SOCIAL CORRELATES OF REMINISCENCE IN LATE LIFE

by

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APPROVED:

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(ABSTRACT)

The focus of the current study was to determine if there was an association between features of the social environment and both oral and silent reminiscence frequency. Fifty community-dwelling older adults (aged 58-84; 60% female) participated in the study, which utilized a questionnaire. Current opportunities to reminisce were significantly associated with both oral and silent reminiscence frequency; early life experience with reminiscing was significantly associated with total (oral plus silent) reminiscence frequency (p<.05, one-tailed). Perceived enjoyment, appropriateness, and usefulness of reminiscing were also measured. Silent reminiscence frequency was significantly higher than oral reminiscence frequency for the total sample (p<.001). Gender differences were also significant for oral reminiscence frequency (p<.02), combined reminiscence frequency (p<.05) and usefulness (p<.04) with males scoring higher than females in each case. Results suggest that researchers and
practitioners should take into account features of social interaction as well as demographic characteristics before initiating reminiscence research and therapy.
ACKNOWLEDGEMENTS

I would like to thank my advisory committee--Dr. Rosemary Blieszner, Dr. Linda Thompson, and Dr. Gene A. Hayes--for their advice and encouragement during the research and writing process. In particular, Dr. Blieszner's guidance made this project a worthwhile experience.

I am also indebted to the Blacksburg chapter of the American Association of Retired Persons for their help during the data collection process.

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**TABLE OF CONTENTS**

ABSTRACT .................................................. ii

ACKNOWLEDGEMENTS ........................................ iv

Chapter  | page
---|---
INTRODUCTION ............................................. 1

   Enjoyment ........................................... 5
   Usefulness .......................................... 5
   Appropriateness .................................... 6
   Early Experience ................................... 7
   Current Opportunities .............................. 7
   Oral and Silent Reminiscence ..................... 8
   Gender Differences ................................ 9

METHODS .................................................... 10

   Sample .............................................. 10
   Procedure ........................................ 11
   Measures of the Social Environment ............ 12
   Results ............................................ 13

DISCUSSION ............................................... 19

   Enjoyment ......................................... 20
   Usefulness ........................................ 21
   Appropriateness .................................. 22
   Early Experience .................................. 23
   Current Opportunities ............................ 23
   Oral vs. Silent Reminiscence ..................... 24
   Gender Similarities and Differences ............ 25

IMPLICATIONS ............................................. 27

REFERENCES .............................................. 30
# Appendix

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. REVIEW OF THE LITERATURE</td>
<td>34</td>
</tr>
<tr>
<td>B. THEORETICAL RATIONALE</td>
<td>38</td>
</tr>
<tr>
<td>C. RESEARCH DESIGN</td>
<td>40</td>
</tr>
<tr>
<td>D. QUESTIONNAIRE</td>
<td>43</td>
</tr>
<tr>
<td>E. QUESTIONS INCLUDED IN THE FINAL SCALES</td>
<td>56</td>
</tr>
<tr>
<td>F. ADDITIONAL TABLES</td>
<td>59</td>
</tr>
<tr>
<td>VITA</td>
<td>65</td>
</tr>
<tr>
<td>Number</td>
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</tr>
<tr>
<td>--------</td>
<td>----------------------------------------------------------------------</td>
</tr>
<tr>
<td>1</td>
<td>PEARSON CORRELATIONS OF SOCIAL ENVIRONMENTAL VARIABLES AND REMINISCENCE FREQUENCY</td>
</tr>
<tr>
<td>2</td>
<td>MEAN DIFFERENCES OF SOCIAL ENVIRONMENTAL VARIABLES BY GENDER</td>
</tr>
<tr>
<td>3</td>
<td>MEAN DIFFERENCES OF REMINISCENCE FREQUENCY VARIABLES BY GENDER</td>
</tr>
<tr>
<td>F-1</td>
<td>DEMOGRAPHIC CHARACTERISTICS OF THE SAMPLE</td>
</tr>
<tr>
<td>F-2</td>
<td>MEANS AND STANDARD DEVIATIONS FOR SOCIAL ENVIRONMENTAL VARIABLES AND REMINISCENCE FREQUENCY SCORES</td>
</tr>
<tr>
<td>F-3</td>
<td>CORRELATIONS AMONG SOCIAL ENVIRONMENTAL SCALES</td>
</tr>
<tr>
<td>F-4</td>
<td>CORRELATIONS AMONG REMINISCENCE FREQUENCY SCORES</td>
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INTRODUCTION

Over the past twenty years, reminiscing in late life has received increasing attention from both researchers and practitioners interested in gerontology and geriatrics. While reminiscing (thinking and talking about the past) is not confined exclusively to older adults (Giambra, 1974), reminiscing has become an increasingly popular tool among professionals working with this age group. Reminiscing is used for historical data collection (Baum, 1981), and for enjoyment (Ganikos, et al., 1979). Reminiscing is also used as therapy with older adults (Romaniuk, 1982; Fry, 1983) or is incorporated in some way in other therapies, such as Resocialization, in long-term care settings (Ganikos, et al., 1979).

