

*Review Article*

## **Synthesis of Psychological Wellbeing of the Elderly Individuals Literature Using Bibliometric Analysis**

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### **ABSTRACT**

This bibliometric analysis aims to address an existing research gap in the quality of life and older persons' wellbeing by exploring the themes of ageing. The primary objective is to provide a comprehensive overview of scholarly advancement in the domain of ageing, employing a bibliometric approach. A dataset including publications from Scopus up to July 2024 has been compiled, capturing pertinent information on the psychological wellbeing of elderly people. The comprehensive screening process identifies 464 academic articles from the Scopus database, which are then analysed through a detailed bibliometric approach. The bibliometric analysis is performed using the Bibliometrix R package, which applies various indicators to examine the broader trends in the psychological wellbeing of the elderly. Employing both quantitative and qualitative methodologies, the study offers a historical panorama of research trends. The study employed bibliometric techniques to identify significant articles, authors, journals, organisations, and countries contributing to the field. The analysis reveals insights into the current state of research, shedding light on key contributors, influential publications, and emerging thematic trends in the social gerontological aspects of elderly wellbeing. This study significantly contributes to understanding the scholarly studies surrounding ageing and the quality of life of older persons. It addresses the existing research gap and highlights

the key contributors and emerging areas of older people's wellbeing. The findings emphasise the importance of focusing on psychological wellbeing, quality of life, and future research directions to positively impact elderly wellbeing.

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## INTRODUCTION

Worldwide, approximately 962 million people are aged 60 and above, accounting for nearly 13% of the global population. This age group is growing faster than any other, driven by declining fertility rates and increased life expectancy. By 2050, the number of individuals aged 60 or older is expected to double (Gimm et al., 2024; Novak et al., 2023). The World Health Organization (WHO) forecasts that diseases impacting the elderly will become a leading global public health challenge, placing considerable strain on healthcare systems, workforces, and financial resources due to the inevitable demographic shift. The WHO has prioritised healthy ageing to address this issue and ensure a high quality of life for the ageing population (Ekoh et al., 2023). Healthy ageing is defined as the process of maintaining and enhancing the functional ability to support one in later life. As such, it represents a critical need for strategies aimed at improving the quality of life for older adults (Yeung & Lee, 2022).

Moreover, improving the quality of life of elderly individuals is a multifaceted issue that encompasses various dimensions of elderly psychological wellbeing (Chai & Shek, 2024). Central to this pursuit is the enhancement of both physical and mental health, which necessitates access to comprehensive healthcare services and resources (Kato, 2023). Additionally, fostering strong social connections and a sense of community plays a vital role in promoting happiness and overall satisfaction. Creating sustainable environments characterised by

clean air, water, and ample green spaces is essential for supporting good health and quality of life. To ensure economic stability, employment opportunities and equitable wages are crucial factors in reducing disparities and enhancing the overall wellbeing of senior citizens (Savahl et al., 2023). Empowering individuals through education, personal growth opportunities, and cultural enrichment enriches lives and strengthens communities, contributing to an improved quality of life for all (Hossen & Pauzi, 2025).

Furthermore, present studies show a lack of knowledge that suggests a single factor cannot fully explain the quality of life and elderly wellbeing. Recent discoveries have allowed us to comprehend the integrated character of human physiology. In the meantime, mounting data suggest that skeletal muscle regulates neurotrophins, which may have an impact on ageing and brain function. As a result, it is now known that the ageing processes and mechanisms are linked to subjective wellbeing and life satisfaction (Novak et al., 2023). This research aimed to examine the networks of existing literature on ageing and elderly wellbeing, identify emerging research directions and trends and provide an overview of the possible linkages between various research areas (Wu, 2020). While various research and review articles have addressed successful ageing, providing an overview of the model and acknowledging gaps or deficiencies within one or more frameworks, there has not been a comprehensive bibliometric review encompassing the complete spectrum

of concerns and criticisms expressed about the concept over time. Such a review could enhance reflexive knowledge and elderly individuals' mindfulness (Liang & Shek, 2024). By identifying and scrutinising the array of criticisms aimed at quality of life, we may enhance the cultivation of intellectually rich life satisfaction (McGuire-Adams, 2023).

Finally, this analysis could contribute to advancing a dynamic science of ageing and elderly wellbeing, leading to the formulation of supportive practices and policies for ageing individuals. The elderly's wellbeing has attracted significant research attention in recent years, as evidenced by the large number of studies published on this topic, especially in the Scopus database. The studies can be broadly classified into three main categories: studies that focus on elderly life satisfaction, studies that focus on elderly psychological wellbeing, and studies that ensure the tools and variables to measure life satisfaction. Our study contributes to the literature by extending previous systematic and bibliometric analyses on elderly wellbeing and life satisfaction (Liang & Shek, 2024; McGuire-Adams, 2023; Wu, 2020). The analysis also aimed to identify gaps in the existing literature and areas that required further investigation. Overall, this bibliometric study provided a comprehensive overview of the research landscape on elderly wellbeing, highlighting key trends, knowledge gaps, and emerging areas of study. This information could be valuable to researchers, practitioners, and policymakers, helping them identify future research opportunities and guide

decision-making related to the psychological wellbeing of elderly individuals (Hossen et al., 2023).

## MATERIALS AND METHODS

To conduct this bibliometric analysis, we searched the academic literature on ageing and elderly wellbeing using Scopus databases. The search formula has been fine-tuned as follows: Title ( ( "ageing" or "elderly\*" ) and ( "wellbeing" or "well-being" or "quality of life" or "life satisfaction" ) ) and ( limit-to ( subarea, "psychological" ) ) and ( limit-to ( doctype, "ar" ) ) and ( limit-to ( language, "English" ) ). As our study focuses on ageing, life satisfaction and elderly psychological wellbeing, we have selected the following keywords based on prior studies in this area: ageing or elderly, life satisfaction, and elderly psychological wellbeing in social science research. We included only published empirical studies and selected journal articles. The Scopus platform was searched until July 2024 to exclude book chapters, review articles, and conference proceedings. A total of 464 articles were identified, which were screened and synthesised according to their research focus, data sources, methods, and findings.

After the identification of studies, we screened all 443 papers' abstracts. Based on the initial screening of the abstract, 21 studies were excluded from the dataset as they did not use ageing and elderly wellbeing. Afterwards, all documents are collected and screened carefully. After the screening, five documents were removed as review papers, and three were removed because

it is not in scope. Finally, 435 documents are selected for bibliometric analysis. We employ R Shiny Bibliometrix software for the bibliometric analysis field (Fitt et al., 2019). The findings are discussed in the next section.

