
Nostalgia as a Sources of Happiness in Aging Population : Insights from India

Himja Trivedi

School of Liberal Studies, Pandit Deendayal Petroleum University, Gujarat, India.

Dr. Ritu Sharma

Associate Professor, School of Liberal Studies, Pandit Deendayal Petroleum University, Gujarat, India.

Abstract

What started off as a word to describe a disease provoked by excessive attachment to a distant homeland, has now become a raging phenomenon in positive psychology. Nostalgia has recently faced new attention due to the uncovering of its benefits in instigating positive affect and resulting in a happier perspective of the new reality. However, nostalgia can have certain drawbacks. Over obsessive reminiscing of the past bring about a possibility of the individual expecting and yearning for utopia which brings them up for a platform of disappointment. A recent study by Stoyanova, S. Y., Giannouli, V., & Gergov, T. K focused on Sentimentality and Nostalgia in Elderly People in Bulgaria and Greece showed a trend for cross-cultural differences in the way these emotions were experienced. This further encourages the need for similar research to be conducted from culturally niche perspectives. The first part of this research aims to identify the consequent response of nostalgic experience in old age. People above 60 are largely considered to have lived through the majority of their lives and for that very reason, nostalgic experiences may have the most lasting effects on their mood and momentary state of affect. The purpose of this study is to identify how old is related to nostalgia and as well as its connectivity with the sources of happiness. The second part of this study to determine sources of happiness among the elderly to ascertain what aspects of their lives play an important role.

Keyword: Aging Population, Nostalgia, Positive Psychology, Happiness

Article Classification: Research Paper.

What is nostalgia?

Nostalgia, ever since Hofer (1934) coined the term nostalgia in 1688, has had a dynamic history. The sentiment had a very different connotation, centuries ago than it does now. Hofer considered nostalgia a disease in which the person suffering was entirely consumed with images from the past, so much so that one could not even function well enough to live (Hofer, 1934). Also, Griesinger (1867/1965) claimed that nostalgia was a kind of homesickness that should be treated when a person displays what he claimed to be the usual signs of insanity (Griesinger, 1867/1965). The perception of nostalgia changed when Freud and psychoanalysis became popular. The psychosexual approach came into play as nostalgia was thought of as a longing desire to relive the time before the Oedipal/Electra complex occurred. The Freudian theory was more or less in line with modern views of nostalgia; it could be remodeled as a coping mechanism for mourning and past forever lost (Kaplan, 1987). The ways in which the idealized past affects us can have several consequences and for those who have already lived the larger portion of their lives, this small stimulus could bring about massive waves of emotions which are unprecedented. Therefore, it becomes extremely important to understand the nature of nostalgia and the bittersweet reaction brings about in the elderly. Moreover, it's even more significant to understand whether nostalgia is more inclined towards being a positive emotion and bring about restorative tendencies or negative emotion that can break down the spirit of the present and future for an individual.

Nostalgia as a practice to happiness

Nostalgia used to be considered a solitary pastime' now it is possible to indulge in ourselves in the company of many others. Nostalgia itself is not ordinary memory; it is a particular form of recollection distinguished from others by the 'special past' which for one is a pleasant experience elevated to prominence and painful memories are screened out.

Recent research suggests that Nostalgia is a predominantly positive, self-relevant, and social emotion serving key psychological functions contrary to what was believed when the term was coined by Hofer (Constantine Sedikides, Tim Wildschut, Jamie Arndt, ClayRoutledge). Nevertheless, studies have demonstrated that for individuals who habitually worry, nostalgia may not be a nourishing experience. (Bas Verplanken, 2012)

Despite the fact that nostalgia draws from the past it is clearly a product of the present and its scope also extends into the future, particularly, a positive future from the individual's perspective. (Wing-Yee Cheung, Tim Wildschut, Constantine Sedikides, Erica G. Hepper, Jamie Arndt, and Ad J. J. M. Vingerhoets). Nostalgia is believed to foster social connectedness, which subsequently increases self-esteem, which then boosts optimism. The nostalgic experience is inherently optimistic and paints a subjectively rosier future. Nevertheless, studies have demonstrated that for individuals who habitually worry, nostalgia may not be a nourishing experience. (Bas Verplanken, 2012)

Being able to boost a sense of social connectedness nostalgia also, in turn, bolsters the sense of meaning in life and therefore serves an existential function. (Jacob Juhl, Clay Routledge, Jamie Arndt, Constantine Sedikides, Tim Wildschut). Nostalgia is positively related to the development of the purpose of life which can prove to be a pivotal contribution for senior citizens who are dealing with newfound challenges of life and could benefit from a redirection of life and coping with new environments. Research by Andrew Abeyta and Clay Routledge in 2016 explored the impact of nostalgia on feelings of youthfulness, as well as the health benefits of nostalgia-induced youthfulness. Previous research also indicates that feeling younger than one's current age has positive implications for health and may promote a younger view of the self that may be beneficial for health. Combining the factor of the improved meaning of life along with the sense of youthfulness may prove to be highly beneficial when directed towards the geriatric population.

According to a report in *Current Directions in Psychological Science*, only recently have psychologists begun focusing on the positive and potentially therapeutic aspects of nostalgia. Research suggests that nostalgia can promote psychological health, including counteracting the effects of loneliness and providing us with a greater sense of continuity and meaning to our lives. Nostalgia is said to serve a self-oriented function, an existential function, and a sociality function. These functions are independent of the positive effect that nostalgia may incite. (Constantine Sedikides, Tim Wildschut, Clay Routledge, Jamie Arndt, Xinyue Zhou.)

What seems beneficial for the purpose of this research is the realization that group-level nostalgia can have massive benefits for people specifically in old age homes. (Wildschut, T., Bruder, M., Robertson, S., van Tilburg, W. P., & Sedikides, C, 2014) Collective (vs. personal) nostalgia strengthened behavioural intentions to support the ingroup more so than did recalling an ordinary collective (vs. personal) event. Therefore, for the eventual goal of developing nostalgia into a therapeutic medium, it serves as a beneficial insight.

Old age brings about its new challenges and people are forced to deal with issues like death and loss of loved ones. The non-permanence of life becomes starkly more clear than ever before and at that point, nostalgia can be utilized as a coping mechanism. (Batcho KI, 2013). However, one must also be mindful that this can be counterproductive for those individuals that have a strained relationship with their pasts and present. (Aarti Iyer and Jolanda Jetten)

Nostalgia has a checkered history but is now rehabilitated as an adaptive psychological resource. Tapping into its potential benefits and exploring its impacts of emotional states of happiness can be used to further improve the lives of the geriatric population particularly living in old age homes as well as broken or strained families.