The purpose of the present study was to determine if a relationship exists between reminiscence frequency and features of the social environment of older adults. Previously, reminiscence researchers attempted to clarify the relationship between reminiscence and psychological well-being of older adults. (See Appendix A for Review of the Literature). Robert Butler (1968) was the first to propose that reminiscing may be part of a naturally occurring adaptive process to cope with negative aspects of
the aging process. His work influenced others to investigate this premise. However, subsequent studies yielded conflicting results. While two studies reported an association between adaptation and reminiscence (McMahon & Rhudick, 1964; Costa & Kastenbaum, 1967), two other studies revealed no significant association (Lieberman & Falk, 1971; Coleman, 1974), and three studies produced inconclusive results (Lewis, 1971; Havighurst & Glasser, 1972, Boylin et al., 1976). A possible reason is that no direct attention was given to factors in the social environment which could play a role in inhibiting or promoting reminiscence, although researchers have speculated on their impact (McMahon & Rhudick, 1964; Lieberman & Falk, 1971). Two recent studies conclude that social factors such as ethnic background (Litwin-Grinberg, 1982), gender, marital status, and level of peer interaction (David, 1981) significantly affect the form and content of oral reminiscence. An inhibiting social environment has also been suggested as a reason why reminiscence therapy may not always be successful in intervention settings (Perrotta & Meacham, 1981-82). However, previous studies have not directly examined the influence of social environment on reminiscence frequency.

While the study of reminiscing in relation to psychological well-being warrants continued investigation, a
clearer understanding of the role of the social environment in promoting or inhibiting reminiscence has also been recommended (Brennan & Steinberg, 1983-84). Some of the issues involved can be clarified by referring to theoretical assumptions developed to explain aspects of social interaction. A combination of symbolic interaction and exchange theory principles (Singelmann, 1972) is particularly useful. Symbolic interaction suggests that behavior patterns are learned from others through a lifetime of interaction and observation (see Appendix B for Theoretical Rationale). Exchange theory assumes that people choose to behave in ways that will bring the most personal benefit. A combination of perspectives implies that while lifelong socialization influences individuals to behave in a variety of ways, individuals can choose to do the things that bring about the most desirable results for themselves. This perspective suggests that individuals have a perception of how rewarding or costly actions can be, and act to bring about the greatest reward. Thus, social influences from others and individual evaluations both affect behavior.

Regarding reminiscence, the need or desire to review the past may originate within the individual, perhaps in response to a personal crisis or change in life circumstances (such as retirement or widowhood). However,
the opportunity to learn more about and engage in reminiscing is largely a function of socialization and interaction with others. In addition, the attitudes and reactions of others can figure into the perceived reward or cost value of reminiscing for the individual. Therefore, the study of social environmental factors in relation to reminiscence frequency is a justifiable addition to the study of the relationship of reminiscence to psychological well-being.

Previous research and the theoretical assumptions described above indicates that reminiscing may be related to a number of personal evaluations of the situation and the social circumstances in which reviewing the past takes place. Specifically, the level of enjoyment derived from reminiscing, the perceived usefulness of reminiscing, and the perceived appropriateness of reminiscing are individual evaluations that warrant further investigation. Early experience with reminiscing and current opportunities to reminisce are social circumstances that deserve further study. The following section provides detailed information about these variables and their hypothesized association to reminiscence frequency.
ENJOYMENT

Enjoyment is how much pleasure or positive change in mood is experienced as a result of a particular activity. Reminiscence research reveals that emotional rewards such as pleasure or enjoyment (Fallot, 1979-80) and emotional costs such as pain or unhappiness (Tobin, 1976) are associated with thinking and talking about the past. While memory content may be related to feelings of pleasure or pain, people may not enjoy recalling happy past experiences if it only serves to remind them that life in the present cannot measure up. Results of previous studies have not clearly differentiated between memory content and emotional response to reminiscence (Havighurst & Glasser, 1972; Boylin, et al., 1976). In the present study, it was theorized that individuals have an emotional response to reminiscing regardless of memory content, and that the greater the perceived enjoyment of reminiscence, the greater the likelihood that reminiscing would occur.

USEFULNESS

Behavior is considered useful if it leads to a desirable result or end-product. Some potential benefits of reminiscing are compilation of oral histories (Baum, 1981), evaluation of past life and acceptance of present
circumstances (Butler, 1968) and making the acquaintance of others (Romaniuk & Romaniuk, 1981). Given the choice, it was assumed that individuals are more likely to engage in behaviors that are useful than those which have less desirable results. Therefore, it was hypothesized that the greater the perceived usefulness of reminiscence, the greater the reminiscence frequency.