Bibliometric analysis serves as a tool for assessing and quantifying the impact and importance of research publications. This method employs various metrics, including citation counts, the journal of publication, and the number of co-authors. Its widespread application involves evaluating the productivity and influence of individual researchers, departments, and institutions. Additionally, bibliometric analysis aids in identifying patterns and trends within research, such as the emergence of specific areas or the influence exerted by particular researchers. The PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) method is employed for the bibliometric analysis, offering guidelines for reporting systematic reviews and meta-analyses (Molinsky & Forsyth, 2023). PRISMA aims to enhance the transparency and comprehensiveness of reporting in these studies, synthesising and assessing evidence from multiple research studies on a given topic. Comprising a 27-item checklist and a flow diagram, the PRISMA method guides the reporting of the review process, including search strategy, inclusion and exclusion criteria, and data synthesis. Adhering to PRISMA guidelines enhances the quality, reproducibility, and transparency of systematic reviews and meta-analyses. This method has gained wide acceptance in the scientific community and

is endorsed by numerous organisations and journals as a reporting standard (Vázquez et al., 2022). The process of data collection and the PRISMA flowchart are elucidated in Figure 1.

## RESULTS AND DISCUSSIONS

### Scientific Publication Trend

The summary of the selected 435 papers is illustrated in Figure 2. These results reflect all publications on ageing and elderly psychological wellbeing indexed in the Scopus database until July 2024. A total of 193 journals have published these 435 research articles. The annual growth rate of 7.67% is relatively high compared to other fields, suggesting that elderly wellbeing is emerging as a highly trending topic. The dataset includes 1,197 authors, averaging approximately 2.95 authors per document. Interestingly, 87 papers are single-author publications, while 18.16% of the documents feature international collaboration. Furthermore, the 435 documents cite a total of 18,787 references, with an average of 23.82% citations per document. The average age of the papers is 12.2 years, reflecting the rapid growth of research in this area (Hossen & Pauzi, 2023). The rising volume of publications indicates that the psychological wellbeing of the elderly is gaining popularity as a research topic. This trend could be attributed to the growing significance of worldwide aging, which has sparked increased interest in exploring its effects on areas such as life satisfaction, elderly social support and the age-friendly environment.

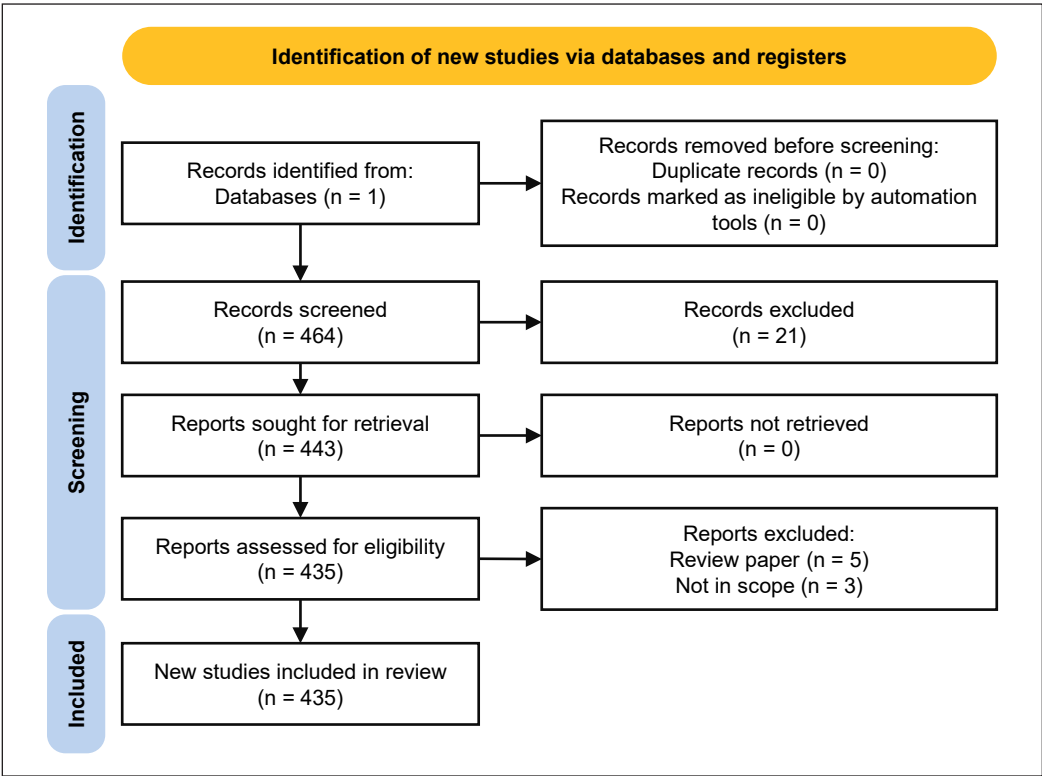


Figure 1. PRISMA diagram of the study  
Source: PRISMA diagram is illustrated using the R Shiny App (Haddaway et al., 2022)

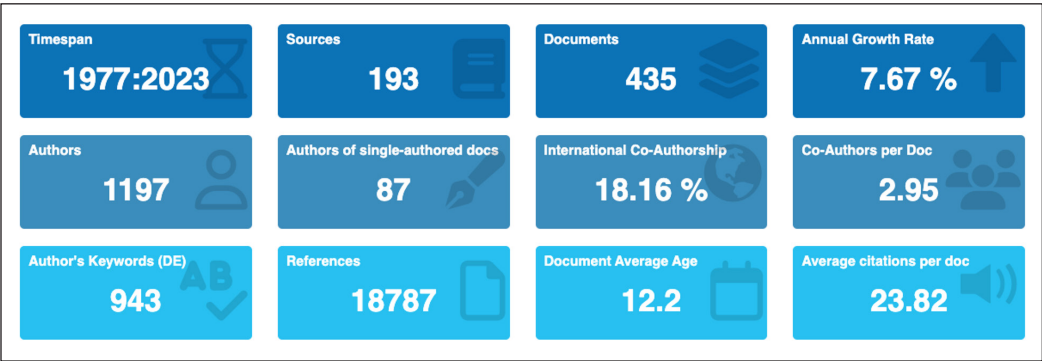


Figure 2. Dataset summary

### Trend of Most Productive Journal Documents

Figure 3 illustrates the number of documents per journal in the top 15 journals. The results show that the *Archives of Gerontology and*

*Geriatrics* is the top journal with twenty-six documents, followed by the *Journals of Gerontology Series and Psychology* with 21 documents, and the *Journal of Social Indicators Research* with 19

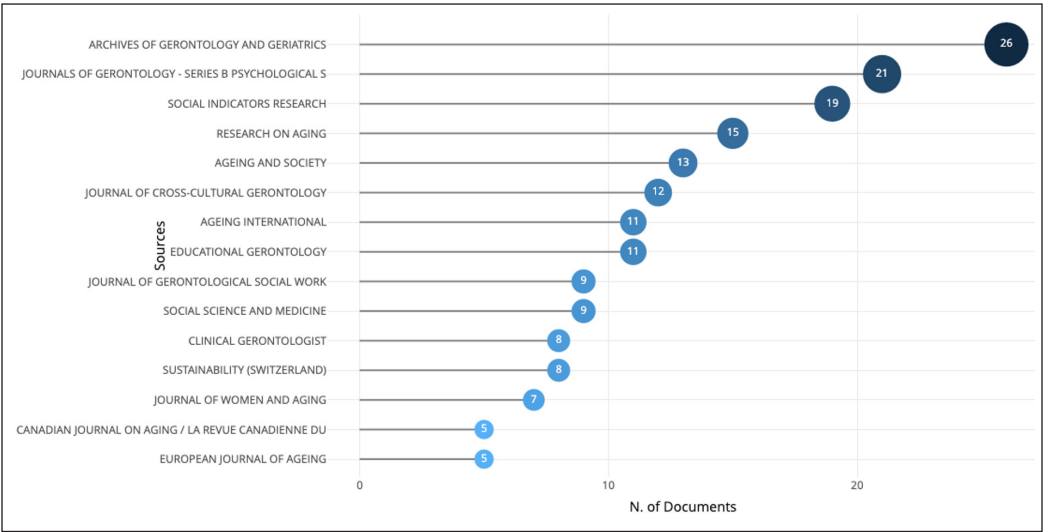


Figure 3. Number of documents per source

documents. As the elderly’s wellbeing and life satisfaction are highly complex, we can see some gerontological journals also publish documents with ageing titles—for example, the *Sustainability Journal*, *Social Science and Medicine* and *Journal of Social Indicators*.