Happiness in Old Age

Research in the field of positive psychology and happiness often define a happy person as someone who experiences frequent positive emotions, such as joy, interest,

and pride, and infrequent (though not absent) negative emotions, such as sadness, anxiety, and anger (Lyubomirsky et al., 2005). Happiness has also been said to relate to life satisfaction, life appreciation, moments of pleasure, etc, but overall it has to do with the positive experience of emotions.

Researchers estimate that much of happiness is under personal control. Regularly indulging in simpler pleasures, getting engrossed in challenging activities, setting and meeting goals, maintaining close social ties, and finding a purpose beyond oneself are all actions that increase life satisfaction. However other factors such as family members, one's own society and culture, and materialistic items such as sweets can bring about momentary happiness. This indulgence in small pleasures does not necessarily indicate tangible pleasures but may also indicate indulging in emotions, memories, and living in the past.

One hundred eighty-four people participated in an experience-sampling procedure that determined that Negative emotions declined in frequency until approximately age 60, at which point the decline ceased. Periods of highly positive emotional experience were more likely to endure among older people and periods of highly negative emotional experience were less stable. (Carstensen, Laura L., Pasupathi, Monisha, Mayr, Ulrich, Nesselroade, John R.) The unexpected positive relationship between aging and happiness was called “the paradox of wellbeing,” which is still a matter of debate. (KamelGana Nathalie Bailly YaëlSaada MichèleJoulain Daniel Alaphilippe.)

The Circumplex model by J. A. Russell and J. M. Carroll's (1999) says that happiness and sadness are polar opposites and, so, mutually exclusive. In contrast, the evaluative space model (J. T. Cacioppo& G. G. Berntson, 1994) proposes that positive and negative affect are separable and that mixed feelings of happiness and sadness can co-occur. A very interesting experiment was conducted by Jeff T. Larsen and A. Peter McGraw in collaboration with John T. Cacioppo in 2001 where they investigated whether people can feel happy and sad at the same time. Results suggest that although the affective experience may typically be bipolar, the underlying processes, and occasionally the resulting experience of emotion, are better characterized as bivariate.

Gallup World Poll, the World Values Survey, and the European Social Survey show happiness from a gender division perspective. Although worldwide women are happier than men, at the country level the happiness gap favours females in some cases and males in others. From further assessment, one study stated that females tend to respond to individual happiness determinants in a much “favourable” way than men do. (María Laura Arrosa and NéstorGandelman, 2013)

Age also has a major role to play when it comes to happiness and in today's society where families are becoming increasingly nuclear and abandoning their parents. It becomes even more important to understand the factors that affect the happiness levels of old people. Research suggests that the experience of Positive Affect becomes increasingly associated with the experience of Meaning In Life as the perception of future time becomes limited. (Joshua Hicks, Jason Trent, Laura A King). Nostalgia is

a major tool for bringing about a strong sense of the meaning of life which can, in turn, bring about a positive change in old age.

Purpose in life is a defining feature of mental health. In old age, maintaining high levels of purpose in life may become more difficult, due to increasing losses (e.g., widowhood, retirement). A study was done by Gary R. Lee and Masako Ishii-Kuntz also showed that loneliness has a major negative effect on morale, and transmits large proportions of the effects of social integration measures. Interaction with children and grandchildren has no such effects.

Another aspect that becomes increasingly important is old age, particularly in Indian society, are spirituality and its religious connotations. According to Lindanor Chaves and Claudia Gil Increased life expectancy and the prospect of longevity lead to reflection on the importance of spirituality while aging. The relationship between spirituality and old age takes place through the capacity to bear the limitations, difficulties, and losses inherent to the process; thus, the nature of living a spiritual life was observed to be heterogeneous, while all had in common the recognition of its importance and its significance for living an old age with Quality of Life.

Research Method

Existing literature shows that there is a significant relationship between the advent of nostalgia and the resulting bittersweet feeling as well as the importance of certain factors of happiness that make an impact in old age. The research aims to study the role of Nostalgia in old age as well as the level of importance of sources of happiness in old age. Nostalgia and sources of Happiness are the Independent Variables and Old age is the Dependent Variable.

A sample size of 110 was taken for this research all ages 60 and above out of which 51 were male subjects and 59 were female subjects. Two divisions of age groups were made 60-70 and 71+. 56 Participants belonged to the first age group and the remaining 54 participants were falling into the second age group. The sample was selected through the convenient sampling method and differed in age, gender, occupations, and designations.

Primarily the Positive and Negative affect scale (PANAS) was used analyse the range of emotional states of the individual when a nostalgic stimulus is exposed to them. The Positive and Negative Affect Schedule (PANAS) comprises two mood scales, positive affect, and negative affect. Happiness Index was another instrument which was developed for the purpose of this research. Happiness Survey Form comprises of 51 items (inclusive of objects, people behaviour, and feelings) which are distributed among 8 main factors: Life Satisfaction, Physical Wellbeing, Social Wellbeing, Emotional Wellbeing, Life's Purpose, Time spent, Religious faith, Environment.

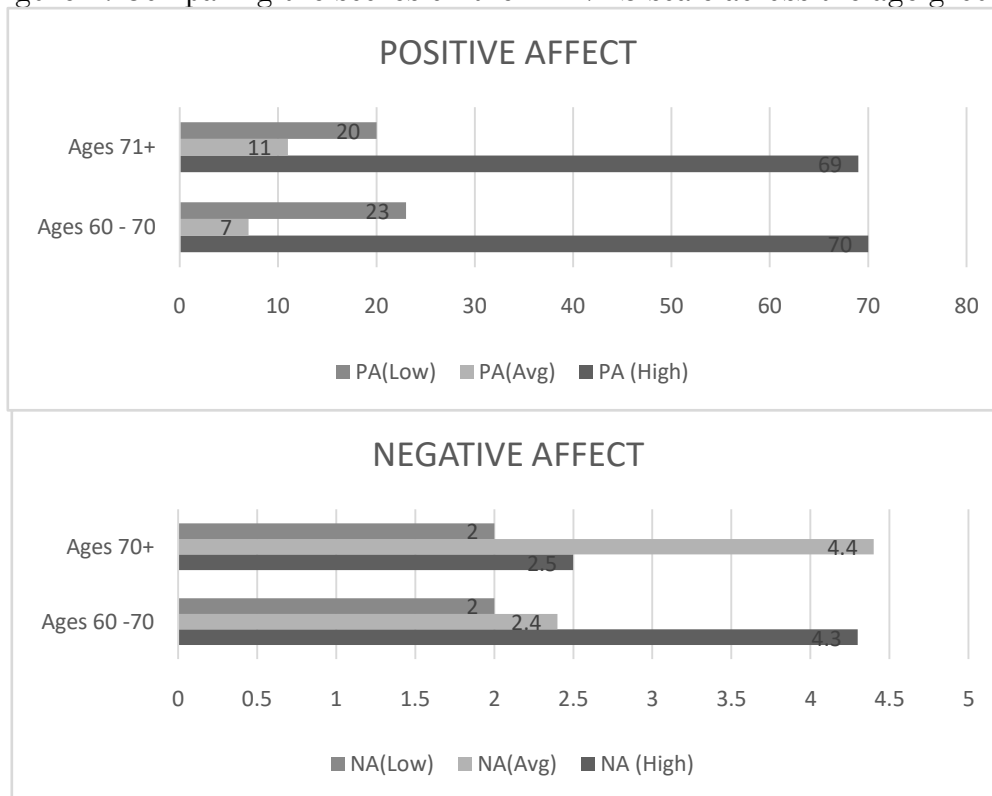
The data was then consolidated and analysed. The PANAS scale was scored on momentary or fleeting happiness and the Happiness Survey Form was scored