APPROPRIATENESS

Individuals are likely to choose behaviors within the limits of perceived acceptability or appropriateness. Reminiscence therapists indicate that individuals may be reluctant to reminisce if they perceive a social stigma (e.g. being defined as "senile") associated with such activity (Kaminsky, 1978; Hausman, 1980). On the other hand, some sources indicate that reminiscing is considered appropriate behavior by older adults (Costa & Kastenbaum, 1967; Fallot, 1979-80). Appropriate behavior can contribute to maintaining a positive selfimage. Thus, appropriate behavior is more rewarding than inappropriate behavior in a social context. Therefore, it was hypothesized that the greater the perceived appropriateness of reminiscence, the greater the reminiscence frequency.
EARLY EXPERIENCE

One's previous opportunities to observe and engage in behavior provide the foundation for behavior patterns in the present. It was assumed that early experiences with reminiscing--how often others in the environment talked about and listened to reminiscing, especially during childhood and young adulthood--should have an impact on current propensities to reminisce. Therefore, it was hypothesized that the greater the early experience with reminiscing, the greater the likelihood than an individual would reminisce during late adulthood.

CURRENT OPPORTUNITIES

The current social situation provides a context which either supports or inhibits behavior patterns. Current opportunities to observe and engage in reminiscing refers to (a) how often others talk about the past, and (b) the amount of time available to reminisce. Romaniuk and Romaniuk (1981) speculated that positive response to oral reminiscing in groups of older adults may help to maintain the activity. Older adults may have more time to reminisce because of fewer work obligations, and Hochschild (1973) and Marshall (1980) both comment on the opportunity to reminisce with age peers that is provided in retirement communities.
Theoretically, people are more likely to engage in behaviors which are shared by their peer group than those which are shunned. Therefore, it was hypothesized that the greater the current opportunities to reminisce, the greater the reminiscence frequency.

**ORAL AND SILENT REMINISCENCE**

A further exploratory question dealt with possible similarities and differences between oral and silent reminiscence. Since at least two studies showed that more reminiscing may be done silently than aloud (Havighurst & Glasser, 1972; Romaniuk & Romaniuk, 1981) the present research investigated the frequency of oral versus silent reminiscence to determine if there was a statistically significant difference. In addition, comparisons of oral and silent reminiscence in relation to the individual factors and social circumstances described above were also made. The goal of this part of the study was to determine if oral and silent reminiscence should be treated as separate behaviors. Oral reminiscence research has revealed that oral reminiscers may glorify or exaggerate the past (Revere & Tobin, 1980-81). Discussing past events in a certain way may also serve to enhance status or manipulate social distance (Pincus, 1970). Since silent reminiscing
does not have an audience, it is possible that oral and silent reminiscing differ in function as well as form. In other words, silent reminiscing may not necessarily be used to glorify the past or enhance status.

**GENDER DIFFERENCES**

Recent studies indicating the importance of gender to qualitative features of oral reminiscence (David, 1981; Litwin-Grinberg, 1982) prompted an exploratory analysis for potential gender differences in relation to reminiscence types and all social environmental factors. It was assumed that differing socialization patterns for males and females would produce different associations with these factors. Results of an earlier study imply that high involvement with reminiscing may be a sign of maladjustment for females, while still being adaptive behavior for males (David, 1981). Other recent research with females alone reveals no significant relationship between quantity of reminiscence and morale or life satisfaction (Brennan & Steinberg, 1983-84). However, there was not enough evidence from previous research to indicate the direction of any potential relationship, or where significant gender differences might occur with the variables under study.
METHODS

SAMPLE

Fifty community-dwelling older adult volunteers (60% female) participated in the study. The participants ranged in age from 58-84 years, with a mean age of 71.5. All of the sample reported being in fair to excellent health. Overall 62% of the participants were married, 36% were widowed, and 2% were single. The majority of the participants (66%) reported being retired or having no current occupation, while 30% reported their current occupation as homemaker. Median income for the sample was $20,000-24,999. The median educational level for the group was 16 years (see Appendix F).

The sample was roughly equivalent to national population characteristics (U.S Bureau of the Census, 1981 & 1983) of older adults for percentages of males and females, marital status, and health. However, the sample as a whole reflected more years of schooling and greater annual income than the population as a whole.
PROCEDURE

The majority of reminiscence researchers have relied on content analysis of interviews to examine features of oral reminiscence such as frequency of references to past events, evidence of depression (McMahon & Rhudick, 1964) and incidence of informative versus evaluative reminiscing (Coleman, 1974). However, content analysis of oral reminiscence may not be an accurate reflection of what may also be occurring silently (Romaniuk & Romaniuk, 1981). Therefore, a questionnaire was developed to investigate the impact of selected aspects of the social environment on both oral and silent reminiscence (see Appendix C for Research Design).

The "Opinions about the Past" questionnaire (Appendix D) was administered to participants at group meetings of a local civic organization. Items from each scale were randomly distributed on the questionnaire, and respondents indicated their level of agreement by a Likert-type rating procedure (Agree=4, Tend to Agree=3, Tend to Disagree=2, Disagree=1). For negative questions, the weighting was reversed. In addition, questions to measure both oral and silent reminiscence frequency were adapted from previous research (Romaniuk & Romaniuk, 1981). Five alternatives were provided for each question (Once a day or more=5,
Several times a week=4, About once a week=3, Two or three times a month=2, Once a month or less=1).