Top Impactful Authors’ Publications Analysis

The top 15 authors by publication documents are shown in Figure 4. Where Wang and Chen (2023) emerge as the number one author with a maximum of four publications. Followed closely by Hajek and König (2022), Hong et al. (2001), Matthews and Nazroo (2021), Meléndez et al. (2009), and Tran (1993), each achieves three publications. The influence of Kornadt et al. (2021), Bowling and Farquhar (1991), and Chappell et al. (2021), is also notable that each accumulating two publications. All these authors, with their diverse expertise

and prolific output, have played a crucial role in shaping the intellectual landscape of the subject matter under examination. Their impactful research has contributed significantly to the scholarly dialogue, leaving an indelible mark on the field.

Top Impactful Affiliated Institutions Analysis

The top 15 Affiliations by Institutes shed light on the institutions that have left a significant mark in the academic landscape, as illustrated in Figure 5. Tied at the top, the University of Manchester and the University of Michigan lead with 14 affiliations each, underscoring their widespread contributions to the subject matter. Following closely is the University of Oulu, which has 13 affiliations and showcases its substantial presence in the academic discourse. The University of Valencia holds a noteworthy position with 12 affiliations, emphasising its pivotal role

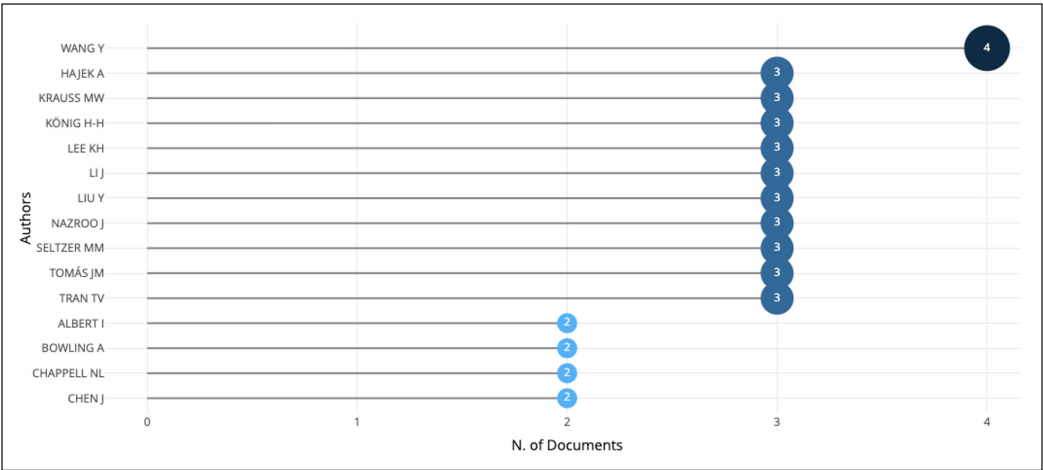


Figure 4. Top 15 authors based on the number of publications

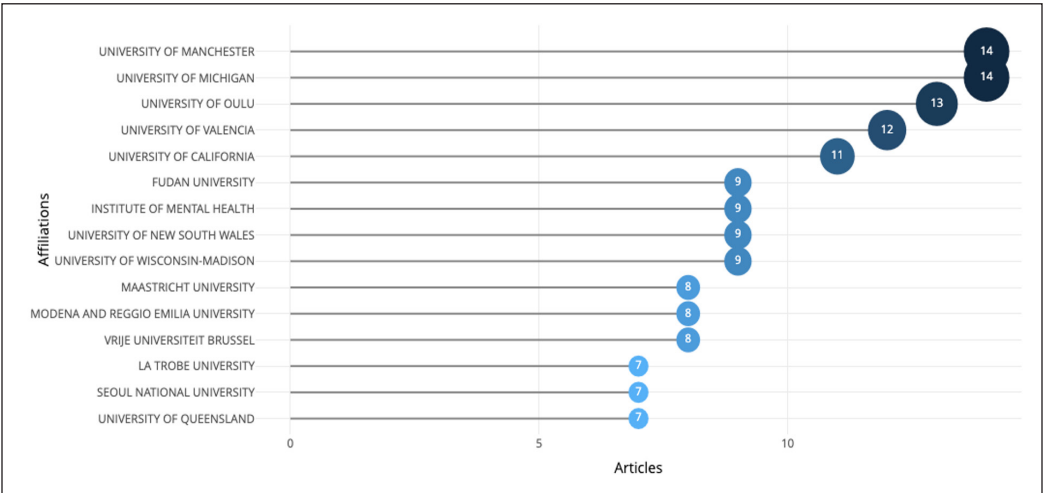


Figure 5. Top 15 affiliations by institute

in the field. Other esteemed institutions include the University of California, Fudan University, and the Institute of Mental Health, each contributing significantly with 11, nine, and nine affiliations, respectively. This list further comprises institutions like the University of New South Wales, the University of Wisconsin-Madison, Maastricht University, Modena and Reggio Emilia University, Vrije Universiteit

Brussel, La Trobe University, Seoul National University, and the University of Queensland, each making substantial contributions with their respective affiliations. Collectively, these institutions represent the academic powerhouses that have fostered impactful research and collaboration within the scope of the analysed subject matter (DeGraff et al., 2022).



Distribution of Top Affiliated Countries

The provided data is presented in Table 1 as an overview of research output categorised by country. The United States (USA) leads with 321 documents, accumulating 1884 citations, resulting in an average of 32.5 citations per article. Canada follows with 90 documents and 346 total citations, averaging 19.2 citations per article, while Australia contributes 57 documents with 362 citations, averaging 21.3 citations per article. Italy, Spain, and the Netherlands showcase varying research intensity, with Italy producing 39 documents and 194 citations (average of 24.2 citations per article), Spain contributing 37 documents with 343 citations (average of 34.3 citations per article), and the Netherlands presenting 33 documents and 206 citations (average of 29.4 citations per article). The data further illustrates research contributions from

countries like Israel, Sweden, Germany, Brazil, Japan, Singapore, Portugal, and France, each providing insights into their respective research landscapes and impact within the analysed field (Liang & Shek, 2024).