separately. Both these results were individually calculated with the Dependant variable that is Old age.

Results and Discussions

Based on the data collected the following inferences were drawn on the correlation between nostalgic expression and the individual's scores on the PANAS scale. Based on the research design: several individuals above the age of 60 shared memory of their past in detail to the researcher after which they were asked to self-report their affective states on the PANAS scale. Based on the age groups major disparity between the ranges with the lower range of negative effects noticed in the older age group. Previous research done by MRC National Survey for Health and Development has proven that older people are generally happier than middle-aged people and that 65-79 years are the happiest. A similar trend is noticed here where there is a sharp drop in the negative effect felt by people aged 71+.

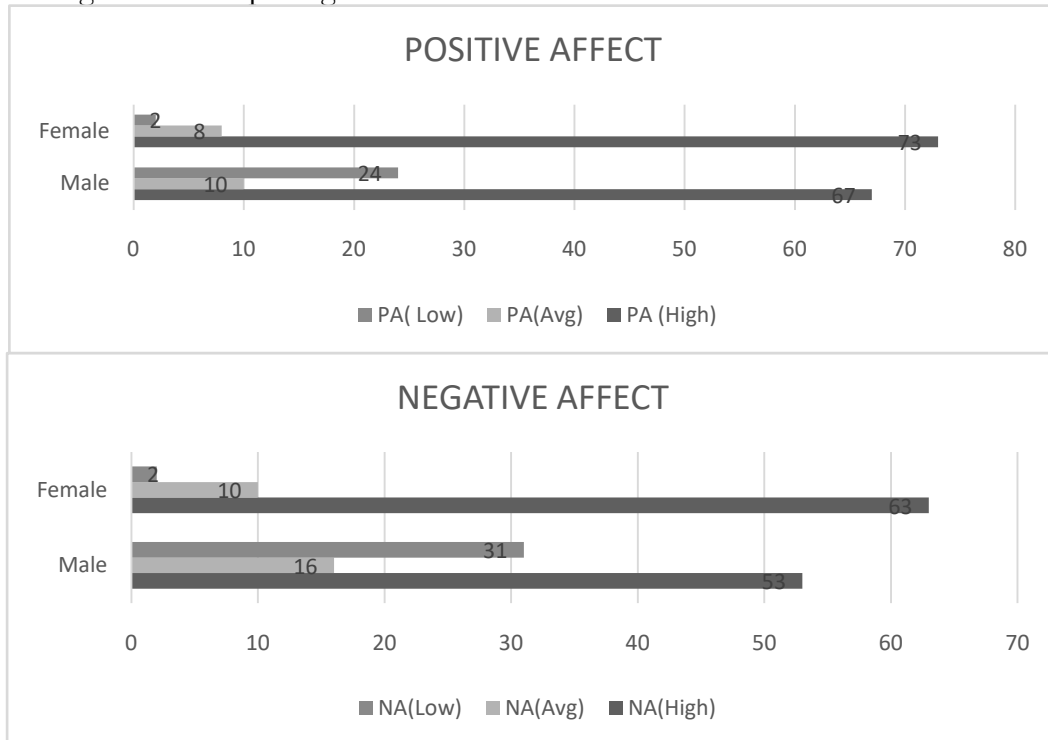
Figure 1: Comparing the scores on the PANAS scale across the age groups.



This goes on to represent that exposure to nostalgic expression can have a positive effect on the emotional states of individuals largely. With that, it is also important to mention that people also feel somber after sharing an old memory. The first age group had very little disparity when it came to the expression of positive and negative emotions. For a majority of the population, both emotions were experienced simultaneously with a slight dip towards the positive expression. However, there were some differences in the second age group which scored lower on the negative affect. This could be a reflection of either faded Memories or a state of acceptance as they have been dealing with the challenges for a significant amount of time. The possibility

that the first age group scored high on the negative emotions could be a reflection of how they are still adjusting to the fresh challenges of old and still working on the acceptance of these changes. Another major factor for the purpose of this study is the sex of the individual. It would contribute to understanding whether one gender is more sensitive towards emotional changes and nostalgic expression. The graph shows the comparisons of positive affect across the genders. The graph shows that women rank higher than men when it comes to positive affect. More women landed on the above-average category than men. However, in this study, the results are slightly different. More women fell into the above-average category than men. Another study by World Poll, the World Values Survey and the European Social Survey showed that women are predisposed to overexpress their emotions. Research by U.K.'s National Health Service, a study on women's happiness suggested that women are supposed to be less happy than men till the ages of 85 and generally show a major change in their happiness levels when they reach 85. The reason for this was said to be their sense of dissatisfaction from life and financial dependence seems to become more prominent and this causes dissatisfaction when they look back at what used to be and what is there now. The above table is a representation of descriptive statistics based on sex. When it comes to positive affect Male participants had an average score of 33.235 which is slightly above the average levels and had a standard deviation of 7.926. When it comes to female participants they received a mean score of 33.932 which is again slightly above average and a standard deviation of 8.386. There is very little discrepancy between male and female scores when a positive effect is under scrutiny. Looking at the negative affect it can be noticed that the Male participants scored an average of 17.705 which is slightly above average and the standard deviation is 6.715. The female participants however scored an average of 20.254 which is significantly higher in negative affect and there is a slight difference between the way men and women experience the negative effect component in nostalgic experiences.

