emotional well-being for young-old women but not for men, and a significant negative correlation between perceived stress and emotional well-being for both young-old men and women. Moderation analyses indicated that the relationship between Perceived Stress and Emotional Well-being was significantly moderated by Social Participation for young-old elderly Mizo women only and not for men. Implications from the study are indicative that social participation, though known to be conducive to mental health, may not facilitate mental health at every level of social participation, especially for the young-old elderly as found in this study. The results are discussed with respect to life circumstances and cultural factors of young-old elderly population in a strongly collectivistic culture of the Mizo.

Keywords: Social participation, emotional well-being, perceived stress, late adulthood, elderly Mizo women.

Aging brings with it deterioration in health, leading to loss of independence as well as poorer quality of life for many individuals (Marks, 2021). With people living significantly longer lives, the very span of what is usually considered as “late adulthood” has also been consequently getting longer. As a result, we now have that much more people reaching the late adulthood milestone than ever before, with late adulthood being popularly classified according to three stages, the young-old

referring to those falling between 65-74 years of age, the old-old referring to those falling between 75-84 years of age and finally the oldest-old which refers to those who are aged 85 and above (Feldman & Babu, 2017). Within late adulthood, the young-olds are regarded as the ones most likely to be active and enthusiastic whereas the old olds are more likely to be weak, enervate, and struggle to cope with the demands of everyday life (Papalia et al. (2008).

The nature of stress changes with age, and the elderly are more likely to face what are called exit events, comprising of physical and mental challenges of aging, retired life and loss of social connections, accompanied by feelings of impending losses; while younger people have a higher chance of facing entrance events that comprise challenges related to work adjustments, building a new family, parenting etc (Hillman et al., 2024; Mc Crae, 1982). A relevant conjecture at this point is that the young-old elderly population may be burdened with both exit and what can be likened to entrance challenges simultaneously as theirs is a phase of life where retirement from work begins and opportunities for other ventures or a new social life take off, leading to more stress and poorer well-being in their lives.

Well-being has been found to indicate great variations depending on the age, gender and culture of people. The normal parameters for measuring well-being, such as a sense of purpose in one's life and need for personal growth show a tendency to be much less significant with age (Ryff, 1989). This sense of wellness incorporates psychological health, satisfaction with life as well as a sense of purpose in one's life and being able to cope with stressors (Wood, 2021).

It has been confirmed time and again that social participation is positively related to desirable health consequences in the elderly (Saha et al., 2025; Gilmour, 2012; Wood & Robertson, 1978 etc). González-Herero and Extremera (2010) found elderly citizens with high levels of participation in social activities to be higher in subjective well-being. Positive life events have also been observed to buffer negative events for women but not for men, thereby counteracting their negative consequences (French et al., 1995).

A study among Mizo adults (middle and late adulthood) found older Mizo adults to

experience lesser anxiety as compared to younger Mizo adults (Lalnunmawii, 2018). Further, compared to respondents who reported themselves as not participating in social activities, those who reported themselves as active participants in religious and social events were more likely to report higher levels of psychological well-being.

India is a land that can boast a great diversity of cultures and peoples across its length and breadth, with Mizoram being an ethnically distinct example within the Indian Union. Historically in Mizo society, women were given a very low status with the men having high authority over them, even with regard to their own affairs or that of their community. Regarding work distribution, women worked equally hard, if not more so, without rest even at night with certain household chores simply considered to be wholly in the hands of women, of course while men are expected to take care of the security of the village. Formal education brought forth by the advent of Christianity gave voice to women that led to the establishment of a strong Mizo women's organisation established in 1946, that developed into *Mizo Hmeichhe Insuihkhawm Pawl* (MHIP) which is affiliated to the All-India Women's Conference (AIWC), and is becoming a strong force in the current relatively uplifted status of Mizo women (Hmingchungnungi, 2018). Currently, women in Mizo society are still in charge of the majority of all domestic and family responsibilities with ample opportunities to be involved in charities and religious activities with some political participation; whereas the menfolk are freer to take part in all social responsibilities, obligations, and of course politics (Fente, 2018, Vanlalthanpuii, 2021; Lalhmingpuii & Namchoom, 2014).