Analysis of Top Research Journals

The Top 15 journals, based on the number of citations, are shown in Figure 6. The Top 15 Cited Journals unveils a hierarchical overview of the most influential journals in the field. Topping the list is the *Archives of Gerontology and Geriatrics*, with an impressive citation count of 1047, underscoring its pivotal role in disseminating research on ageing and gerontology. Following closely is the *Journal of Gerontology Psychological Science*, with 816 citations, indicating its substantial impact on psychological aspects

Table 1  
Top 15 affiliations by country

Country	Documents	Total Citations	Average Citations
USA	321	1884	32.5
Canada	90	346	19.2
Australia	57	362	21.3
Italy	39	194	24.2
Spain	37	343	34.3
Turkey	34	120	13.3
Netherlands	33	206	29.4
Israel	29	209	26.1
Sweden	26	533	66.6
Germany	24	423	42.3
Brazil	20	90	22.5
Japan	19	103	17.2
Singapore	17	78	19.5
Portugal	15	54	18
France	7	59	19.7



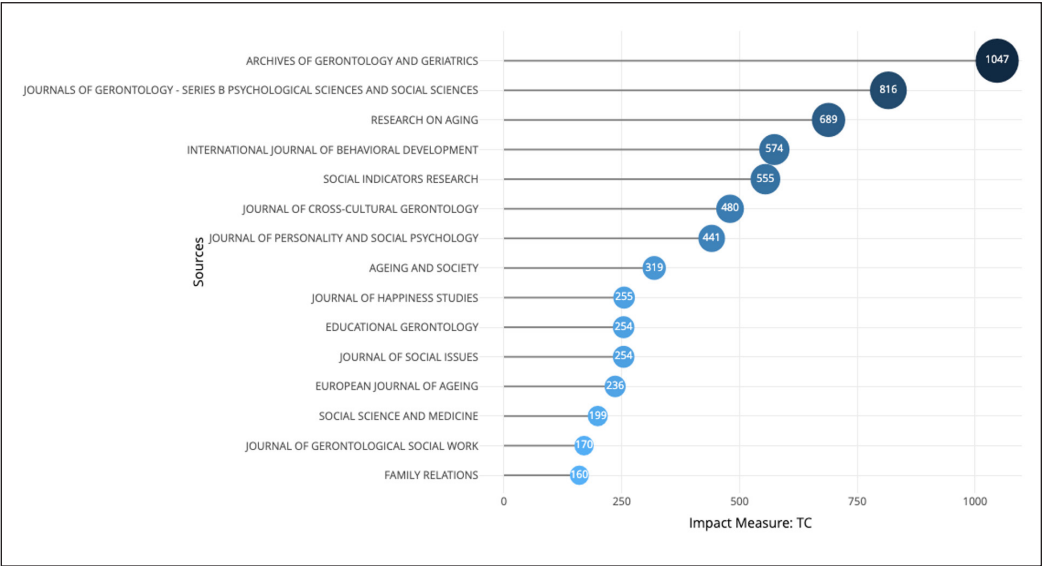


Figure 6. Top 15 journals based on the number of citations

within gerontological research. Noteworthy contributions also come from *Research on Aging* (689), the *International Journal of Behavioral Development* (574), and *Social Indicators Research* (555). The list also includes journals such as the *Journal of Cross-Cultural Gerontology*, the *Journal of Personality and Social Psychology*, and *Ageing and Society*, each with substantial citation counts that reflect their significant roles in shaping scholarly conversations. Together, these top-cited journals represent the cornerstone of research in gerontology, social psychology, and related disciplines (DeGraff et al., 2022).

Top Impactful Articles Analysis

The most impactful articles in the field provide a diverse and comprehensive view of research on ageing and elderly wellbeing (Kim & Park, 2023). Most

significantly, seminal work in establishing a foundational framework for understanding psychological wellbeing among the elderly by the research title “Beyond Ponce de Leon and Life Satisfaction: New Directions in Quest of Successful Ageing” has achieved the top 518 citations. The research paper titled “Change in Life Satisfaction during Adulthood: Findings from the Veterans Affairs,” contributed by Mroczek and Spiro (2005), also achieved a notable 441 citations. Another most impactful article by Steverink et al. (2001), “The personal experience of ageing, individual resources, and subjective wellbeing,” reached 278 citations. Table 2 provides the details of the 15 impactful articles. These influential papers contribute uniquely to the multifaceted understanding of elderly wellbeing, covering psychological, social, emotional, and societal aspects of ageing.

Table 2  
The top 15 impactful articles

Authors	Articles Title	Journal Name	Citations	TC per Year	Normalised TC
Ryff (1989)	Beyond Ponce de Leon and Life Satisfaction: New Directions in Quest of Successful Ageing	<i>International Journal of Behavioural Development</i>	518	14.80	5.96
Mroczek & Spiro (2005)	Change in Life Satisfaction During Adulthood: Findings from the Veterans Affairs Normative Aging Study	<i>Journal of Personality and Social Psychology</i>	441	23.21	6.09
Steverink et al. (2001)	The Personal Experience of Aging, Individual Resources, and Subjective Wellbeing	<i>Journals of Gerontology</i>	278	12.09	4.53
Laukka (2007)	Uses of Music and Psychological Wellbeing Among the Elderly	<i>Journal of Happiness Studies</i>	230	13.53	2.80
G. R. Lee & Ishii-Kuntz (1987)	Social Interaction, Loneliness, and Emotional Wellbeing among the Elderly	<i>Research on Aging</i>	165	4.46	1.00
Lowenstein et al. (2007)	Reciprocity in Parent-Child Exchange and Life Satisfaction Among the Elderly: A Cross-National Perspective	<i>Journal of Social Issues</i>	148	8.71	1.80
Gwozdz & Sousa-Poza (2010)	Ageing, Health and Life Satisfaction of the Oldest Old: An Analysis for Germany	<i>Social Indicators Research</i>	143	10.21	3.23
Grilleard et al. (2007)	The Impact of Age, Place, Aging in Place, and Attachment to Place on the Wellbeing of the Over 50s in England	<i>Research on Aging</i>	135	7.94	1.64
Chen (2001)	Ageing and Life Satisfaction	<i>Social Indicators Research</i>	132	5.74	2.15
Stenhagen et al. (2014)	Accidental Falls, Health-Related Quality of Life and Life Satisfaction: A Prospective Study of the General Elderly Population	<i>Archives of Gerontology and Geriatrics</i>	129	12.90	3.37
Angel & Angel (1992)	Age at Migration, Social Connections, and Wellbeing Among Elderly Hispanics	<i>Journal of Aging and Health</i>	120	3.75	4.44
Inglehart (2002)	Gender, Aging, And Subjective Wellbeing	<i>Journal of Comparative Sociology</i>	115	5.23	1.54
Essex et al. (1999)	Differences in Coping Effectiveness and Wellbeing Among Aging Mothers and Fathers of Adults with Mental Retardation	<i>American Journal on Mental Retardation</i>	112	4.48	2.95
McFadden (1995)	Religion and Wellbeing in Aging Persons in an Aging Society	<i>Journal of Social Issues</i>	106	3.66	3.16
Jivraj et al. (2014)	Ageing and Subjective Wellbeing in Later Life	<i>Journals of Gerontology</i>	106	10.60	2.77

Authors' Keyword Co-occurrences Analysis

The discussion presents insights derived from exploring keywords, specifically ‘Elderly wellbeing in social science.’ The researchers have meticulously incorporated a variety of keywords within their articles (Bussière et al., 2021; Cao et al., 2023). The primary objective of this study is to analyse the prevailing research trends, pinpoint potential gaps within the realms of ‘ageing’ and ‘elderly wellbeing,’ and propose promising avenues for future research. Figure 8 illustrates the total number of keywords per author within the first 40 positions.