Figure 2: Comparing the scores on the PANAS scale across the sexes.



When it comes to positive affect Male participants had an average score of 33.235 which is slightly above the average levels and had a standard deviation of 7.926. When it comes to female participants they received a mean score of 33.932 which is again slightly above average and a standard deviation of 8.386. There is very little discrepancy between male and female scores when a positive effect is under scrutiny. Looking at the negative affect it can be noticed that the Male participants scored an average of 17.705 which is slightly above average and the standard deviation is 6.715. The female participants however scored an average of 20.254 which is significantly higher in negative affect and there is a slight difference between the way men and women experience the negative effect component in nostalgic experiences. When it comes to the first age group and its experience of positive affect they scored an average of 33.732 with a standard deviation of 8.247 whereas the second group also scored an average of 33.481 and a standard deviation of 8.116. There is very little discrepancy between the two age groups when it comes to the positive effect being felt post a nostalgic experience. When it comes to negative affect however the table shows a different aspect. The first age group scored an average of 21.392 which is quite a few points higher than the average and the standard deviation is 8.335 whereas the second group scored an average score of 16.666 which is much closer to the average and a standard deviation of 6.466. There is again a slight difference in the experience of negative affect when a person is exposed to nostalgia across age groups.

Table 1: Descriptive analysis based on sex

Sex	Variable	N	Minimum score	Maximum score	Mean score	Standard Deviation
Male	Positive Affect	51	18	48	33.235	7.926
Female	Positive Affect	59	10	49	33.932	8.386
Male	Negative Affect	51	10	35	17.705	6.715
Female	Negative Affect	59	10	48	20.254	8.529

Table 2: Descriptive analysis based on age

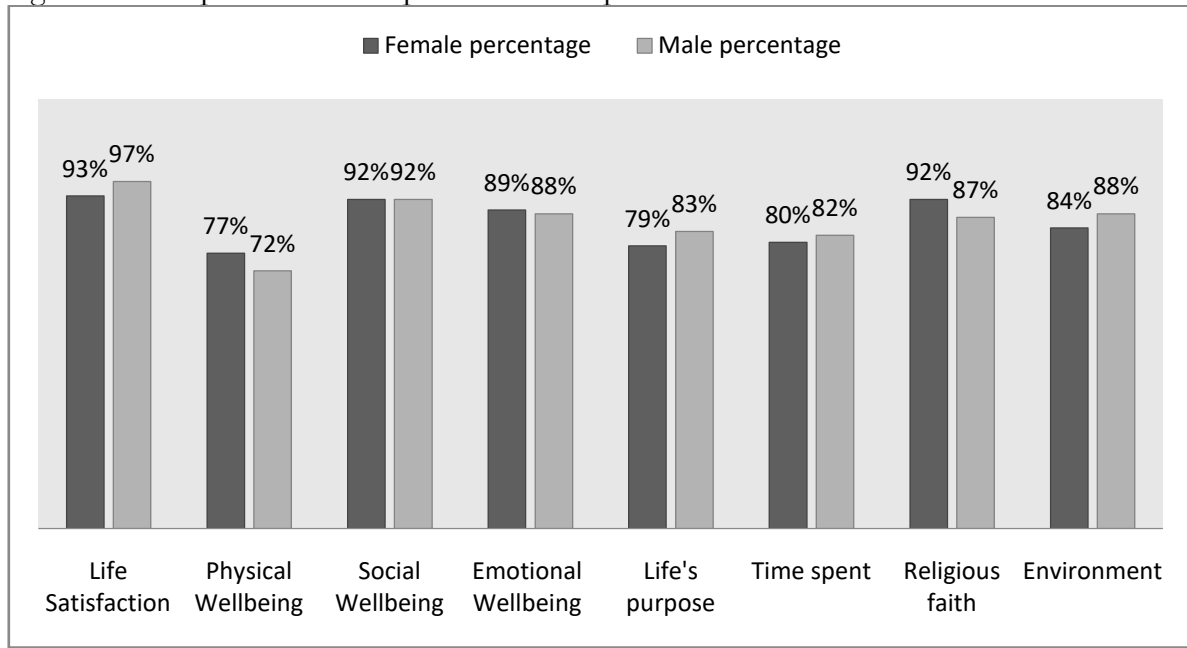
Age group	Variable	N	Minimum score	Maximum score	Mean score	Standard Deviation
1	Positive Affect	56	10	49	33.732	8.247
2	Positive Affect	54	17	49	33.481	8.116
1	Negative Affect	56	10	48	21.392	8.335
2	Negative Affect	54	10	35	16.666	6.466

* Group 1: 60-70, Group 2: 71+

Table 3: Overall Comparisons of the sources of happiness

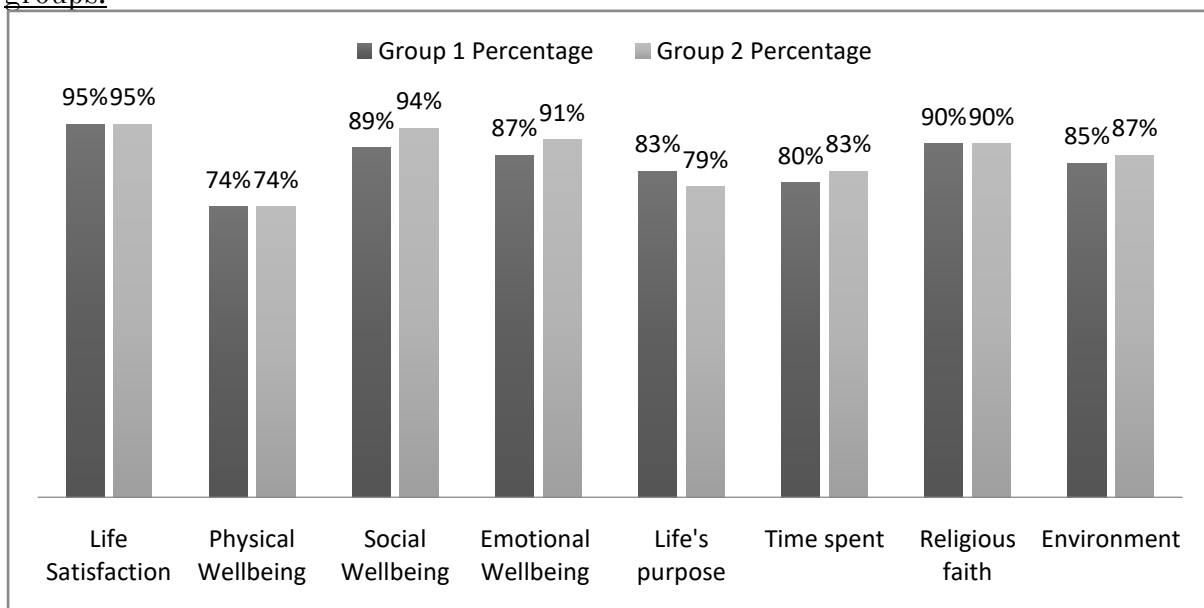
FACTORS	Percentage
Life Satisfaction	95%
Physical Wellbeing	74%
Social Wellbeing	92%
Emotional Wellbeing	89%
Life's purpose	81%
Time spent	81%
Religious faith	90%
Environment	66%

Figure 3: Comparative description of the importance of sources across the sexes.



