



Predicting Subjective Well-being in Different Phases of Aging

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Abstract: World is going through demographic shift and concerns for elderly segment is increasing and because research in the field of gerontology is a relatively new science, lot of suggestions and recommendation are yet to be explore for the better understanding. On this note, present study attempted to explore recommendation by Smith (2000) to consider explaining positive development of old age with consideration of different phases of old age and recommendation by Neugarten, Havighurst and Tobin (1962) for relationship between satisfaction with aging with subjective well-being (SWB). Results from the study presented very intriguing picture and point toward the need for more in depth exploration of age and SWB paradox and satisfaction with subjective aging and SWB relationship. As Ardel (2015) reported that Wisdom may not necessarily increase with old age — other researchers have found that it does not — but it becomes more central to people's lives as they age, and compensates for much of the decline, similarly results from present study support that in the old-old group wisdom significantly predicts SWB.

Keywords: Phases of Aging, Satisfaction with aging, Subjective Well-being, Wisdom, Old Age

I. Introduction

A report by Smith (2000) submitted to Max Plan forum explained that " Although there is general agreement that the present and future cohorts of older adults can, on average, expect to live longer than previous generations (e.g., Vaupel et al., 1998), there is much debate about the quality of life that will accompany these additional years. There are two predominant viewpoints in this debate: One prognoses that, for most people, these extra years, in principle, could be characterized by positive life quality. In part, this positive outcome may arise due to processes associated with the plasticity of aging (e.g., Finch, 1998; Rowe & Kahn, 1987). The other viewpoint is more negative. It suggests instead that the extra years of life will be characterized by frailty, impairment, multi-morbidity, loss of autonomy, and loss of personal identity. According to this viewpoint, the additional years are not related to a delay of biological decline but rather related to "manufactured survival" (e.g., Olshansky, Carnes, & Grahn, 1998).

Because research in the field of gerontology is a relatively new science, an end to this debate is not in sight. Indeed, some researchers suggest that both viewpoints may be correct, primarily because the human culture of old age is still evolving and the architecture of ontogenesis is incomplete (Baltes, 1997; Baltes & Smith, 1999). In this context it may be especially useful to consider old age as involving not one but several life phases and to ask whether these life phases exhibit different qualities. Proposals have been made, for example, to distinguish between the young old, the old, and the oldest old (e.g., Neugarten, 1974; Suzman, Willis, & Manton, 1992) and between the Third Age and Fourth Age (e.g. Baltes, 1997; Baltes & Mayer, 1999, Laslett, 1991). What evidence is there for these proposed different phases of old age? Is positive psychological well-being restricted to the Third Age for the majority of older people?"

Even with these question and concerns, there are very few studies which look at psychological well-being or other positive development for third and fourth age or young old, the old, and the oldest old per se. Another suggestion and the recommendation proposed long back in 1961 by Neugarten, Havighurst, & Tobin that compared with subjective age, satisfaction with aging is conceptually a more explicit assessment of individuals' evaluation of their age and aging, surprisingly little attention has been paid to it in the earlier literature on aging. Therefore, present study aims at exploring these two issue specifically, to *explore relationship of age, satisfaction with aging and wisdom with subjective well-being, with consideration of different age groups in old age.*

Subjective wellbeing

Well-being has been given many different meanings and has been defined in many different ways (Diener, 1984; Ryff, 1995; Ryan & Deci, 2001). The field of subjective well-being (SWB) comprises the scientific analysis of how people evaluate their lives. Pollard and Lee (2003) commented that, "Well-being has been defined by

individual characteristics of an inherently positive state of happiness. It has also been defined on a continuum from positive to negative, such as how one might measure self-esteem. Well-being can also be defined in terms of one's context (standard of living), absence of well-being (depression), or in a collective manner (shared understanding)." Ryff and Keyes (1995) also considered life satisfaction, happiness and depression as most prominent indicator of subjective well-being.

Happiness: In present study happiness has been assessed by following the method proposed by Lyubomirsky and Lepper (1999) that captures the global and subjective qualities of happiness. Rather than assess positive and negative affect separately, this approach attempts to allow the individual to give an overall assessment of the extent to which he or she is a happy person. Thus, it identifies a relatively stable characteristic of happiness separate from life experiences.