MEASURES OF THE SOCIAL ENVIRONMENT

Scale items were developed for this research after a review of the literature and interviews with both young and older adults (See Appendix C for details). After questionnaire administration, only items that were at least moderately correlated with the scale as a whole (r=.26 or greater) were retained in each scale for final statistical analysis (see Appendix E). As a test of reliability, Cronbach's Alpha was calculated for each scale, and they were judged to be sufficiently reliable for a beginning study (Nunnally, 1967).

Items in the Enjoyment scale describe feelings or emotional responses to reminiscing, such as happiness, pain or boredom (Cronbach's Alpha=.67). Usefulness scale items reflect the result or end-product of reminiscing, such as a means of teaching others or a source of historical information (Cronbach's Alpha=.70). The Appropriateness scale contains items which signify how normal or socially acceptable reminiscing is perceived, such as its age appropriateness and its relationship to emotional health (Cronbach's Alpha=.72). The Early Experience scale contains
items concerning opportunities to learn about reminiscing during childhood and young adult years (Cronbach’s Alpha=.81). The Current Opportunities scale measures chances to reminisce in the present environment, including how much others think and talk about the past, and how much time is available for reminiscing (Cronbach’s Alpha=.78).

RESULTS

Table 1 shows Pearson Correlations of Silent, Oral and Total Reminiscence Frequency with each Social Environmental Scale. Correlations with Appropriateness and Usefulness were nonsignificant (p<.05) for all three Reminiscence Frequency scores. Contrary to expectation based on previous research indicating a positive relationship (Havighurst & Glasser, 1972; Romaniuk & Romaniuk, 1981), the Enjoyment Scale produced a significant negative correlation with Silent and Total Reminiscence Frequency scores. The correlation between Enjoyment and Oral Reminiscence Frequency was positive but nonsignificant. Finally, correlations between Current Opportunities and all three Reminiscence Frequency scores were significant in the directions expected (p<.05, one-tailed), as was the correlation between Early Experience and Total Reminiscence Frequency (p<.05, one-tailed). Descriptive statistics for
each dependent variable and intercorrelations among the scales are presented in Appendix F.

The average frequency of silent reminiscence was about once a week, while the average for oral reminiscence was several times a month. Oral and silent reminiscence frequency were significantly correlated ($r=.66$, $p<.001$). A t-test to compare Oral and Silent Reminiscence Frequency indicated a significant difference between the means ($t(47)=4.15$, $p<.001$), with Silent Reminiscence Frequency being significantly higher than Oral Reminiscence Frequency.

To investigate the impact of gender, t-tests were calculated on each of the scales and reminiscence frequency by gender (see Tables 2 and 3). Gender differences were significant for Oral Reminiscence Frequency ($p<.02$), Combined Reminiscence Frequency ($p<.05$) and Usefulness ($p<.04$) with males scoring higher than females in each case.
Table 1
Pearson Correlations of Social Environmental Variables and Reminiscence Frequency

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<th>Variables</th>
<th>Silent</th>
<th>Oral</th>
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<td>-.077</td>
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<td>Usefulness</td>
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<tr>
<td>Early Experience</td>
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<tr>
<td>Current Opportunities</td>
<td>.297*</td>
<td>.321*</td>
<td>.357*</td>
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*p<.05, one-tailed
Table 2
Mean Differences of Social Environmental Variables by Gender

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Mean Differences of Reminiscence Frequency Variables by Gender

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<td>4.78</td>
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DISCUSSION

The significant positive correlation between the Current Opportunities scale and Oral, Silent, and Total Reminiscence Frequency and between the Early Experience scale and Total Reminiscence Frequency imply that patterns of social interaction have a stronger association with reminiscence frequency than a more individualized calculation of rewards and costs. In a theoretical context this finding confirms the assumption that constraints present in social settings would appear to limit "hedonistic strivings" for personal gain (Singelmann, 1972). In other words, control over behavior choice is not totally in the hands of the individual, but is actually shared with others. Thus, the socialization experience appears to be a stronger influence on behavior than a positive personal evaluation of an activity. Gender differences for Oral Reminiscence and perceived Usefulness provide evidence of the potential effect of differing socialization on reminiscence, as suggested in previous studies (David, 1981; Litwin-Grinberg, 1982).
ENJOYMENT

The significant negative correlation between the Enjoyment Scale and Silent Reminiscence was not predicted, given the results of earlier research reporting a positive association with reminiscence frequency and enjoyment or pleasant feelings (Havighurst & Glasser, 1972; Romaniuk & Romaniuk, 1981). However, there was one study which reported a correlation between negative affect and reminiscence frequency (Boylin, et al, 1976). The researchers attributed the results to feelings of dissatisfaction with the past. In contrast, most respondents in the current study scored relatively high on enjoyment of reminiscing. Thus, positive feelings about reminiscence were associated with low silent reminiscence frequency, rather than negative feelings being associated with high overall reminiscence frequency, as reported by Boylin and associates (1976). One interpretation of the present finding is that just as negative feelings about the past may trigger greater reminiscence frequency in the form of obsessive review of events (Butler, 1968), increased positive feelings about the past may decrease the need or desire to reminisce silently.