The Mizo as a people have always held their elders in the highest esteem with utmost respect. Elders in society are considered pillars of wisdom and their advice in all

matters was held in highest regard, with the younger generation looking up to the older ones as invaluable sources of knowledge. The *Mizoram Upa Pawl* (MUP, Mizoram senior citizens association) founded as a non-governmental organization in 1957 help address the myriads of problems faced by senior citizens throughout the State. Social participation and formation of social networks among the elderly, both male and female, is strongly encouraged by way of organizing recreational programmes, informational talks and lectures, cultural items complete with games and dancing, charities and other voluntary work on a regular basis. It is often said that post-retirement life among the Mizos can prove to be extremely satisfying and fulfilling as experienced by members of the MUP, if only one would continue to actively seek out participation in old as well as new social pursuits (Thanseia, 2007).

Ageing among the Mizo, like anywhere else in the world, brings with it major adjustments and life changes such as deterioration of physical health and retirement from jobs. However, the presence of strong social support inbuilt in the community traditions and social networks like the aforementioned MUP, MHIP and their levels of participation in it are expected to play a role in buffering the effects of stress especially for young-old elderly Mizos as they are on the cusp of their sunset years, yet with new challenges to contribute more to their community in a strongly collectivistic culture of the Mizo. Though many anecdotal reports about the Mizo elderlies are available, empirical studies on the elderly are few and far between. This study aims to fill this gap in literature as well as elaborate and clarify the importance of relooking into the well-being of young-old elderlies especially due to their special circumstances of exit events and what can be likened to entrance events late in their lives.

Objective:

To elucidate the moderating role of Social Participation in the relationship between Perceived Stress and Emotional Well-being.

Hypothesis:

Social Participation will moderate the relationship between Perceived Stress and Emotional Well-being.

Method

Sample

Data were collected from 30 localities in Aizawl Municipal area using a systematic random sampling method. The final sample comprised of 204 (102 male and 102 female) young-old elderly Mizos aged between 65-74 years of age. APA ethical standards were maintained strictly throughout the research.

Tools used:

i) *Mental Health Continuum- Short Form (MHC-SF; Keyes, C. L. M, 2002)*: It is a 14-item self-rating scale using 6-point Likert scales ranging from 0 (never) to 5 (every day). Of the three subscales (Emotional, Social, and Psychological Well-being), the Emotional Well-being Subscale was used for this study with the scales being keyed in the direction of higher Emotional Well-being.

ii) *Levels of Group Participation Scale (LOP; Rasmussen, M. F, 2003)*: It is a 6-item questionnaire using 5-point Likert scales where participants rate themselves on 6 items, with possible responses ranging from 1 = low to 5 = high. The scores are used to assess the extent of their participation in community-based organizations. The higher their mean scores, the higher their level of participation in communities i.e. social participation. Hence, it may be noted that Social Participation is measured by this scale in this study.

iii) *Perceived Stress Scale (PSS; Cohen, S., Kamarck, T., Mermelstein, R., 1983)*: It uses 5-point rating scales ranging from 0

(never) to 4 (very often) that assess the degree to which various situations in one's life are appraised as stressful. The short form of the PSS comprising of 4 items were used in this study with higher scores indicative of higher levels of perceived stress.

Results and Discussion

PROCESS v3.4 (Hayes, 2018) was used to test the moderating role of Social Participation (which was entered as the moderating variable) in the relationship between Perceived Stress (which was entered as the predictor variable) and Emotional Well-being (which was entered separately as criterion variable). The assumptions underlying multivariate analysis were generally satisfied, with mean centering of variables and bootstrapping (5000) ensured. Results of correlations revealed a significant positive relationship between Social Participation and Emotional Well-being for young-old women ($r = .28, p < .01$) but not for men ($r = -.012, p > .05$), and a significant negative relationship between Perceived Stress and Emotional Well-being for both young-old women ($r = -.42, p < .01$) and men ($r = -.31, p < .01$).

Results of moderation analysis of Social Participation between Perceived Stress and Emotional Well-being for young-old males (Table 1) show that Social Participation ($b = -.0231$ 95% CI [-.1096, .0634], $t = -.5297, p = .5975$) has not played a significant moderating role in the relation between

Perceived Stress and Emotional Well-being for young-old Mizo men. It may be noted that in Mizo society, men are highly involved in social activities as a norm, it being a strongly collectivistic society with a patrilineal cultural pattern.