Life satisfaction: Life satisfaction represents a report of how a respondent evaluates or appraises his or her life taken as a whole. It is intended to represent a broad, reflective appraisal the person makes of his or her life. In present study life satisfaction has been assessed by following Sumner (1996) definition: "life satisfaction is a positive evaluation of the conditions of your life, a judgment that, at least on balance, it measures up favorably against your standards or expectations."

Depression: Some psychologists consider subjective well-being as a positive well-being is an appraisal of the status of one's functioning and outcome along several distinct but interrelated dimensions including global, mental and physical healthfulness. In present study, this aspect has been assessed in terms of depression, absence of which will indicate higher subjective well-being. Ministry of health, Singapore (2004) state that depression or feeling sad is a normal emotion which individuals are all familiar with. Depression has been used as a label for a kind of pathological state or as an extreme negative emotional reaction toward situations. In present study depression has been assessed as negative emotional state.

Satisfaction with Aging and SWB

Kleinspehn-Ammerlahn, Kotter-Gruhn and Smith (2008) suggest that, on average and despite the high prevalence of negative age-related changes, older people feel younger than they actually are and generally are satisfied with their aging. Feeling younger and being satisfied with one's own aging are expressions of positive self-perceptions of aging. They reflect age identity and the operation of self-related processes that enhance well-being. The absence of a negative age effect on SWB has been called a "paradox", and theoretical discussion has focused on explanations for elder people's ability to maintain stable subjective well-being under severe losses (Baltes & Carstensen, 1996; Staudinger, 2000). Thus, the missing relationship between older age and SWB has been recognized in terms of within-subject changes, drawing attention to the stability of SWB through the process of aging. Schilling, (2006) argued that the findings suggesting an age-related decline in mean levels of measured life satisfaction values challenge the assumption of the "paradox" of life satisfaction in old age. Notably, the age-related decline seemed to accelerate in older-old ages. Thus, the "paradox" of SWB in old age may hold only in early old ages (Kunzmann et al., 2000), but more research is needed concerning age-related decline in life satisfaction over the 70 ages.

Wisdom and SWB

In present study wisdom is assessed by following Ardel's definition which is based on earlier research by Clayton and Birren (1980). Ardel proposes a relatively parsimonious model of wisdom, as an "integration of cognitive, reflective, and affective personality characteristics" (Ardelt 2004).

- (a) **Cognitive Dimension:** It refers to a person's ability to understand life, that is, to comprehend the significance and deeper meaning of phenomena and events.
- (b) **Affective Dimension:** It relates to the presence of positive emotions, behavior toward other beings and the absence of indifferent or negative emotions and behavior toward others.
- (c) **Reflective Dimension:** It is prerequisite for the development of cognitive and affective dimension of wisdom. The reflective dimension of wisdom is the crucial component among the three because it encourages the development of both the cognitive and affective element of wisdom.

II. Methodology

Objective: To explore relationship of age, satisfaction with aging and wisdom with subjective well-being, with consideration of different age groups in old age.

Sample: In Present study age division given by Chappel and Gee (2008) which is similar to Neugarten (1974) as young old (60-64yrs), middle old (65-74 yrs), old-old (75-84 yrs), oldest-old (85-89 yrs) and frail old (90 & above yrs), is used. However in present study only young-old (60-64 yrs), middle-old (65-69 yrs) and old-old (70 & above) category is included. Modification in the age range was taken as per the difference in life expectancy in India and worldwide. Average life expectancy for men worldwide is 69.1 and for women it is 78.8, whereas, in India average life expectancy for men is 66.9 and for women is 69.9 (WHO, 2015).