Life satisfaction is overall the most important factor for both the sexes. Both the sexes put equal importance on social wellbeing at 92% and emotional wellbeing at 89%. Physical wellbeing is almost equally important at 77% and 74% along with life's purpose at 79% and 81%, time spent at 80% and 81%, and religious faith at 92% and 90%. The largest discrepancy notices are in an environment with females placing 84% importance to it whereas men only rated it at 66%.

Figure 4: Comparative description of the importance of the sources across the age groups.



Life satisfaction is the highest scored factor at 95% across both the age groups. Physical wellbeing and religious faith are the same at 74% and 90% respectively. Social wellbeing is slightly conflicted at 89% and 94% along with emotional wellbeing at 87% and 91% as well as time spent at 80% and 83%. The environment is quite similar at 85% and 87%. Lastly, the largest discrepancy is noticed in life's purpose at 83% and 79%.

Conclusion and Suggestions for future research

Happiness is one of the most important research areas in the field of psychology. It is one of the major 6 emotions and by and large the one that human beings strive for an entire lifetime for. Being able to devise strategies to change the existing formula of happiness by changing the world view of an individual and altering their perception of the present reality can inculcate a sense of motivation as well as the meaning of life. According to research by *Teodor Gergova and Stanislava Stoyanova*, the *nostalgia of the past was the most strongly expressed among the elderly people and so it becomes imperative to measure the effect of using nostalgia as a method of improving wellbeing. Thinking about a nostalgic (compared to desired future) experience increased the perceived presence of meaning.* This study looked into the understanding of nostalgia and its consequent impact on momentary effect as well as looking into the sources of happiness in old age across age groups and gender to identify which factors play a major role and then further process that data to create new interventions for making old age a happier time for people. The present study participants of the ages 60 and above were asked to participate and the following results were tabulated in response to the impact of nostalgia on momentary happiness. The results confirmed the overall 'bitter sweet' nature of nostalgia. However, an analysis of the overall population showed that even though negative affect components were quite high the positive affective components were still slightly more significant. With this, I claim that nostalgia can be a largely pleasant experience despite the significant presence of negative affect. *Constantine Sedikides, Tim Wildschut, Jamie Arndt, Clay Routledge, in 2008 attempted to change this perception arguing that nostalgia is a predominantly positive, self-relevant, and social emotion serving key psychological functions. Their research made an attempt to prove that nostalgic narratives reflect more positive than negative affect, feature the self as the protagonist, and are embedded in a social context. Nevertheless, the 'sociality view' sees an individual who frequently recalls meaningful memories rich in social content. The 'mal-adaptation view' sees an emotionally unstable, neurotic individual. (Seehusen J, et al). Therefore nostalgia can have a positive effect on the mood and wellbeing of individuals provided it is indulged in judiciously.* The results uncovered in this study showed that more women fell into the above-average positive affective category than did men. *Gallup World Poll, the World Values Survey, and the European Social Survey show happiness from a gender division perspective. From further assessment, one study stated that females tend to respond to individual happiness determinants in a much "favorable" way than men do. (María Laura Arrosa and Néstor Gandelman, 2013) This could be the major reason as to why females scored significantly higher than men in the positive and negative affective scales. Participants falling into both the age groups scored similarly high on the positive affective scales. However, the first group also scored high on the negative*

effect scale whereas the second group scored extremely low in the negative affect scale. The reason for the following is yet to be explored. Looking at the sources of happiness, as tested by the happiness index it was observed that Life satisfaction, religious faith as well as social well being ranked the highest across the age groups and the sexes. *Nostalgia is known to have positive impacts on social wellbeing, emotional wellbeing exploring the meaning of life, self-esteem, and several other aspects that lead to the overall wellbeing of the individual. Specifically, nostalgia about aspects of the past that were high in sociality was associated with intentions to interact with others, whereas nostalgia for aspects of the past that were low in sociality was not.*(Abeyta AA, Routledge C, Juhl J) Physical wellbeing was not reflected to be important for the population at large and the least important component was the environment. *Another research by Andrew A. Abeyta and Clay Routledge in 2016 explored the impact of nostalgia on feelings of youthfulness, as well as the health benefits of nostalgia-induced youthfulness. The research presents the view that Nostalgia-induced youthfulness predicted the extent to which participants felt healthy, confident about their physical abilities, and optimistic about their future health. These findings suggest that nostalgia promotes a younger view of the self that may be beneficial for health.* This sense of how much time is remaining for an individual in life greatly impacts the goals that individuals pursue and the decisions they make in order to achieve happiness (Carstensen 2006; Mogilner, Aaker, and Kamvar 2012) and for this reason, old age becomes a major factor when dealing with the roles of social interaction. *Nostalgia helps people find meaning in their lives, and it does so primarily by increasing social connectedness.* Looking at Erik Erikson's theory of psychosexual development, stage 7 (Generativity Versus Stagnation) puts an emphasis on the individual's level of satisfaction in life to this point and explores the question of how they view their contribution to the world. Going by this theory one can state that at this stage in life people have a focus on what they have accomplished and so life satisfaction becomes an important aspect in old age. Spirituality is also often realised later in life and so it *becomes increasingly important in old age, particularly in the Indian society. Increased life expectancy and the prospect of longevity lead to reflection on the importance of spirituality while aging. The relationship between spirituality and old age takes place through the capacity to bear the limitations, difficulties, and losses inherent to the process; thus, the nature of living a spiritual life was observed to be heterogeneous, while all had in common the recognition of its importance and its significance for living an old age with Quality of Life.* (LindanorJacó Chaves and Claudia Aranha Gil) Men and women are generally different in the way they place importance on certain aspects of life. When comparisons were made across the sexes it was noticed that women placed less importance on life satisfaction than men whereas they placed more importance on physical wellbeing. Both sexes placed equal importance on social well being as well as emotional wellbeing. Women ranked life's purpose significantly lower than did men. This could probably be an outcome of the patriarchal society they were exposed to. According to the demographic data even though the women were educated not many had worked in their lifetime which could be reflected in their minimal interest in the purpose of life at this age. Men placed a slightly higher level on the importance of the methods of spending time than did women, particularly in the first age group. This could be due to the fact that they are still trying to counter the emotions they feel