On the other hand, results of moderation analysis of Social Participation between Perceived Stress and Emotional Well-being for young-old females (Table 2) show that Social Participation has played a significant role in moderating the relation between Perceived Stress and Emotional Well-being for young-old Mizo women. Simple slope analysis (Figure 1) and conditional effects (under Table 2) of Perceived Stress on Emotional Well-Being at different values of Social Participation indicates that at low level [$b = -.6277, 95\% CI [-.8979, -.3576], t = -4.6116, p < .01$], and moderate levels [$b = -.3984, 95\% CI [-.6204, -.1764], t = -3.5618, p < .01$] of Social Participation, the relationship between Perceived Stress and Emotional Well-Being were significantly negative, however not at high level of Social Participation [$b = -.1691, 95\% CI [-.5023, .1641], t = -1.0070, p = .3164$]. This indicates that at low and moderate Social Participation, lower the levels of Perceived Stress, higher the Emotional Well-being. However, this effect dissipates at high level of social participation for the young-old elderly Mizo women, indicating that high level of social participation does not bring about significant negative relationship between perceived stress and emotional well-being.

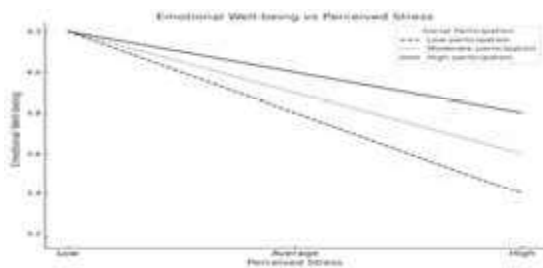
Table 1: Moderation analysis of Social Participation in the relationship between Perceived Stress and Emotional Well-being for young- old elderly Mizo males ($n=102$).

	R	R-sq	MSE	F	df1	df2
	0.3151	0.0993	4.8986	3.6016	3.0000	98.0000
	Coeff(b)	se	t	p	LLCI	ULCI
constant	11.3494	4.5796	2.4783	0.0149	2.2614	20.4374
Perceived Stress	0.1890	1.0901	0.1734	0.8627	-1.9742	2.3521
Social Participation	0.0845	0.1838	0.4601	0.6465	-0.2801	0.4492
Int_1	-0.0231	0.0436	-0.5297	0.5975	-0.1096	0.0634

Table 2: Moderation analysis of Levels of Social Participation in the relationship between Perceived Stress and Emotional Well-being for young- old elderly Mizo females ($n=102$).

	R	R-sq	MSE	F	df1	df2	p
	0.4988	0.2488	5.1019	10.8193	3.0000	98.0000	0.0000
	Coeff(b)	se	t	p	LLCI	ULCI	
constant	15.2190	2.2022	6.9107	0.0000	10.8487	19.5893	
Perceived Stress	-1.4506	0.4523	-3.2068	0.0018	-2.3482	-0.5529	
Social Participation	-0.0991	0.0986	-1.0045	0.3176	-0.2948	0.0967	
Int_1	0.0487	0.0214	2.2721	0.0253	0.0062	0.0912	
Conditional effects of the focal predictor at values of the moderator(s):							
Social Participation	Mean values	Effect	se	t	p	LLCI	ULCI
Low	-0.8516	-0.6277	0.1361	-4.6116	0.0000	-0.8979	-0.3576
Average/Moderate	0.0000	-0.3984	0.1119	-3.5618	0.0006	-0.6204	-0.1764
High	0.8516	-0.1691	0.1679	-1.0070	0.3164	-0.5023	0.1641

Figure 1: Simple slope equations of the regression of Emotional Well-being on Perceived Stress at three levels (low, moderate, high) of Social Participation for young-old elderly Mizo women.



Levels of Social Participation

Low level [$b = -.6277$, 95% CI $[-.8979, -.3576]$, $t = -4.6116$, $p < .01$]

Moderate level [$b = -.3984$, 95% CI $[-.6204, -.1764]$, $t = -3.5618$, $p < .01$]

High level [$b = -.1691$, 95% CI $[-.5023, .1641]$, $t = -1.0070$, $p = .3164$]

Participation in social activities has been found to be significantly related to positive health and well-being among the elderly irrespective of their socio-demographic or

health factors (Gilmour, 2012; Saha, 2024; Nagargoje et al. 2022). The demographic information of the young-old elderly Mizo women sample in this study revealed that they were members in at least one community-based organization, with still many further reporting memberships in two to three organisations. The highest level of participation was found to be within the MHIP (an all-Mizo women's group affiliated to the All-India Women's Conference) at 81.37%, participation in church activities came in second with a 75.49% reported participation and participation in the MUP (Mizoram Senior Citizens Association) coming in third at 74.5%.