Table 1. Sample Distribution and Mean Age by Age Groups

Age Groups	Young Old (60-64 yrs)	Middle Old (65-69 yrs)	Old-Old (70 yrs and above)	Total
N	81	80	89	250
Mean Age	62.11	66.98	74.20	

III. Measures

Interview Schedule for demographic data and level of satisfaction with aging, Geriatric Depression Scale (Indian adaptation by Ganguli, Dube, Johnston, Pandav, Chandra and Dadge, 1999, originally developed by Yesavage, Brink, Rose, Lum, Huang, Adey and Leirer (1983), General Happiness Scale (Lyubomirsky & Lepper, 1999), and Temporal Satisfaction with Life Scale (Pavot, Diener and Suh, 1999) were used to assess variables under study.

IV. Result and Discussion

Present study was an attempt to answer three question: one, to explore the recommendation by Neugarten, Havighurst and Tobin (1962) for relationship between satisfaction with aging with SWB; two, to explore relationship between wisdom and SWB and three, answering before mentioned two question as per the suggestions of many scholars specifically Smith (2000) to consider explaining issues of old age with consideration of different phases of old age.

With this threefold purpose present study was attempted and the results of study present very intriguing picture. Results suggest that age plays a very distinct role in predicting SWB in different phases of aging. Age does not predict happiness in any age group but positively predicted depression in middle old group. Age significantly negatively predicted satisfaction with past life in young old and old-old age group, whereas positively predicted satisfaction with present and future life in old-old group. It seems that the more people grow old they show less satisfaction with their past life and more contentment with their present and future life. These results also challenges the age and SWB paradox ((Baltes & Carstensen, 1996; Staudinger, 2000). There is a negative effect of age to certain aspects of SWB and till certain point in old age.

Satisfaction with aging was significantly negatively correlated with depression in all age group but predicted it only in young old and middle old group, whereas, it was positively correlated and predicted happiness in all age groups. Though it was positively correlated with dimensions of life satisfaction but it only significantly positively predicted overall life satisfaction in young old group. Suggesting that being satisfied with one's aging keeps the depression away and increase satisfaction with life till certain point in old age and it helps to increase happiness till the end. So, as recommended by Neugarten, Havighurst, & Tobin (1962), it seems that satisfaction with aging is important to explore when studying subjective well-being of elderly though this relationship appear more complex and in general needs to be explored.

Table 2. Correlation between age and satisfaction with aging with criterion variables

	Age Groups	Satisfied with aging	Depression	Happiness	Life Satisfaction Past	Life Satisfaction Present	Life Satisfaction Future	Life Satisfaction Overall
Age	60-64 yrs	0.05	-0.13	0.04	-0.35**	-0.14	-0.17	-0.29**
	65-69 yrs	0.05	0.33**	0.04	-0.11	-0.15	-0.03	-0.14
	70+ yrs	0.17	-0.02	0.13	0.27**	0.26**	0.29**	0.27**
Satisfied with Aging	60-64 yrs	-	-0.57**	0.45**	0.05	0.04	0.15	0.27**
	65-69 yrs	-	-0.35**	0.41**	-0.03	0.16	0.09	0.12
	70+ yrs	-	-0.23*	0.37**	0.24**	0.20*	0.20*	0.31**

* $p < .05$, ** $p < .01$

Table 3. Correlation between age and satisfaction with aging with Dimensions of Wisdom

	Age Groups	Satisfied with aging	Wisdom: Cognitive	Wisdom: Affective	Wisdom: Reflective	Wisdom Overall
Age	60-64 yrs	0.05	0.09	0.04	0.06	0.05
	65-69 yrs	0.05	-0.04	-0.11	-0.25**	-0.19*
	70+ yrs	0.17	0.12	0.13	0.21*	0.17*
Satisfied with	60-64 yrs	-	-0.01	0.18*	0.30**	0.34**
	65-69 yrs	-	0.19*	0.13	0.16	0.21*
	70+ yrs	-	0.18*	0.19*	0.44**	0.39**

* $p < .05$, ** $p < .01$

Literature reports that wise elderly are assumed to be able to maintain the integrity of experience even when confronted with physical deterioration and death because they can accept life's limitations, contradictions, uncertainty and unpredictability more easily and with equanimity and patience born out of wisdom. In present study it was found that overall wisdom after the age of 70 becomes very important as it positively influence SWB. Specifically, it significantly positively predicted happiness and overall life satisfaction and significantly negatively predicted depression.