Among the top 15 frequently used keywords globally, as indicated in Figure

7, are ‘Life satisfaction,’ ‘Wellbeing,’ ‘Subjective Wellbeing,’ ‘Ageing,’ ‘Elderly quality of life,’ ‘Older adults,’ ‘Psychological wellbeing,’ ‘Successful ageing,’ ‘Active ageing,’ and ‘Mental health.’ These terms are recurrent across diverse research endeavours on a global scale. However, a more nuanced exploration involves examining the keywords listed below. This focused analysis enables the identification of key facets crucial for understanding the intricacies of elderly wellbeing and successful ageing within the context of the keyword co-occurrences network.

Co-citations Analysis Map

Researchers associated with the Blue line in Figure 8, including Silverstein

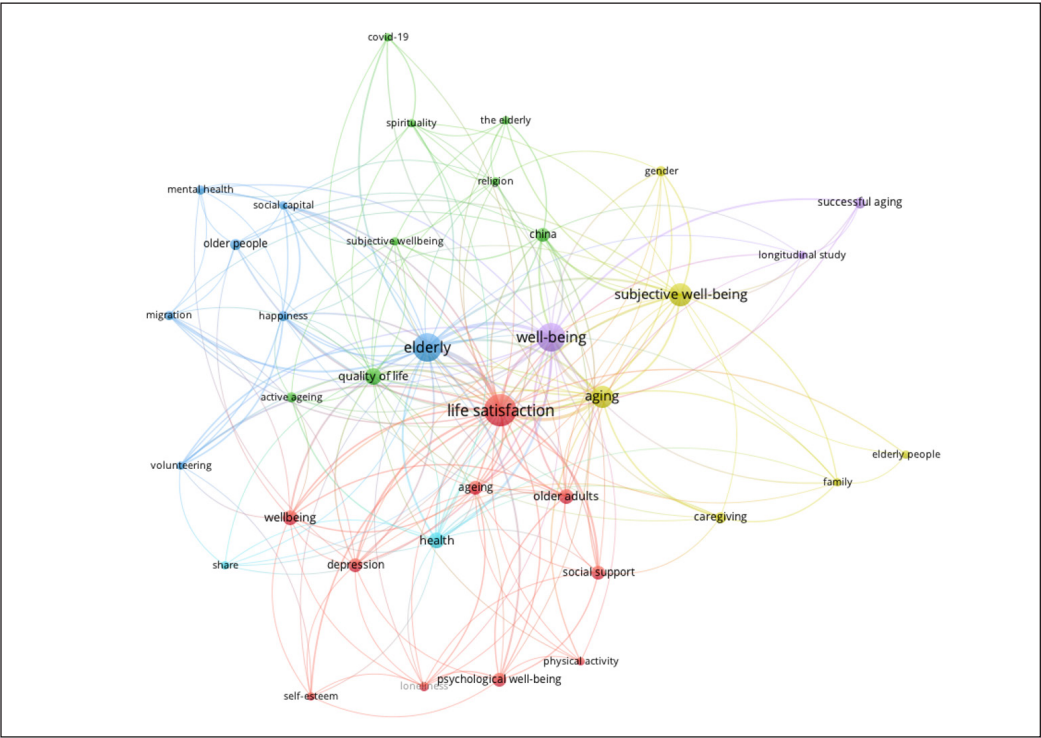


Figure 7. Keyword co-occurrences network

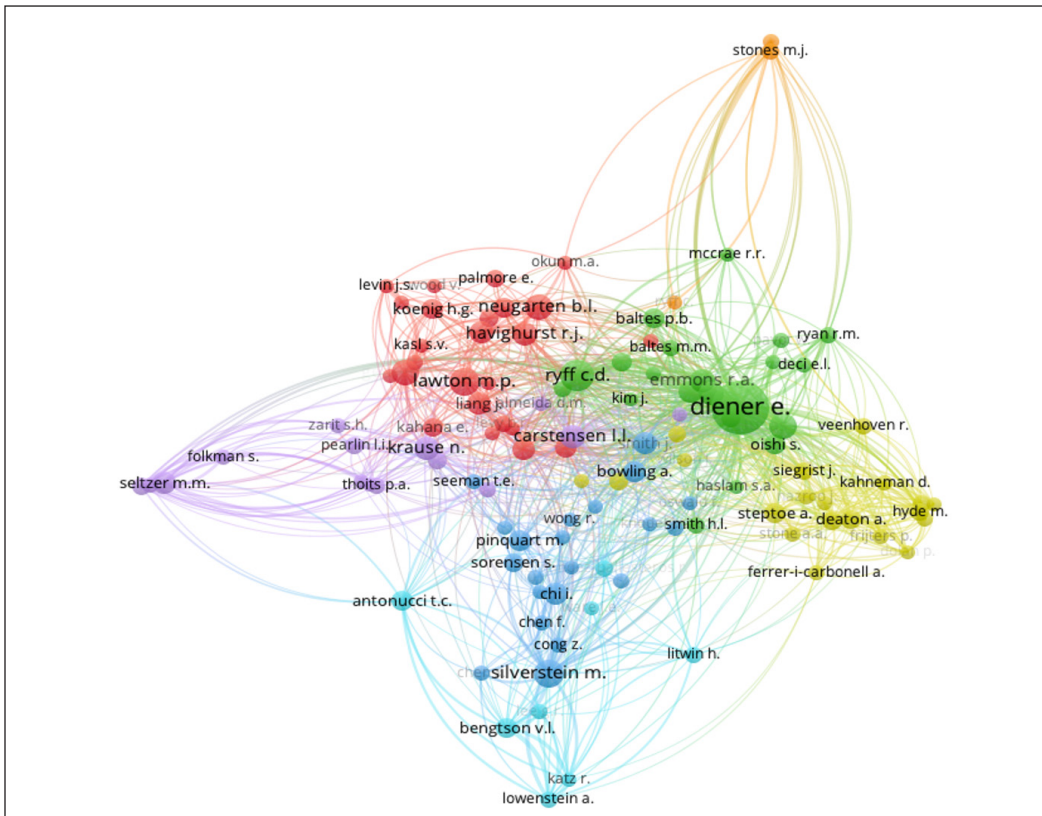


Figure 8. Co-citations analysis map

and Giarrusso (2010), Bengtson et al. (1997), Litwin (2001), Antonucci (1985), and Lowenstein et al. (2007) exhibit a strong co-citation pattern. Their works are frequently cited together, suggesting a shared focus or common influence in their respective research domains. The Green line signifies a cohesive co-citation network among researchers, such as Diener et al. (1985), Steptoe et al. (2015), Veenhoven (1996), Emmons (2003), and Ryff (1989). Their contributions are interconnected, indicating collaborative or influential relationships in the literature. The Red line represents a notable co-citation cluster involving researchers like Lawton (1983),

Neugarten et al. (1965), and Koenig (2009). Their works are frequently cited together, suggesting a shared thematic relevance or mutual influence in academic discourse.