The lack of association between enjoyment and oral reminiscence creates a far different picture of the older
adult reminiscer than is portrayed elsewhere, where the older adult is characterized as subjecting others to boring recollections in pursuit of his or her own pleasure or peace of mind (Lewis, 1973). Rather, it suggests that interaction with others is important to enjoyment of oral reminiscing, and that oral reminiscing simply for enjoyment purposes may not be sufficient incentive to seek out others for that purpose.

USEFULNESS

The nonsignificant positive association between reminiscence frequency and the Usefulness Scale contrasts somewhat with earlier research (Romaniuk & Romaniuk, 1981) which reported a high percentage of respondents who had used reminiscence to teach others (68%) and to describe themselves to others (72%). In the same study, lower percentages were reported in using reminiscence to deal with a problem (32%) or to solve past problems (21%). However, there is no information in the study (Romaniuk & Romaniuk, 1981) to indicate the relationship of these individual uses with overall reminiscence frequency, so a direct comparison with the present study is not possible.

The results suggest that either recognition of the potential usefulness of reminiscence still rests primarily
with researchers and therapists, or else that older adults are not motivated to reminisce on the basis of perceived usefulness. Other strategies for problem-solving, meeting people, or teaching others may be considered more useful and effective, and thus may be of greater value than reminiscing to the older adult.

**APPROPRIATENESS**

In light of reports by therapists (Kaminsky, 1978; Hausman, 1980) and quotes from research participants (Fallot, 1979-80; Costa & Kastenbaum, 1967), the nonsignificant positive correlation was contrary to expectation. However, the significant correlation ($p<.05$) of appropriateness to the other scales (see Appendix F) reveals that both early experiences with reminiscence and current opportunities to reminisce reinforce the perception that reminiscing is an appropriate activity for older adults. Such perceptions of the appropriateness of reminiscence may also affect or be affected by perceptions of the usefulness and enjoyment of reminiscence activities. The present results further suggest that while social stigma or appropriateness may play a more direct role in willingness to reminisce in research and therapy where acceptable behavior may not be clearly defined for the older
participant, perceived appropriateness alone may not inhibit or enhance oral or silent reminiscence in ordinary social situations.

EARLY EXPERIENCE

The significant association between Early Experience and Total Reminiscence Frequency supports the importance of social learning in relation to behavior. Considered along with the significant correlation (p<0.001) between current opportunities and early experience (see Appendix F), it also suggests the possibility that the propensity to reminisce may be developed through a lifetime of interaction rather than occurring only in later life. Just as cross-sectional studies have revealed no significant differences in frequency of daydreaming about the past between young and old (Giambra, 1974), the present study suggests that continuity of reminiscing behavior over a lifetime is a possibility.

CURRENT OPPORTUNITIES

The significant correlations between the Current Opportunities Scale and all three reminiscence frequency scores give support to the suggestion that reminiscing among older adults may be maintained as a result of reinforcement
by others (Romaniuk & Romaniuk, 1981). It is also similar to results indicating a positive relationship with level of current social activity and quantity of reminiscence (Brennan and Steinberg, 1983-84). In other words, a high level of social interaction may present more opportunities to reminisce orally. In the present study, current opportunity is also significantly correlated with silent reminiscence frequency, suggesting that greater opportunities to talk about the past may be related to more time spent thinking about the past.

**ORAL VS. SILENT REMINISCENCE**

A significant difference between oral and silent reminiscence frequency was found, with reported silent reminiscence frequency being higher than oral reminiscence frequency for the sample. This supports earlier findings (Romaniuk & Romaniuk, 1981; Havighurst & Glasser, 1972) and suggests that silent reminiscence may not be as difficult to measure as other researchers have expected (Fry, 1983).

The different results for oral and silent reminiscence correlated with enjoyment suggest that silent reminiscing may be different in function from oral reminiscing. This finding supports the idea that both oral and silent reminiscence can be investigated as distinct behaviors.
Results of such investigations should yield more accurate results than those obtained by making inferences about silent reminiscence from oral reminiscence characteristics.

GENDER SIMILARITIES AND DIFFERENCES

The nonsignificant differences between the means for gender and enjoyment, appropriateness, current opportunities, and silent reminiscence support a view of adaptive behavior being less gender-differentiated with increased age (Kimmel, 1974). In the present study, increasing similarities in current lifestyle for the sample may have led to greater similarity in evaluations of some aspects of reminiscing, as well as similarity in current opportunity and participation in silent reminiscing. However, differences in some aspects of previous lifestyle may be responsible for significant differences in usefulness and oral reminiscence frequency.

Kimmel (1974) has suggested that reminiscing is a way of revalidating oneself during periods of transition. Most of the males in the present study were retired, and it is possible that oral reminiscing was used as a way to reaffirm status in the absence of a continuing work role. In contrast, a majority of the females in the sample were homemakers, and for the most part had not undergone any
occupational change. Therefore, oral reminiscing may have been less relevant or useful for their current situation.