Similarly, reflective wisdom significantly positively predicted happiness and satisfaction with present life in middle old group and regardless of age affective wisdom seems to significantly positively predicted satisfaction with present and future life. Affective wisdom relates to the presence of positive emotions, behavior toward other beings and the absence of indifferent or negative emotions and behavior toward others. Being able to look at life without one's biases and having positive emotions for others and toward life enable individuals to accept one's life as it is and extract happiness from it, therefore, affective components of wisdom relate positively to satisfaction with future life and happiness.

Elderly high on wisdom generally experience less depression. Early in old age, being able to reflect upon life decrease propensity of having depression, whereas, in advanced old age understanding the complexities of life and accepting life uncertainty cognitively decrease the depression. Kunzmann and Baltes (2003) has found that people high in wisdom-related knowledge are likely to experience high affective involvement (e.g., feelings such as interest), and at the same time to experience unpleasant feelings less frequently than others.

Table 4. Correlation between Dimensions of Wisdom with criterion variables

	Age Groups	Depression	Happiness	Life Satisfaction Past	Life Satisfaction Present	Life Satisfaction Future	Life Satisfaction Overall
Wisdom: Cognitive	60-64 yrs	0.05	-0.21	-0.08	0.09	0.20	-0.01
	65-69 yrs	-0.26*	0.11	0.02	-0.03	0.05	-0.04
	70+ yrs	-0.37**	0.47**	0.10	0.23*	0.30**	0.30**
Wisdom: Affective	60-64 yrs	-0.15	-0.03	0.10	0.06	0.27*	0.06
	65-69 yrs	-0.27*	0.17	0.05	0.11	-0.02	0.05
	70+ yrs	-0.23*	0.23*	0.17	0.28**	0.31**	0.30**
Wisdom: Reflective	60-64 yrs	-0.22*	0.03	0.01	-0.06	0.07	-0.04
	65-69 yrs	-0.36**	0.38**	0.16	0.24*	0.04	0.15
	70+ yrs	-0.29**	0.25*	0.10	0.27*	0.19	0.20
Wisdom Overall	60-64 yrs	-0.17	-0.00	-0.05	-0.04	0.17	0.11
	65-69 yrs	-0.36**	0.28*	0.06	0.10	-0.02	0.07
	70+ yrs	-0.44**	0.49**	0.13	0.27*	0.30**	0.37**

* $p < .05$, ** $p < .01$

**Table 5. Stepwise Multiple Regression Analysis for various Age Groups
Criterion Variable: Depression**

Age Groups	Predictor Variables	R	R ²	Adjusted R ²	R ² Change	F Change	β	t-Value
60-64 yrs	Satisfaction with Aging	0.57	0.33	0.32	0.33	38.45**	-0.57	6.20**
	Overall Wisdom	0.43	0.18	0.17	0.18	17.52**	-0.43	4.19**
65-69 yrs	Satisfaction with Aging	0.50	0.25	0.23	0.07	6.99**	-0.27	2.65**
	Age	0.57	0.33	0.30	0.08	8.52**	0.28	2.92**
70+ yrs	Overall Wisdom	0.44	0.19	0.18	0.19	20.57**	-0.44	4.54**

* $p < .05$, ** $p < .01$

**Table 6. Stepwise Multiple Regression Analysis for various Age Groups
Criterion Variable: Happiness**

Age Groups	Predictor Variables	R	R ²	Adjusted R ²	R ² Change	F Change	β	t-Value
60-64 yrs	Satisfaction with Aging	0.43	0.21	0.19	0.21	20.38**	0.45	4.51**
	Wisdom: Cognitive	0.50	0.25	0.23	0.04	4.22*	-0.20	2.01*
65-69 yrs	Satisfaction with Aging	0.41	0.17	0.16	0.17	15.74**	0.41	3.97**
	Wisdom: Reflective	0.52	0.27	0.29	0.10	10.46**	0.32	3.32**
70+ yrs	Overall Wisdom	0.49	0.24	0.24	0.24	28.07**	0.49	5.29**
	Satisfaction with Aging	0.53	0.28	0.27	0.04	4.55*	0.21	2.13*
	Wisdom: Cognitive	0.56	0.32	0.29	0.04	4.45*	0.31	2.11