Litwin & Stoeckel (2013) found that the most significant relationships between social networks and well-being were seen among the young-old groups which in their study comprised people in the age range of 60-79. The young-old elderly Mizo women considered in this study also belong to nearly the same age range – 65-74 years. Choi et al. (2021) had also found participation in social activities, volunteerism and donation

work to all contribute towards the decrease in risks of depressive symptoms in the elderly, where the frequency and variety of the said social participation appear to be important factors that contribute towards the decrease. They also found this decrease in odds for depression as a result of social participation to be more for elderly women than for elderly men.

However, results of this study indicate that it is only for participation at low and moderate levels that Perceived stress decreased and Emotional well-being is enabled. Participation in group activities at high level do not seem to continue to enable low levels of Perceived stress or increased well-being. Therefore, even though women may be able to spare more time for social participation (Huang & Yang, 2013), for young-old elderly Mizo women, results seem to indicate that actually devoting more time to social participation will not necessarily be beneficial for them. As stated above, young-old elderly Mizo women considered in this study reported memberships in the MHIP, MUP and church. But at the same time, Jangu (2019) has noted that the participation of Mizo women in different social activities spanning from community services to church activities is much greater than that of men.

Results imply that high levels of social participation for young-old elderly Mizo women could possibly lead to participation without enjoyment to the extent where it may in fact cause significant stress instead. Various anecdotal reports and discussion on social media have centred on whether women's social participation has harmful effects on family life as well as childrearing and parenting. Activities of the MHIP and Women's Fellowship in local churches range from safeguarding the rights of women especially against violence of all kinds, providing counselling and help for women and children in need, attending weekly women's fellowship in churches, voluntary

work with those in prison and rehabilitation centres and the poor and orphaned (National Informatics Centre, Mizoram State Unit, 2022; Presbyterian Church of India, Mizoram Synod, 2019). Amidst all these activities, it may thus be further deduced that young-old elderly Mizo women need to be cautious about the degree and extent to which they participate in various social activities, so that such participation continues to be to their benefit, enabling emotional well-being and decreasing stress, and not letting it diminish well-being instead.

Mc Crae (1982) had spoken about the elderly being more likely to face exit events marked by threats and losses as opposed to entrance events faced by younger adults characterized by challenges. Young-old elderly women belong to the age bracket of 65-74 years, the beginnings of retirement in India. The confluence between the ending of challenges and onset of threats and losses is likely to be a source of significant stress as one adjusts to changes in roles and expectations that greatly differ from all that one has been used to so far. The stress is further likely to be still higher for women with the multiple roles that they already play as mother, wife and homemaker. In a collectivistic society like the Mizos abundant with avenues for social participation and the many expectations that go along with it, it may be deduced that young-old elderly Mizo women need to be able to decide judiciously which avenues they choose to participate in and which they will stand back from so as to not be overwhelmed by the stress of participation at a time when they themselves are adjusting to major life changes between entrance and exit events.

Lalhriatpuii (2010) talks of Mizo women's participation in the economy as one where they are relegated to the periphery in low paying positions, positions where they are never given the opportunity to fully realize their true potentials and remain sidelined

instead. Lalthansangi (2004) continues along the same lines stating that decades of planning and development have still not enabled Mizo women to be acknowledged appropriately – they seem to remain confined to a narrow range of positions despite their substantial contributions. In the religious realm, women despite making up a large portion of the workforce in churches are still not allowed to be ordained, nor given a seat in important decision-making and other high positions (Lalhriatpuii, 2010). In the political arena, politics among the Mizos is virtually a male-dominated one, with women facing much discrimination. There is acknowledgement of the need to further women's participation in politics so as to enable the development of women in society as a whole (Lalnehzovi, 2009).

Although intellectual Mizo women as just mentioned are crying for the advancement of women in all walks of life, the current results suggest that such advancements be approached and considered with much caution, so as to enable advancement that comes not simply for advancement's sake or at the cost of well-being for young-old elderly female Mizos – but one that will truly enable positive changes towards more participation and recognition in various spheres of life accompanied by a sense of well-being, achievement and pride in themselves for the women.