The nonsignificant difference by gender for early experience might appear to contradict the assumption of differing socialization. However, the scale does not distinguish between influences of male and female relatives or friends, so the presence or absence of sex-role identification in relation to reminiscence cannot be determined from the results.
IMPLICATIONS

The results of the current study point to the need for continued evaluation of the social environment in relation to reminiscence. Specifically, the relationship of enjoyment to reminiscence frequency deserves further scrutiny. If enjoyment is an outcome that professionals expect from reminiscence programming for older adults (Ganikos, et al., 1979), a clearer understanding of the emotional reaction to reminiscence separate from memory content is important. Previous studies have generally combined the two features, presumably because pleasant memories are thought to be associated with positive changes in mood, and vice versa. In fact, high involvement with pleasant memories might be maladaptive if it blocks adjustment to present circumstances (David, 1981). In summary, professionals working with older adults might be advised to not use reminiscing simply for diversion until its relationship to enjoyment is better understood, as it might produce harmful effects under certain circumstances.

A limitation of the present study was the lack of a more complete picture of the lifestyle of the respondents to assess the relationship of reminiscing to other features of everyday life. Another recent study (Brennan & Steinberg,
1983-84) illuminated the positive relationship of current activity level to quantity of oral reminiscence. To further clarify the issues involved, the value of reminiscing to older adults might be compared with the value of other activities to meet the same needs. This type of study would contribute to present knowledge on reminiscing behavior and might significantly broaden the scope and potential for therapy and programming.

Professionals have expressed concern for the accuracy of information given during oral history sessions (Baum, 1981) and during assessment of physical health (Harris & Harris, 1980-81). The significant relationship of current opportunity with reminiscence frequency in this study suggests that provision of multiple opportunities to reminisce might be effective tactics for oral historians and other professionals for obtaining accurate information. As professionals and clients become acquainted, a more natural conversational atmosphere may evolve. This may have two benefits: (a) those who hesitate initially to give information may feel more comfortable in doing so once a professional is no longer a stranger, and (b) any discrepancies in information might be clarified in subsequent sessions.
Similarities and differences between silent and oral reminiscence also need to be studied in greater depth. The results of this study are a beginning step in determining if silent and oral reminiscing are different behaviors or different forms of the same behavior. More information on similarities and differences could lead to more extensive and effective use of silent reminiscing as therapy, perhaps to meet different goals than might be pursued in oral reminiscence therapy alone.

Gender differences in the present study emphasize the need to re-evaluate the hypothesized adaptive function of reminiscence in late life in light of differing socialization patterns for males and females. Further research might concentrate on identifying those differences in socialization that might have an effect on reminiscence frequency.
REFERENCES


Appendix A

REVIEW OF THE LITERATURE

Robert Butler (1968) initially proposed that reminiscing may be a means of dealing with past experiences in order to come to a better understanding about the present. Butler (1968) hypothesized that the reminiscing behavior of older adults he observed in psychiatric settings was a naturally occurring response to the ego integrity/despair crisis of late adulthood proposed by Erikson (1950). On the positive side of this continuum, attainment of ego integrity involves acceptance of life's positive and negative aspects, while despair (on the negative side) reflects regret at not having a second chance in life. Butler (1968) proposed that every older adult attempts to resolve this crisis.

Contrary to the opinions of some professionals who felt that reminiscing interfered with problem-solving (Lampe, 1961), Butler (1968) maintained that recalling the past (reminiscing) and evaluating those experiences (life reviewing) should not be discouraged, but encouraged as a means of coming to terms with present realities. Through publication of his work, Butler (1968) helped to redefine reminiscence as a socially acceptable activity in response to the experience of aging (Ingersoll & Goodman, 1980).
As a result of Butler's original hypotheses and subsequent case studies, psychologists, social workers, and other professionals with elderly clients use reminiscence as therapy. Their goals are to alleviate depression, enhance self-esteem, facilitate social interaction, and promote adaptation to aging, both in individual casework and group therapy settings (Kaminsky, 1978; Ingersoll & Goodman, 1980; Perrotta & Meacham, 1980-81; Keller & Hughston, 1981).

Reminiscing has also been used in related areas. Oral historians use the recollections of older adults as a source of data for historic events. While therapy is not a goal of oral history collection, historians report that positive change in self-esteem of respondents is often apparent (Baum, 1981). Oral history collection has become an increasingly popular activity for groups of older adults, not only for potential enjoyment, but also because it produces an end-product of recognized value (Butler, 1980-81). Reminiscing has also been successfully used as a means of improving aspects of memory for older adults (Hughston & Merriam, 1982).

Despite its increased use over the last two decades, there is no strong consensus from research that reminiscing is related to adaptation to the aging process. Reminiscence was found to be associated with adaptation by Costa &
Kastenbaum (1967) and McMahon & Rhudick (1964). No association was reported by Lieberman & Falk (1971) and Coleman (1974). Inconclusive results were reported by Lewis (1971), Havighurst & Glasser (1972), and Boylin, et al. (1976).

There are several possible reasons for obtaining different results. Researchers have used varying definitions of reminiscence from simple to evaluative, and different definitions of adaptation, from psychological evaluation to physical survival of the subjects. Many samples were small and non-random, and several samples were institutionalized or living in sheltered housing, so conclusions and comparisons are limited (Merriam, 1980). Different techniques have been used for data collection, further limiting potential comparison. Instructions to respondents have also varied significantly. Some subjects were told to talk about whatever they wished (McMahon & Rhudick, 1964) while others were aware that researchers were interested in past experiences (Coleman, 1974). Overall, the variety of research methods used may have contributed to the lack of consistency among study results.