* $p < .05$, ** $p < .01$

**Table 7. Stepwise Multiple Regression Analysis for Various Age Groups
Criterion Variable: Life Satisfaction: Past**

Age Groups	Predictor Variables	R	R ²	Adjusted R ²	R ² Change	F Change	β	t- Value
60-64 yrs	Age	0.35	0.12	0.11	0.12	10.67**	-0.35	3.27**
65-69 yrs	None							
70+ yrs	Age	0.27	0.08	0.06	0.08	7.05**	-.27	2.66**

* $p < .05$, ** $p < .01$

**Table 8. Stepwise Multiple Regression Analysis for various Age Groups
Criterion Variable: Life Satisfaction: Present**

Age Groups	Predictor Variables	R	R ²	Adjusted R ²	R ² Change	F Change	β	t-Value
60-64 yrs	None							
65-69 yrs	Wisdom: Reflective	0.24	0.06	0.04	0.06	4.61*	0.24	2.15*
70+ yrs	Wisdom: Affective	0.28	0.08	0.07	0.08	7.59**	0.28	2.75**
	Age	0.36	0.13	0.11	0.05	4.89*	0.23	2.21*

* $p < .05$, ** $p < .01$

**Table 9. Stepwise Multiple Regression Analysis for various Age Groups
Criterion Variable: Life Satisfaction: Future**

Age Groups	Predictor Variables	R	R ²	Adjusted R ²	R ² Change	F Change	β	t-Value
60-64 yrs	Wisdom: Affective	0.27	0.07	0.06	0.07	5.96*	0.27	2.44*
65-69 yrs	None							
70+ yrs	Wisdom: Affective	0.31	0.09	0.08	0.09	9.04**	0.31	3.01**
	Age	0.40	0.16	0.14	0.06	6.47**	0.25	2.54**

* $p < .05$, ** $p < .01$

**Table 10. Stepwise Multiple Regression Analysis for various Age Groups
Criterion Variable: Overall Life Satisfaction**

Age Groups	Predictor Variables	R	R ²	Adjusted R ²	R ² Change	F Change	β	t-Value
60-64 yrs	Age	0.29	0.08	0.07	0.08	7.24**	-0.29	2.93**
	Satisfaction with Aging	0.41	0.17	0.15	0.08	7.69**	0.29	2.78**
65-69 yrs	None							
70+ yrs	Overall Wisdom	0.37	0.14	0.13	0.14	13.76**	0.37	3.36**
	Age	0.42	0.18	0.16	0.04	4.34*	0.21	2.08*

* $p < .05$, ** $p < .01$

In results focusing on different phases of aging, Middle old group emerges as very distinct stage than young old and old-old age group. Reflective wisdom (capacity to think more rationally, accepting life contradictions, understanding and reacting with less biases and stereotypes) appears to help in maintaining happiness and satisfaction with present life in middle old age group. In India, the period of old age is considered to begin at the age of sixty by popular consensus and during this stage most individuals lose their jobs because they retire from active service. They begin to fear about their physical and psychological health. In our society, the elderly are typically perceived as not so active, deteriorating intellectually and narrow-minded (Shukla, 2015). Probably due this general belief and practice young old elderly begin their transition from working life and in middle old age they gradually start feeling the changing roles and related life style amendments they have to make, resulting in the most troubles period in old age

V. Conclusion

The findings of the present study provides evidence for importance and truthfulness of the folk knowledge which are filled with success stories of elderly who were able to retain certain level of engagement with worldly affairs and contributed to the society with their gained wisdom.

VI. Recommendations

World is going through demographic shift and concerns for elderly segment is increasing and though India is relatively a young country the same demographic shift is not very far for us also. Therefore, it is better to be

prepared with good understanding of elderly and to think of how we can add life to their added years and also increase their productivity and contribution to the society. Present study provide us important insight and empirical support to previous recommendations, specifically to the recommendation to consider different phases of aging when studying old age.

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