The Purple line denotes a co-citation pattern among researchers, including Folkman and Moskowitz (2000), Seltzer et al. (2004), and Krause (1986). Their scholarly contributions are interconnected, indicating a shared thematic focus or mutual influence within the academic literature. The Yellow line represents a co-citation network involving researchers like Stones and Kozma (1987), Hyde (2001), Ferrer-i-Carbonell (2005), and McCrae and John (1992). Their works are frequently cited

together, suggesting a collaborative or influential relationship within the academic landscape. This co-citations analysis reveals distinct colour lines, each representing a group of researchers whose works are interconnected through frequent citations. These patterns provide insights into the collaborative relationships and thematic connections within the scholarly literature.

**Bibliographic Coupling Analysis Map**

As is commonly seen in studies on “Ageing” and “Elderly psychological wellbeing,” area mapping is used in this study to map the relationship between two words and divide the conceptual structure map or contextual structure map of each word (DeGraff et al., 2022; Savahl et al., 2023). The values of Dim 1 and Dim 2, which are used to create a mapping between words with similar values, are entered into each word. Figure 9 shows the red and blue regions as two portions of

the domain. In every location, some terms are related to each other. The red region in the figure above represents additional and different related terms. This portion illustrates how often the terms indicated in this area are associated with research articles.

**Social Collaboration Network of Authors**

To understand the social structure of a topic, it is essential to analyse the cooperation network. Studying these collaboration networks helps identify structures such as regular study groups, hidden academic groups, and key authors. The research groups reflect various social formations within the examined region. Figure 10 illustrates the author’s collaboration network, consisting of thirteen distinct clusters. The study groups are not fully connected in terms of their social structures, suggesting that the collaboration

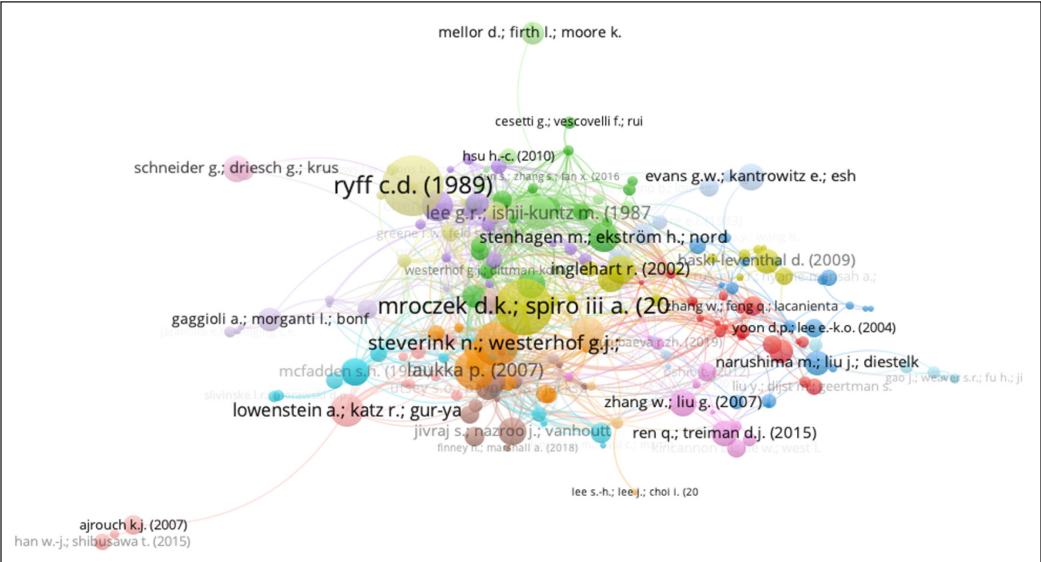


Figure 9. Bibliographic coupling analysis map

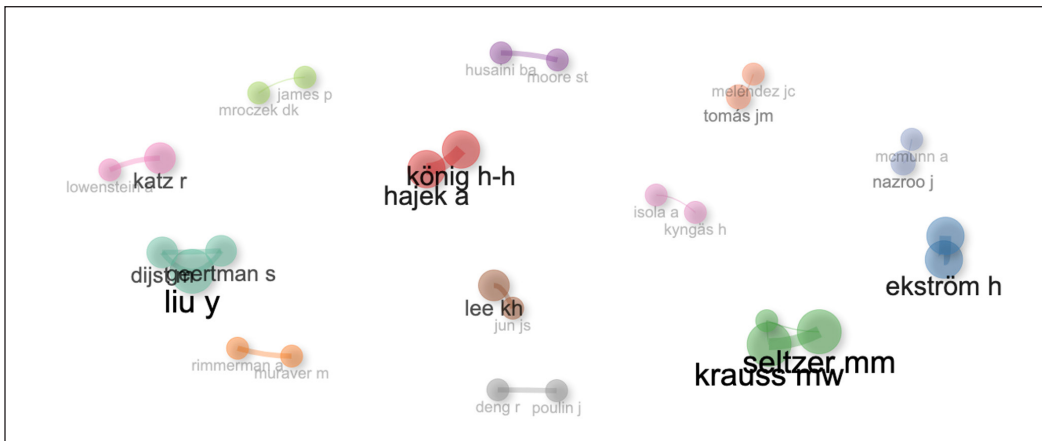


Figure 10. Collaboration network of authors

between the different research groups is somewhat weak. It was found that authors within these clusters often collaborated on multiple publications. For example, Seltzer et al. (2004) and Hong et al. (2001) have a strong collaboration, which is evident in the frequency of their joint publications. In contrast, the social network diagram reveals a much stronger collaboration, as seen in their prominent positions in the visualisation. Other important clusters, such as Dinisman et al. (2013) and Ekström et al. (2008), also show significant social collaboration, indicating their influential roles within their respective research communities and their impact on the collaborative dynamics within these groups.

### Social Collaboration Network of Countries

The authors' social collaboration networks help uncover structures such as regular study groups, hidden academic communities, and key authors. Figure 11 illustrates the international cooperation networks

between countries, divided into six clusters. Cluster 1 (green) includes countries like the USA, China, Mexico, India, South Africa, Denmark, Indonesia, Germany, Korea, Canada, Nigeria, Kenya, and Finland. Cluster 2 (purple) consists of seven countries: Japan, the UK, Norway, Belgium, Israel, Norway, and Fiji. Clusters 3 (blue) and 4 (orange) contain five countries. Cluster 5 (red) includes three countries: Sweden, Pakistan, and Bahrain. Finally, Cluster 6 (yellow) is made up of two countries: Malaysia and Bangladesh. The USA is the most influential country in this network and forms the largest cluster. The findings suggest that the USA and China are the most influential nations in research on elderly wellbeing in cruise settings. The productivity of nations, as shown in Figure 11, ranks the USA as the most productive, followed by China. This implies that the most prestigious institutions focusing on elderly wellbeing are likely in the United States, with China making a significant contribution to the field.