due to retirement and are trying to overcome the challenges that this new phase in life in bringing. Men displayed lower regard to religious faith and spirituality when compared to women. Age is also a major contributor to the way people view sources of happiness and this can be very subjective in the sense that something that was very joyful for an individual at this particular stage maybe become redundant within a few years. According to the data observed in the sample participants in both age groups placed an equal level of importance on Life satisfaction, Physical wellbeing, and Religious Faith. However, social wellbeing and emotional wellbeing became increasingly more important with the increase in age. The importance placed on the purpose of life decreased as age increased probably because of the acceptance of mortality salience and accepting existential threat as a reality (Juhl J et. al, 2011). The way time is spent becomes slightly more important as age increases. This could be an outcome of the fact that they have now accepted the reality of retirement and now wish to contribute more t the society as displayed in Erik Erikson's 8th stage of Psychosocial development: Ego Integrity vs. Despair. At this stage, they begin to look back at their lives and attempt to identify the meaning of their lives and explore how their contributions to society can be made worthwhile. That being said the role of their external environment becomes increasingly important. At this age, individuals are also dealing with new challenges like the loss and death of loved ones and even abandonment. Nostalgia has proven to have a positive effect on those that are suffering from loneliness as well as those who are trying to combat the loss of a beloved person. A study by KrystineBatcho explored the aspect of using nostalgia as a coping mechanism. The results indicated that people who indulged in nostalgia used positive methods of overcoming difficulties including emotional social support, expressing emotions, turning to religion, and suppressing competing activities, rather than escapist or avoidance strategies, including denial, behavioral disengagement, and substance abuse. *Loneliness reduced perceptions of social support but increased nostalgia. Nostalgia is a psychological resource that protects and fosters mental health.* In conclusion, indulging in nostalgia does bring out mixed emotions, however when tapped into judiciously can be a great psychological tool for positive psychology, human development, and well being. Nostalgia in old age can bring out significant improvements in the state of mind and self-perceptions as well as serve as a tool to combat the challenges and despair presented in this stage. Most of the factors that played an important role in providing happiness in old age: life satisfaction, physical wellbeing, emotional wellbeing, social wellbeing, life's purpose, and religious faith, can be manipulated and triggered with nostalgia to improve the individuals' perceptions of reality.

References

- [1]. Abeyta, A. A., Routledge, C., &Juhl, J. (2015). Looking back to move forward: Nostalgia as a psychological resource for promoting relationship goals and overcoming relationship challenges. *Journal of Personality and Social Psychology*, 109(6), 1029-1044. DOI:10.1037/pspi0000036
- [2]. Abeyta, A. A., &Routledge, C. (2016). Fountain of youth: The impact of nostalgia on youthfulness and implications for health. *Self and Identity*, 15(3), 356-369. DOI:10.1080/15298868.2015.1133452

- [3]. Anspach, c. (1934). Medical dissertation on nostalgia by johanneshofer, 1688. *Bulletin of the Institute of the History of Medicine*, 2(6), 376-391.
- [4]. Argyle, M. (2001). *The Psychology of Happiness*. (2nd Ed.), London, Routledge, Taylor & Francis Group DOI:10.4324/9781315812212
- [5]. Arrosa, M. L., & Gandelman, N. (2015). Happiness Decomposition: Female Optimism. *Journal of Happiness Studies*, 17(2), 731-756. DOI:10.1007/s10902-015-9618-8
- [6]. Assessing Subjective Well-Being in the Old-Old. (1992). *Research on Aging*, 14(2), 131-168. DOI:10.1177/0164027592142001
- [7]. Association for Psychological Science. (2008, December 14). More Than Just Being A Sentimental Fool: The Psychology Of Nostalgia. *Science Daily*. Retrieved April 20, 2018, from www.sciencedaily.com/releases/2008/12/081212141851.htm
- [8]. Averill, J. R. (1985). The Social Construction of Emotion: With Special Reference to Love. *The Social Construction of the Person*, 89-109. DOI:10.1007/978-1-4612-5076-0_5
- [9]. Batcho. (2013). Nostalgia: Retreat or Support in Difficult Times? *The American Journal of Psychology*, 126(3), 355. DOI:10.5406/amerjpsyc.126.3.0355
- [10]. Batcho, K. I. (1995). Nostalgia: A Psychological Perspective. *Perceptual and Motor Skills*, 80(1), 131-143. DOI:10.2466/pms.1995.80.1.131
- [11]. Barrett, F. S., Grimm, K. J., Robins, R. W., Wildschut, T., Sedikides, C., & Janata, P. (2010). Music-evoked nostalgia: Affect, memory, and personality. *Emotion*, 10(3), 390-403. DOI:10.1037/a0019006
- [12]. Best, J., & Nelson, E. E. (1985). Nostalgia and discontinuity: A test of the Davis hypothesis. *Sociology and Social Research*, 69, 221-233.
- [13]. Bishop, A. J., Martin, P., & Poon, L. (2006). Happiness and congruence in older adulthood: a structural model of life satisfaction. *Aging & Mental Health*, 10(5), 445-453. DOI:10.1080/13607860600638388
- [14]. Carstensen, L. L., Isaacowitz, D. M., & Charles, S. T. (1999). Taking time seriously: A theory of socioemotional selectivity. *American Psychologist*, 54(3), 165-181 [http://dx.Doi.org/10.1037/0003-066X.54.3.165](http://dx.doi.org/10.1037/0003-066X.54.3.165)
- [15]. Carstensen, L. L., Pasupathi, M., Mayr, U., & Nesselroade, J. R. (2000). Emotional experience in everyday life across the adult life span. *Journal of Personality and Social Psychology*, 79(4), 644-655. DOI:10.1037//0022-3514.79.4.644
- [16]. Carr, A. (2011). *Positive psychology: The science of happiness and human strengths*. (2nd Ed.) London, Routledge, Taylor & Francis Group [https://DOI.org/10.4324/9780203156629](https://doi.org/10.4324/9780203156629)
- [17]. Cassie Mogilner, Jennifer Aaker, Sepandar D. Kamvar; How Happiness Affects Choice, *Journal of Consumer Research*, Volume 39, Issue 2, 1 August 2012, Pages 429-443, [https://DOI.org/10.1086/663774](https://doi.org/10.1086/663774)
- [18]. Castelnuovo-Tedesco, P. (1980). Reminiscence and nostalgia: The pleasure and pain of remembering. In S. I. Greenspan & G. H. Pollack (Eds.), *The course of life: Psychoanalytic contributions toward understanding personality development: Vol. III: Adulthood and the aging process*, Washington, DC: U.S. Government Printing Office.
- [19]. Cheung, W., Wildschut, T., Sedikides, C., Hepper, E. G., Arndt, J., & Vingerhoets, A. J. (2013). Back to the Future. *Personality and Social Psychology Bulletin*, 39(11), 1484-1496. DOI:10.1177/0146167213499187