Conclusion

Many studies have shown that elderly people having larger social networks and higher social participation (Bennett, 1998; Huang & Yang, 2013) results in increased well-being (Choi et al. 2021; Litwin & Stockel, 2013). However, for the young-old elderly Mizo women, it is only social participation at low and moderate levels that have been found to result in increases in Emotional Well-being with associated decreases in Perceived stress. Thus, for young-old elderly Mizo

women in particular, results of this study imply that they need to be prudent in deciding the extent to which they should participate in various social activities, so as to ensure that their participation results in emotional satisfaction, and the said participation is not seen as a necessity, a burden to add to the load that they already carry as primary caregivers in their own homes regardless of whether they are also gainfully employed or not.

The current study was carried out among a representative sample of 204 young-old elderly Mizos from Aizawl, the capital city of Mizoram alone, and so the results may not lend to generalization for the elderly Mizo population as a whole. Further research among the elderly of all ages as well as elderly in the urban and rural areas would be desirable to glean out specific factors that account for the well-being of the elderly population.

References

- Bennett, K. M. (1998). Longitudinal changes in mental and physical health among elderly, recently widowed men. *Mortality*, 3(3), 265-273. DOI:10.1080/713685953
- Choi, E., Han, K., Chang, J., Lee, Y.J., Choi, K.W., Han, C., & Ham, B. (2021). Social participation and depressive symptoms in community-dwelling older adults: Emotional social support as a mediator. *Journal of Psychiatric Research*, 137, 589-596. <https://doi.org/10.1016/j.jpsychires.2020.10.043>
- Cohen, S., Kamarck, T., & Mermelstein, R. (1983). A global measure of perceived stress. *Journal of Health and Social Behavior*, 24(4), 385–396. <https://doi.org/10.2307/2136404>
- Fente, H. K. L (2018). Participation of Women in Governance and Politics: A Local Analysis of Psychological Impediments in Mizoram. In Lalkima, C & Lalnehzovi (eds.), *Participation of Women in Politics and Governance: Local and State in Mizoram*,

- IIPA, Mizoram Regional Branch and UGC-Women's Studies Centre, Mizoram University, Aizawl, pp. 114-123
- Feldman, R.S., & Babu, N. (2017). *Development across the Life Span*. (8th ed.). Pearson India Education Services Pvt. Ltd.
- French, S. L., Gekoski, W. L., & Knox, V. J. (1995). Gender Differences in Relating Life Events and Well-Being in Elderly Individuals. *Social Indicators Research*, 35(1), 1–25. <http://www.jstor.org/stable/27522827>
- Gilmour, H. (2012). Social participation and the health and well-being of Canadian seniors. Statistics Canada, Catalogue no. 82-003-XPE. *Health Reports*, 23 (4), 23-32.
- González - Herero, V., & Extremera, N. (2010). Daily life activities as mediators of the relationship between personality variables and subjective well-being among older adults. *Personality and Individual Differences*, 49(2), 124-129. <https://doi.org/10.1016/j.paid.2010.03.019>
- Hayes, A. F. (2018). *Introduction to mediation, moderation, and conditional process analysis: A regression-based approach* (2nd ed.). The Guilford Press. <http://www.processmacro.org/>
- Hillman, A.R., Dhingra, R., & Reed, R.G (2024). Stressful life events across the lifespan and inflammation: An integrative data analysis. *Brain, Behavior, & Immunity - Health Volume 41*, 100861. <https://doi.org/10.1016/j.bbih.2024.100861>
- Hmingchungnungi, R. (2018). *Women Empowerment: A Case Study of Mizo Hmeichhe Insuihkhawm Pawl (MHIP)* [Unpublished doctoral dissertation]. Mizoram University. RUTHI HMINGC HUNGUNGI, Pol.Sc.pdf (inlibnet.ac.in)
- Huang, S.-W., & Yang, C.-L. (2013). Gender Difference in Social Participation Among the Retired Elderly People in Taiwan. *American Journal of Chinese Studies*, 20(1), 61–74. <http://www.jstor.org/stable/44289007>
- Jangu, S.W. (2019). Women Empowerment in Mizoram: From Indoor to Outdoor Activities. In K.V. Reddy (Ed.), *Governance and Development in Northeast India: A Mizoram Reader* (1st ed., pp.251-256). Kandena Publications.
- Keyes C. L. M. (2002). The mental health continuum: from languishing to flourishing in life. *Journal of health and social behavior*, 43(2), 207–222. <https://doi.org/10.2307/3090197>
- Lalhmingpuii, J.C., & Namchoom, V. (2014) The Status and Role of Women in Mizo Society. *Journal of North East India Studies*, (1) pp. 30-42. Corpus ID: 8883908
- Lalhriatpuii. (2010). *Economic participation of Women in Mizoram*. Concept Publishing Company.
- Lalneihzovi. (2009). Political Participation of Women in Mizoram in Lalneihzovi (ed.). *Changing Status of Women in North Eastern States*. Mittal Publications.
- Lalnunmawii, H. (2018). *Impact of Socio-Demographic variables on Psychological Well-being and Spiritual Experience: A Study Among Mizo Adults*. [Unpublished M.Phil thesis]. Mizoram University.
- Lalthansangi (2004). *A Situational Analysis of Women and Girls in Mizoram*. National Commission for Women, New Delhi. A Situational Analysis Of Women And Girls In Mizoram | National Commission for Women (ncw.nic.in)
- Litwin, H., & Stoeckel, K. J. (2013). Social networks and subjective wellbeing among older Europeans: Does age make a difference? *Ageing & Society*, 33(7), 1263–1281. <https://doi.org/10.1017/S0144686X12000645>
- Marks, R. (2021). Aging and Positive Psychology. *Journal of Aging Research and Healthcare*, 4(1), 43-56. DOI: 10.14302/issn.2474-7785.jarh-21-3979
- Vanlalthanpuii, M. (2021). Women and Informal Politics, A study of Mizo Women's Organisation (Mizo Hmeichhe