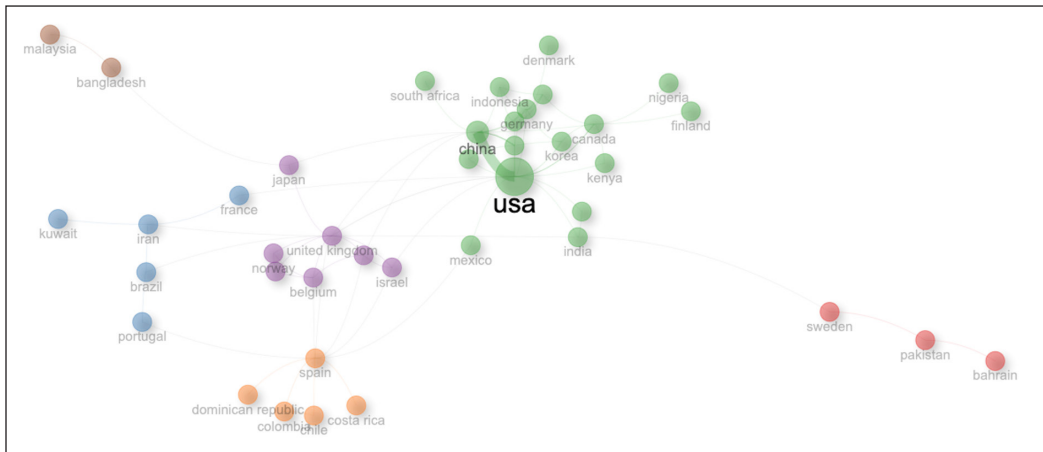


Figure 11. Collaboration network of countries

### Thematic Trend Analysis

For thematic trend analysis, first of all, we have examined a thematic map, and the findings are illustrated in a two-dimensional graph shown in Figure 12. A thematic map assists in determining the relative prominence of specific themes as well as their progression and development through time (Liang & Shek, 2024). The themes are divided into four quadrants on a two-dimensional plot based on centrality and density. The number of word occurrences in that theme is proportional to the volume of the circles. The centrality of a theme indicates its significance to the field of study; density signifies the level of development of a certain theme (Chahartaq et al., 2024). For example, Figure 12 shows the thematic trend analysis; the first quarter explores niche themes and the intricate dimensions of ageing.

Topics such as caregivers, adaptation, psychological aspects, and social policy scrutinise the multifaceted challenges and

support systems within the field of elderly care. Examining Income Distribution, Poverty, Pension systems, and Social security offers insights into the economic dynamics and policy frameworks impacting the ageing population, particularly in the context of North America. The second quarter unfolds with Motor Themes, providing a more nuanced understanding of the human experience of ageing. Keywords such as Human, Aged, Female, Elderly population, and Ageing population spotlight the unique facets of ageing, focusing on the diverse needs and contributions of this demographic group. The third quarter shifts to Basic Themes, centring on fundamental aspects of ageing. Retirement, United States, Income, Child, Ageing, Wellbeing, and Quality of Life collectively contribute to a holistic exploration of the foundational elements shaping the lives of the elderly. Finally, the fourth quarter introduces emerging or declining themes, with a spotlight on Spatial analysis, socioeconomic indicators,



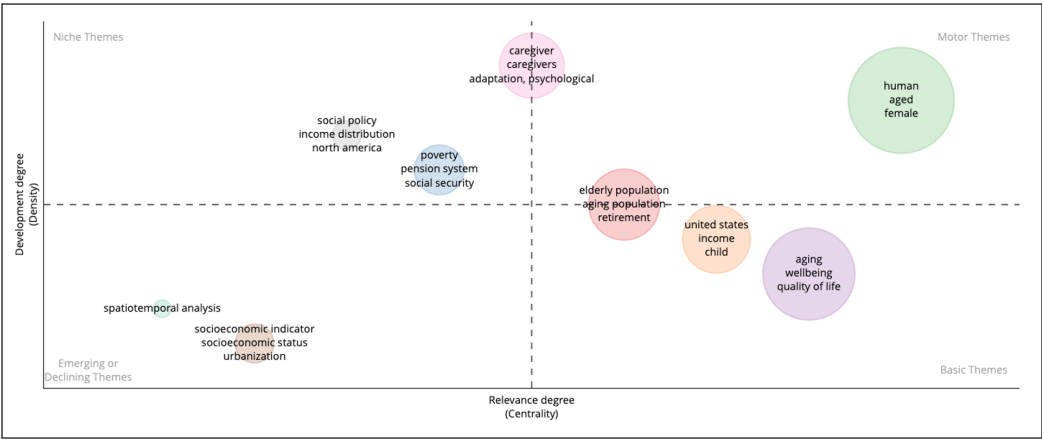


Figure 12. Thematic trend map of ageing and elderly wellbeing forecasting literature

socioeconomic status, and urbanisation. This quarter delves into evolving trends, indicators, and societal shifts that are gaining prominence or undergoing transformation in the study of ageing and wellbeing.

CONCLUSION

This study used bibliometric techniques to visualise the body of research on ageing and elderly wellbeing. Both quantitative and qualitative analyses of the literature on ageing, quality of life, elderly wellbeing and elderly life satisfaction were conducted. In addition to highlighting the elderly’s trends and fronts in social gerontological research, this study offered further insights into the literature on later life satisfaction and showed the ageing literature network. The main emphasis of the study is on the quality of life of the elderly, who are ageing (Hajek & König, 2022). In the field of ageing, quality of life and life expectancy are the key research topics. The main category factors of this study on the elderly are community engagement,

physical concerns related to ageing, and cognitive disorders. This fascinating area of research on the elderly keeps adding to our knowledge of how people age (Ruffing-Rahal, 1984). Strong interdisciplinary ties within the literature network necessitate a methodical, comprehensive approach to different research problems (Chai & Shek, 2024). Aspects of social science must be incorporated into translational social gerontological research on ageing to develop potential interventions that would halt physiological decline and improve the quality of life for the elderly.

Implications of the Study

The bibliometric analysis of psychological wellbeing in elderly individuals provides valuable insights with significant implications for social gerontology and the development of effective care systems for the elderly. By identifying key publications, leading authors, and emerging trends, this study highlights the importance of assessing the psychological wellbeing of elderly

individuals. The findings stress the need for targeted strategies to address gaps in existing care systems, ensuring better quality of life and comprehensive support for seniors. This research is an essential resource for policymakers, healthcare providers, and community organisations working to create evidence-based interventions that promote social connection and wellbeing among the elderly. We have made theoretical and practical implications clusters to make it a more effective way of presentation for policymakers and scholarly individuals.

### ***Theoretical Implications***

This bibliometric analysis found that the current research plays an important role in advancing the theoretical understanding of elderly psychological wellbeing by systematically identifying critical gaps in existing knowledge that warrant further investigation. These identified gaps provide a roadmap for future research, offering clear directions to address the shortcomings in the current literature. By closing these gaps, researchers can develop a more in-depth and inclusive understanding of the psychological wellbeing of the ageing and elderly wellbeing. A detailed examination of trends in scientific publications and co-citation clusters offers a comprehensive view of emerging research themes, enabling scholars to stay current with the latest field developments. This knowledge empowers researchers to better navigate the complexities of elderly psychological wellbeing, enhancing their ability to adapt and respond to evolving trends.