- [20]. Compton, W. C. (2009). *Introduction to positive psychology*. Belmont, CA: Thomson/Wadsworth
- [21]. Counteracting Loneliness. (2008). *Psychological Science*, 19(10), 1023-1029. DOI:10.1111/j.1467-9280.2008.02194.x
- [22]. Crawford, J. R., & Henry, J. D. (2004). The Positive and Negative Affect Schedule (PANAS): Construct validity, measurement properties, and normative data in a large non-clinical sample. *British Journal of Clinical Psychology*, 43(3), 245-265. DOI:10.1348/0144665031752934
- [23]. Deng, X., Ding, X., Cheng, C., & Chou, H. M. (2016). Feeling Happy and Sad at the Same Time? Subcultural Differences in Experiencing Mixed Emotions between Han Chinese and Mongolian Chinese. *Frontiers in Psychology*, 7. DOI:10.3389/fpsyg.2016.01692
- [24]. Diener, E., Oishi, S., & Lucas, R. (2009). Subjective Well-Being: The Science of Happiness and Life Satisfaction. *The Oxford Handbook of Positive Psychology* (2nded). DOI:10.1093/oxfordhb/9780195187243.013.0017
- [25]. Diener, E., Suh, E. M., Lucas, R. E., & Smith, H. L. (1999). Subjective well-being: Three decades of progress. *Psychological Bulletin*, 125(2), 276-302. DOI:10.1037//0033-2909.125.2.276
- [26]. Fordyce, M. W. (1988). A review of research on happiness measures: A sixty-second index of happiness and mental health. *Social Indicators Research*, 20(4), 355-381. DOI:10.1007/bf00302333
- [27]. Gana, K., Bailly, N., Saada, Y., Joulain, M., & Alaphilippe, D. (2012). Does Life Satisfaction Change in Old Age: Results From an 8-Year Longitudinal Study. *The Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, 68(4), 540-552. DOI:10.1093/geronb/gbs093
- [28]. Hepper, E. G., Ritchie, T. D., Sedikides, C., & Wildschut, T. (2012). Odyssey's end: Lay conceptions of nostalgia reflect its original homeric meaning. *Emotion*, 12(1), 102-119. DOI:10.1037/a0025167
- [29]. Healey, N. (2017, January 16). A new study shows 70 is the age people feel happiest. Retrieved from <http://www.netdoctor.co.uk/healthy-living/wellbeing/news/a26198/70-is-happiest-age/>
- [30]. Hicks, J. A., Trent, J., Davis, W. E., & King, L. A. (2012). Positive affect, meaning in life, and future time perspective: An application of socioemotional selectivity theory. *Psychology and Aging*, 27(1), 181-189. DOI:10.1037/a0023965
- [31]. Hofer, J. (1934). Medical dissertation on nostalgia. (C. K. Anspach, Trans.). *Bulletin of the History of Medicine*, 2, 376-391. (Original work published 1688)
- [32]. Images, T. Z. (2017, December 14). Fact-Checking That Study on Old Women's Happiness With My Grandmother. Retrieved from <https://www.thecut.com/2017/12/my-grandma-fact-checked-that-study-on-old-womens-happiness.html>
- [33]. Juhl, J., Routledge, C., Arndt, J., Sedikides, C., & Wildschut, T. (2010). Fighting the future with the past: Nostalgia buffers existential threat. *Journal of Research in Personality*, 44(3), 309-314. DOI:10.1016/j.jrp.2010.02.006
- [34]. Kreibig, S. D. (2010). Autonomic nervous system activity in emotion: A review. *Biological Psychology*, 84(3), 394-421. DOI:10.1016/j.biopsycho.2010.03.010
- [35]. Larsen, J. T., & McGraw, A. P. (n.d.). People can be Happy and Sad at the Same Time. *PsycEXTRA Dataset*. DOI:10.1037/e413792005-157