There is evidence to suggest that social environmental factors have affected participation in both research and group therapy settings. The reward of attention or
recognition for reminiscing may not have outweighed the cost of experiencing painful memories or the perception that others label a reminiscer as mentally unstable. Therapists indicate that older adults may repress reminiscence because of the fear that it is a symptom of mental decline (Pincus, 1970; Kaminisky, 1978). Some older adults have not participated in reminiscence research because they felt that the act of recalling the past was detrimental to their general well-being or would cause emotional pain (Tobin, 1976). Still others have described reminiscing as personally enjoyable, appropriate and meaningful:

When you reach this age, when you look back, you're reminiscing. And you know you're getting old because you get such a belt out of it. (From Fallot, 1979-80, 396).

God gave us memories so we could have roses in December. (From Ebersole, 1978, 237).

It is . . . a time for retrospection. . . . To many this is a comforting and rewarding period. . . . the farther back he goes, the better his memory becomes until he reaches early childhood when everything becomes clearly bright. (From Costa & Kastenbaum, 1967, 3).

In summary, the evidence suggests that while its relation to psychological adaptation is unclear, older adults place a value on reminiscence (either positive or negative) as a result of their own experience with reminiscing. It also appears that reactions or attitudes of others may make a difference to the reminiscer.
Appendix B
THEORETICAL RATIONALE

Research on the social environment of reminiscence should take into account the constraints on the range of behavior choices imposed by perception of what is acceptable behavior, and the relative rewards and costs associated with behavior choice. One theory that addresses these issues is a combination of symbolic interaction principles and concepts of social exchange, first suggested by Singelmann (1972).

Symbolic interaction assumes that individuals mentally construct a picture of the social environment and their place in the environment. This is accomplished through observation and interaction with others. Since observation and interaction are lifelong activities, this picture is always changing.

Over time, the social environment provides a variety of opportunities to learn about and engage in different activities, depending on the experiences and preferences of others in the environment. Individuals continuously develop expectations about behavior for themselves and others as a result of this learning process.
Exchange theory assumes that individuals evaluate actions and make decisions regarding how rewarding or costly actions will be. While expectations about behavior provide limits or constraints on behavior choice, the evaluation of behavior choice within these limits may place further qualifications on individual range of action. As a result, individuals engage in actions that will potentially provide the most reward (benefit or desired result) and incur the least cost (undesired result).

Combination of these two perspectives provides an overview for behavior choice in the social environment. Symbolic interaction is the framework defining the initial range of behavior choice. Exchange theory suggests the decision-making process for choosing actions within the range. However, individuals bring unique resources and abilities of their own to social encounters, and behavior choices are a result of these characteristics as well. Behavior choice is a result of these elements working in combination.
Appendix C
RESEARCH DESIGN

Questionnaires were used in three previous studies of reminiscence in relation to adaptation, and included questions on oral and silent reminiscing (Havighurst & Glasser, 1972; Boylin, et al., 1976; Romaniuk & Romaniuk, 1981). Therefore, a questionnaire was developed to build upon the previous work by investigating the impact of social environment on both forms of reminiscence.

The present research also improved upon past techniques by eliminating the word "reminiscence" from the study description and questions. The definition of reminiscing, i.e. thinking and talking about the past, was substituted. Evidence from informal open-ended questioning of both young and older adults indicated that the word "reminiscing" had negative connotations in some instances, and these might adversely affect response to the questionnaire.

Part One of the questionnaire was devoted to collecting background information on the respondents, including date of birth, gender, years of schooling, marital status, health, chief occupation, and annual income. Part Two of the questionnaire consisted of statements dealing with attitudes about and experiences with recalling the past. Part Three
of the questionnaire contained one question on silent and one on oral reminiscence frequency.

Five scales (Enjoyment, Usefulness, Appropriateness, Early Exposure, and Current Opportunities) were developed for Part Two of this study by the researcher. Scale items were composed after a review of statements on reminiscing in research and popular literature, and from a series of informal interviews with four young adults (aged 20-40) and three older adults (aged 55-65) regarding their attitude toward thinking and talking about the past, and their exposure to reminiscence during their lives. The scale items were evaluated for content validity by nineteen judges (undergraduate and graduate students). The judges were given the definitions for the scale categories and sorted each statement into the categories. Items with 50% agreement or more were used in the questionnaire.

The instrument was pilot-tested with five older adults before it was administered to the sample as a whole. Four of the five older adults completing the questionnaire agreed that the questions were clear and the directions were understandable.

Community-dwelling older adults were recruited for this study through the cooperation of a local civic organization in the Blacksburg area. The questionnaire was administered
at two meetings of the organization, and 48 questionnaires were returned at the end of the meetings. Five questionnaires were not used in the analysis because of missing data. Seven other questionnaires, administered individually by the researcher to other local residents, were added to the sample, making a total of 50. Three of these questionnaires were filled out during the pilot-testing phase of the research.