Moreover, network analyses of co-citation and collaboration open the doors to intricate intellectual and social frameworks that support research in this domain. Understanding these frameworks is essential as they highlight the interconnectedness of scholars and research communities, facilitating knowledge exchange and fostering collaborative opportunities. Strengthening these academic networks can amplify the impact of key advancements in elderly psychological wellbeing research, ensuring that important findings reach wider audiences and are incorporated into ongoing work.

### ***Practical Implications***

This study explores the latest trends and current state of elderly psychological wellbeing literature, offering valuable insights that can help practitioners make informed decisions in supporting the mental health of senior citizens. These insights are particularly useful for policymakers who can utilise the findings to shape strategies addressing mental health care services, social support systems, and community-based interventions. By understanding the key factors influencing psychological wellbeing, such as social connections, healthcare access, and environmental stressors, policymakers can create more effective programs to enhance mental health and quality of life for elderly populations.

Furthermore, identifying leading researchers and institutions in the field of elderly psychological wellbeing can promote collaboration and knowledge-sharing,

improving the quality and impact of future research. Educational institutions offering programs in psychology, wellbeing, ageing, and mental health can incorporate these findings into their curriculum, ensuring that students are equipped with the most up-to-date knowledge on elderly mental health. By fostering partnerships between academia, healthcare providers, and community organisations, a more integrated approach to elderly wellbeing can be achieved, leading to innovative solutions that better address the unique psychological needs of older adults and create environments that support their mental health and overall subjective wellbeing.

**Limitations and Recommendations for Future Research**

The primary objective of this bibliometric analysis is to provide a clear and concise direction for future research. This study offers a comprehensive synthesis of the existing literature on the psychological wellbeing of elderly individuals, with a particular emphasis on identifying key areas for future investigation. The

review highlights a notable increase in publications focused on elderly life satisfaction, psychological wellbeing, and social interactions among the elderly (Astuti et al., 2024). Based on our analysis, we have identified several prominent clusters within the field of ageing, particularly those related to subjective wellbeing in older adults. Most studies in this analysis have concentrated on developing social support systems for senior citizens. While titles such as social support, social isolation, mental health, psychological wellbeing, successful ageing, and life satisfaction remain central to the ongoing discourse, there is still ample opportunity for more in-depth exploration in these domains. Table 3 outlines these future research directions, categorising them into three major clusters.

The first research focus concerns the psychological wellbeing of the elderly, specifically exploring how digital platforms (such as social media, online support groups, and mental health apps) impact the quality and effectiveness of information and how these factors influence psychological wellbeing outcomes. Comparing digital

Table 3  
*Future research direction clusters*

Cluster Name and No.	Top Relevant Studies
Cluster 1: Psychological Wellbeing of the Elderly	Steverink et al. (2001); Laukka (2007); Angel & Angel (1992); Inglehart (2002); McFadden (1995); Jivraj et al. (2014); Haslam et al. (2022); Wang & Chen (2023); Astuti et al. (2024); Darubekti et al. (2024); Radwańska et al. (2024)
Cluster 2: Social Isolation of the Elderly	G. R. Lee & Ishii-Kuntz (1987); Essex et al. (1999); Ribeiro-Gonçalves et al. (2022); Tomaka et al. (2006); Lin et al. (2014)
Cluster 3: Life Satisfaction of the Elderly	Kim & Park (2023); Ryff (1989); Mroczek & Spiro (2005); Lowenstein et al. (2007); Gwozdz & Sousa-Poza (2010); Chen (2001); Stenhagen et al., (2014); Chahartaq et al. (2024); J.-I. Lee & Lee (2024); Xia et al. (2024)

interactions with traditional in-person support in terms of perceived quality and emotional impact can offer valuable insights into the strengths and limitations of current research (Chai & Shek, 2024). Furthermore, examining how different forms of social support accessed through digital networks contribute to variations in overall elderly wellbeing is essential. Understanding these dynamics is key to developing interventions that enhance mental health support for the elderly while minimising potential negative effects. The following two research propositions could guide more in-depth investigations in the future.

**Proposition 1a.** How does the perceived quality of psychological wellbeing among the elderly, as facilitated through digital platforms, compare to traditional, in-person initiatives to promote elderly wellbeing?

**Proposition 1b.** What are the differences in psychological wellbeing outcomes between elderly individuals who primarily receive support through digital networks and those who rely on in-person support?

The second research cluster focuses on social isolation, exploring the factors contributing to its emergence and the subsequent consequences. This study area highlights the role of technology and social networks in alleviating or intensifying feelings of isolation. It aims to examine how using different digital communication tools affects social isolation across various age groups, including young adults, middle-aged individuals, and older adults. The research

will evaluate the effectiveness of these tools in reducing isolation and identify the key factors that influence their success within each age group (Matthews & Nazroo, 2021; Tomaka et al., 2006). Future studies should track physical health indicators and levels of social isolation over time, implementing and assessing various intervention strategies to evaluate their impact on reducing isolation and improving physical health. Statistical analysis will be employed to investigate the relationship between changes in social isolation, the success of interventions, and physical health outcomes.

**Proposition 2a:** Role of Community Engagement in Mitigating Social Isolation Among Different Age Groups

**Proposition 2b:** Impact of Social Isolation on Physical Health Outcomes and the Effectiveness of Community-Based Interventions

The third research cluster examines how various age-friendly initiatives contribute to long-term elderly life satisfaction, emphasising identifying the factors that most significantly impact their effectiveness (J.-I. Lee & Lee, 2024). This includes evaluating integrated interventions that combine traditional approaches with digital tools and comparing these hybrid interventions to traditional methods alone in terms of improving life satisfaction. The research also explores the specific benefits and challenges of combining in-person and digital mental health interventions, investigating how digital tools influence engagement, adherence, and overall satisfaction with ageing-related

issues (Ribeiro-Gonçalves et al., 2022). Future studies could utilise longitudinal cohort studies to track outcomes over time for participants receiving integrated interventions compared to those receiving only traditional or digital interventions. Additionally, the research will examine how personal characteristics such as age, gender, socioeconomic status, and baseline life satisfaction influence the effectiveness of different interventions. It will also identify strategies for personalising these interventions to optimise their impact on elderly life satisfaction.

**Proposition 3a:** Effectiveness of Integrated Life Satisfaction Interventions Combining Traditional and Modern Aspects

**Proposition 3b:** Impact of Community-Based and In-House Life Satisfaction Interventions on Elderly Wellbeing

Finally, the study was based on data obtained from the Scopus database, which has certain limitations and may not encompass all relevant publications in the field of ageing research. Future research could benefit from incorporating multiple databases, such as the Web of Science and various bibliometric indicators, to compile a more diverse and comprehensive dataset for analysis. Additionally, this analysis was primarily focused on bibliographic data from journal articles, excluding other publication types like books, conference papers, and reports. Expanding the scope to include a wider range of publication sources could offer a more thorough perspective on ageing research.

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