The purpose of this study was to examine the influences of coping strategies, alcohol use, and listening to hymns on older adults' psychological well-being and suicidal ideation in the USA community.

After age 65, an estimated 25% of older adults—currently around 8.6 million people worldwide—experience a mental disorder. The prevalence of anxiety in community samples of older adults is especially high, ranging between 15 and 52.3%.

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**Introduction**

- The purpose of this study was to examine the influences of coping strategies, alcohol use, and listening to hymns on older adults’ psychological well-being and suicidal ideation in the USA community.
- After age 65, an estimated 25% of older adults—currently around 8.6 million people worldwide—experience a mental disorder. The prevalence of anxiety in community samples of older adults is especially high, ranging between 15 and 52.3%.
- Coping can be broadly defined as efforts individuals take to manage psychological stress.

**Methods**

- A cross-sectional descriptive research design was used.
- 90 questionnaires were filled out by participants after receiving consent.

**Results**

<table>
<thead>
<tr>
<th>Variables</th>
<th>Psychological well-being</th>
<th>Suicidal ideation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coping Strategies:</td>
<td>r</td>
<td>r</td>
</tr>
<tr>
<td>Problem Focused Engagement</td>
<td>0.333***</td>
<td>-0.232*</td>
</tr>
<tr>
<td>Problem Focused Disengagement</td>
<td>0.654***</td>
<td>-0.481***</td>
</tr>
<tr>
<td>Emotion Focused Engagement</td>
<td>-0.219*</td>
<td>0.233*</td>
</tr>
<tr>
<td>Emotion Focused Disengagement</td>
<td>-0.456***</td>
<td>0.306**</td>
</tr>
<tr>
<td>Using alcohol with negative emotion</td>
<td>-0.509***</td>
<td>0.379***</td>
</tr>
</tbody>
</table>

- Sample characteristics:
  - Sample size: 90 older adults
  - Mean age: 72.23 years (SD = 7.07) (Age range: 60-95 years)
  - Males: n = 36 (40%); Females: n = 54 (60%)

**Research Questions**

1. What was the relationship between using different coping strategies and older people’s psychological well-being?
2. What are the relationships between using different coping strategies and older people’s suicidal ideation?
3. What were the relationships among using alcohol with negative emotion, older people’s psychological well-being and suicidal ideation?
4. What were the differences of psychological well-being between older people listening to hymn music and not listening to hymn music at least once per week?
5. What were the differences of suicidal ideation between older people listening to hymn music and not listening to hymn music at least once per week?

**Theoretical Framework**

**Conclusion**

- Older people who had a higher score of using Problem Focused Engagement and Problem Focused Disengagement coping strategies, had a higher score of Psychological Well-Being.
- Older people who had a higher score of using Emotion Focused Engagement, Emotion Focused Disengagement coping strategies, and using alcohol with negative emotions had a lower score of Psychological Well-Being.
- Older people who had a higher score of using Problem Focused Engagement and Problem Focused Disengagement coping strategies had a lower score of suicidal ideation.
- Older people who had a higher score of using Emotion Focused Engagement and Emotion Focused Disengagement coping strategies, and using alcohol with negative emotion had a higher score of suicidal ideation.