

## The Relationship Between Social Activities and Self-transcendence in Older Taiwanese Adults

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### Introduction

Self-transcendence, an indicator of spiritual well-being, refers to one's capabilities to expand intrapersonal, interpersonal, and transpersonal self-boundaries. Studies about self-transcendence have reported a relationship between physical and mental health. Interventions including art, poetry writing, and structured reminiscence showed greater self-transcendence in elders. However, little is known about the association between social activities, which are often arranged to improve psychosocial life in long-term care facilities, and self-transcendence.

### Aims

To describe the relationship between social activities and the level of self-transcendence in older Taiwanese adults in a long-term care community.

### Methods

Cross-sectional, correlational study conducted in 12 long-term care facilities in western Taiwan. A purposeful sample of 176 elders was recruited. Inclusion criteria: 65 years or older, mentally alert, who spoke Mandarin or Taiwanese dialect. Exclusion criteria: any type of dementia diagnosis or lack of functional independence. Social activity was measured by the Socially Supportive Activity Inventory which included nine types of social activities and components of frequency and meaningfulness perceived by the participants ( $\alpha=0.72$  and  $0.81$  respectively). Self-transcendence was measured by 15-item Chinese Version of Self-Transcendence Scale ( $\alpha=0.90$ ).

### Results

After controlling for functional ability, the data showed that elders who perceived higher levels of meaningfulness during social engagements in nine types of social activities had a significantly higher level of self-transcendence. There was no significant relationship between frequency of social activities and the level of self-transcendence.

### Conclusion

Findings suggest that meaningful social activities may promote self-transcendence in those elders' who live in long term care facilities