- Insuihkhawm Pawl). *Journal of Asia Pacific Studies*, 6 (1) 117-126.
- McCrae R. R. (1982). Age differences in the use of coping mechanisms. *Journal of gerontology*, 37(4), 454–460. <https://doi.org/10.1093/geronj/37.4.454>
- Nagargoje, V. P., James, K. S., & Muhammad, T. (2022). Moderation of marital status and living arrangements in the relationship between social participation and life satisfaction among older Indian adults. *Scientific reports*, 12(1), 20604. <https://doi.org/10.1038/s41598-022-25202-5>
- National Informatics Centre, Mizoram State Unit. (2022, December 4). *Mizo Hmeichhe Insuihkhawm Pawl (M.H.I.P)*. <https://mizoram.nic.in/more/mhip.htm>
- Papalia, D., Olds, S., & Feldman, R. (2008). *Human Development*. (11th ed). Mc Graw-Hill Education.
- Presbyterian Church of India Mizoram Synod. (2019, June 3). Presbyterian Women's Fellowship (Kohhran Hmeichhia). <https://www.mizoramsynod.org/page/1218>
- Rasmussen, M. F. (2003). Adult Attitudes About Youth Participation in Community Organizations. *Journal of Extension*, 41(5), Article 12. <https://tigerprints.clemson.edu/joe/vol41/iss5/12>
- Ryff, C. D. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of Personality and Social Psychology*, 57(6), 1069–1081. <https://doi.org/10.1037/0022-3514.57.6.1069>
- Saha, S. (2024). Social relationships and subjective wellbeing of the older adults in India: the moderating role of gender. *BMC geriatrics*, 24(1), 142.
- Saha, S., Das, P., Das, T., Das, P., & Roy, T. B. (2025) Association of social participation with physical and mental health status among Indian adults. *Journal of Medicine, Surgery, and Public Health*, Vol 5, 100166 <https://doi.org/10.1016/j.gmedi.2024.100166>
- Thanseia (2007). Ageing Gracefully: Role and Activities of Mizoram Upa Pawl. In Lianzela & Vanlalchawna (Eds.), *In Aging in North East India: Magnitude of the problem of elderly persons in Mizoram* (Vol. 1, pp. 48–59). ICSSR NERC.
- Wood, G.W. (2021). *The Psychology of Wellbeing*. Routledge, Taylor & Francis Group.
- Wood, V., & Robertson, J. F. (1978). Friendship and Kinship Interaction: Differential Effect on the Morale of the Elderly. *Journal of Marriage and Family*, 40 (2), 367-375. <https://doi.org/10.2307/350767>

H.K.Laldinpuii Fente, PhD, Professor, Department of Psychology, Mizoram University (Corresponding author email: hkldinpuii.psy@mzu.edu.in)

Lalthantluangi Sailo, Assistant Professor, Department of Psychology, Pachhunga University College