- [36]. LeDoux, J. E. (2000). Emotion Circuits in the Brain. *Annual Review of Neuroscience*, 23(1), 155-184. DOI:10.1146/annurev.neuro.23.1.155
- [37]. Lyubomirsky, S., &Lepper, H. S. (1999). *Social Indicators Research*,46(2), 137-155. DOI:10.1023/a:1006824100041
- [38]. Martin, A. R. (1954). Nostalgia. *The American Journal of Psychoanalysis*, 14(1), 93-104. DOI:10.1007/bf01872229
- [39]. McAdams, D. P. (2001). The psychology of life stories. *Review of General Psychology*, 5(2), 100-122. DOI:10.1037//1089-2680.5.2.100
- [40]. The mnemonic mover: Nostalgia regulates avoidance and approach motivation. (2014). *Emotion*, 14(3), 545-561. DOI:10.1037/a0035673
- [41]. Mroczek, D. K., &Kolarz, C. M. (1998). The effect of age on positive and negative affect: A developmental perspective on happiness. *Journal of Personality and Social Psychology*, 75(5), 1333-1349. DOI:10.1037//0022-3514.75.5.1333
- [42]. Mogilner, C., Aaker, J., &Kamvar, S. (2012). How Happiness Affects Choice. *Journal of Consumer Research*, 39(2), 429-443. DOI:10.1086/663774
- [43]. Nostalgia: Content, triggers, functions. (2006). *Journal of Personality and Social Psychology*, 91(5), 975-993. DOI:10.1037/0022-3514.91.5.975
- [44]. Pinquart, M. (2002). Creating and maintaining purpose in life in old age: A meta-analysis. *Ageing International*,27(2), 90-114. DOI:10.1007/s12126-002-1004-2
- [45]. The Oxford Happiness Questionnaire: a compact scale for the measurement of psychological well-being. (2002). *Personality and Individual Differences*, 33(7), 1073-1082. DOI:10.1016/s0191-8869(01)00213-6
- [46]. Routledge, C., Arndt, J., Wildschut, T., Sedikides, C., Hart, C. M., Juhl, J., ...Schlotz, W. (2011). The past makes the present meaningful: Nostalgia as an existential resource. *Journal of Personality and Social Psychology*, 101(3), 638-652. DOI:10.1037/a0024292
- [47]. Routledge, C., Arndt, J., Wildschut, T., Sedikides, C., Hart, C. M., Juhl, J., ...Schlotz, W. (2011). The past makes the present meaningful: Nostalgia as an existential resource. *Journal of Personality and Social Psychology*, 101(3), 638-652. DOI:10.1037/a0024292
- [48]. Routledge, C., Juhl, J., Abeyta, A., &Roylance, C. (2014). Using the Past to Promote a Peaceful Future. *Social Psychology*, 45(5), 339-346. DOI:10.1027/1864-9335/a000172
- [49]. Routledge, C., Wildschut, T., Sedikides, C., &Juhl, J. (2013, November 04). Nostalgia as a Resource for Psychological Health and Well-Being. Retrieved from <http://onlinelibrary.wiley.com/DOI/10.1111/spc3.12070/abstract>
- [50]. Robertson, S (2013) Nostalgia and wellbeing across the lifespan. University of Southampton, Psychology, Doctoral Thesis, 231pp.
- [51]. S. (2015, October 13). What is Emotional Health? And How To Improve it? Retrieved from <https://www.healthyplace.com/other-info/mental-illness-overview/what-is-emotional-health-and-how-to-improve-it>
- [52]. Sedikides, C., Wildschut, T., Arndt, J., & Routledge, C. (2008). Nostalgia. *Current Directions in Psychological Science*, 17(5), 304-307. DOI:10.1111/j.1467-8721.2008.00595.x
- [53]. Sedikides, C., Wildschut, T., Arndt, J., &Routledge, C. (2008). Nostalgia. *Current Directions in Psychological Science*, 17(5), 304-307. DOI:10.1111/j.1467-8721.2008.00595.x
- [54]. Sedikides, C., &Wildschut, T. (2018). Finding meaning in nostalgia. *Review of General Psychology*, 22(1), 48-61. DOI:10.1037/gpr0000109

- [55]. Sedikides, C., Wildschut, T., Routledge, C., Arndt, J., Hepper, E. G., & Zhou, X. (2015). To Nostalgize. *Advances in Experimental Social Psychology*, 189-273. DOI:10.1016/bs.aesp.2014.10.001
- [56]. Seehusen, J., Cordaro, F., Wildschut, T., Sedikides, C., Routledge, C., Blackhart, G. C., ...Vingerhoets, A. J. (2013). Individual differences in nostalgia proneness: The integrating role of the need to belong. *Personality and Individual Differences*, 55(8), 904-908. DOI:10.1016/j.paid.2013.07.020
- [57]. Simons, M., Peeters, S., Janssens, M., Lataster, J., & Jacobs, N. (2016). Does Age Make a Difference? Age as Moderator in the Association Between Time Perspective and Happiness. *Journal of Happiness Studies*, 19(1), 57-67. DOI:10.1007/s10902-016-9806-1
- [58]. Social Interaction, Loneliness, and Emotional Well-Being among the Elderly. (1987). *Research on Aging*, 9(4), 459-482. DOI:10.1177/0164027587094001
- [59]. Stoyanova, S. Y., Giannouli, V., & Gergov, T. K. (2017). Sentimentality and nostalgia in elderly people in Bulgaria and Greece – Cross-validity of the questionnaire SNEP and cross-cultural comparison. *Europe's Journal of Psychology*, 13(1), 109–128. DOI: 10.5964/ejop.v13i1.1202
- [60]. Subjective Happiness of Lebanese College Youth in Lebanon: Factorial Structure and Invariance of the Arabic Subjective Happiness Scale. (2011). *Social Indicators Research*, 109(2), 203-210. DOI:10.1007/s11205-011-9895-5
- [61]. Tierney, J. (2013, July 8). What Is Nostalgia Good For? Quite a Bit, Research Shows. Retrieved from http://www.nytimes.com/2013/07/09/science/what-is-nostalgia-good-for-quite-a-bit-research-shows.html?pagewanted=all&_r=0
- [62]. Van Tilburg, W. A., Igou, E. R., & Sedikides, C. (2013). In search of meaningfulness: Nostalgia as an antidote to boredom. *Emotion*, 13(3), 450-461. DOI:10.1037/a0030442
- [63]. Verplanken, B. (2012). When bittersweet turns sour: Adverse effects of nostalgia on habitual worriers. *European Journal of Social Psychology*, 42(3), 285-289. DOI:10.1002/ejsp.1852
- [64]. Wahl, H., Iwarsson, S., & Oswald, F. (2012). Aging Well and the Environment: Toward an Integrative Model and Research Agenda for the Future. *The Gerontologist*, 52(3), 306-316. DOI:10.1093/geront/gnr154
- [65]. Watson, D., Clark, L. A., & Tellegen, A. (1988). Development and validation of brief measures of positive and negative affect: The PANAS scales. *Journal of Personality and Social Psychology*, 54(6), 1063-1070. DOI:10.1037//0022-3514.54.6.1063
- [66]. What's left behind: Identity continuity moderates the effect of nostalgia on well-being and life choices. (2011). *Journal of Personality and Social Psychology*, 101(1), 94-108. DOI:10.1037/a0022496
- [67]. Why Nostalgia Makes Us Happy... And Healthy. (2016, December 21). Retrieved from https://www.huffingtonpost.com/entry/why-nostalgia-makes-us-happy-and-healthy_us_5859bda4e4b04d7df167cb8d
- [68]. Wildschut, T., Bruder, M., Robertson, S., Van Tilburg, W. A., & Sedikides, C. (2014). Collective nostalgia: A group-level emotion that confers unique benefits on the group. *Journal of Personality and Social Psychology*, 107(5), 844-863. DOI:10.1037/a0037760
- [69]. Zhou, X., Sedikides, C., Wildschut, T., & Gao, D. (2008). Counteracting Loneliness. *Psychological Science*, 19(10), 1023-1029. DOI:10.1111/j.1467-9280.2008.02194.x