Subsequent to data collection, correlations were used in a two-step process to determine which items to include in the data analysis. First, items that were significantly correlated ($p<.05$) with at least one other question in the scale were selected. Then, these items were correlated with the scale as a whole, and statements with high item-total correlations ($p<.08$) were retained for final data analysis.
Appendix D

QUESTIONNAIRE
OPINIONS ABOUT THE PAST

The purpose of this study is to find out opinions about thinking and talking about the past, and if the past is part of everyday life. If you have any questions about this study, I will be happy to answer them. Research results will be reported for all participants as a group, and names will never be linked to answers given on the questionnaire. You may stop at any time, and you do not have to answer any question if you do not wish to do so. Please do not write your name on the questionnaire.

If you agree to participate in this study, please read and sign the statement below:

I certify that I understand the purpose of this study, and that I do not have to answer any question if I do not wish to do so. I further understand that answers I give on the questionnaire will never be linked with my name. I give my permission that the information I provide may be used for research purposes.

Name

Date
Part One BACKGROUND INFORMATION

1. (Please circle answer) Male
   Female

2. Total number of years of schooling.

3. Current marital status (Please circle answer)
   Married
   Widowed
   Separated/Divorced
   Single--never married

4. Compared with other people my age, my health is:
   Poor
   Fair
   Good
   Excellent

5. Current occupation

6. If retired, former chief occupation

7. Date of Birth: Month Day Year

8. How old are you now?

9. Annual income (please circle answer):
   Less than $5,000
   $5,000-9,999
   $10,000-14,999
   $15,000-19,999
   $20,000-24,999
   $25,000-29,999
   $30,000-39,999
   $40,000 or more
Part Two  OPINIONS ABOUT THE PAST

We all have different opinions about life, and different attitudes about the past. By the past, we mean any time earlier than six months ago. Please read each of the following statements and decide if you agree, tend to agree, tend to disagree, or disagree with each one. Please circle one answer below each statement.

EXAMPLE:

A. Thinking about the past makes me hungry.

<table>
<thead>
<tr>
<th>AGREE</th>
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<tbody>
<tr>
<td>TEND TO AGREE</td>
</tr>
<tr>
<td>TEND TO DISAGREE</td>
</tr>
<tr>
<td>DISAGREE</td>
</tr>
</tbody>
</table>

1. When I was a child, older people talked about things that happened before I was born.

<table>
<thead>
<tr>
<th>AGREE</th>
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<tbody>
<tr>
<td>TEND TO AGREE</td>
</tr>
<tr>
<td>TEND TO DISAGREE</td>
</tr>
<tr>
<td>DISAGREE</td>
</tr>
</tbody>
</table>

2. I am proud of my past accomplishments.

<table>
<thead>
<tr>
<th>AGREE</th>
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<tbody>
<tr>
<td>TEND TO AGREE</td>
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<tr>
<td>TEND TO DISAGREE</td>
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<tr>
<td>DISAGREE</td>
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</tbody>
</table>

3. Thinking about my childhood puts me in a good mood.

<table>
<thead>
<tr>
<th>AGREE</th>
</tr>
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<tbody>
<tr>
<td>TEND TO AGREE</td>
</tr>
<tr>
<td>TEND TO DISAGREE</td>
</tr>
<tr>
<td>DISAGREE</td>
</tr>
</tbody>
</table>
4. Hearing about another person's life is a good way to get acquainted.
   AGREE
   TEND TO AGREE
   TEND TO DISAGREE
   DISAGREE

5. Talking about the past leaves a bad impression on strangers.
   AGREE
   TEND TO AGREE
   TEND TO DISAGREE
   DISAGREE

6. I spend more time thinking about the past than the present or future.
   AGREE
   TEND TO AGREE
   TEND TO DISAGREE
   DISAGREE

7. Most members of my family are mainly interested in today's news.
   AGREE
   TEND TO AGREE
   TEND TO DISAGREE
   DISAGREE

8. Some memories are very painful.
   AGREE
   TEND TO AGREE
   TEND TO DISAGREE
   DISAGREE

9. Memories can be used to teach others about history.
   AGREE
   TEND TO AGREE
   TEND TO DISAGREE
   DISAGREE
10. When I was a young adult, my friends placed great value on being modern and up-to-date.

   AGREE
   TEND TO AGREE
   TEND TO DISAGREE
   DISAGREE

11. Some things from my past still make me feel angry.

   AGREE
   TEND TO AGREE
   TEND TO DISAGREE
   DISAGREE

12. People who talk about the past are not necessarily senile.

   AGREE
   TEND TO AGREE
   TEND TO DISAGREE
   DISAGREE

13. Young people can learn a lot from listening to an older person's stories.

   AGREE
   TEND TO AGREE
   TEND TO DISAGREE
   DISAGREE

14. People who talk about the past are strange.

   AGREE
   TEND TO AGREE
   TEND TO DISAGREE
   DISAGREE

15. I'm so busy with everyday chores that I don't think much about how things used to be.

   AGREE
   TEND TO AGREE
   TEND TO DISAGREE
   DISAGREE
16. When I was a child, my family rarely spoke about the past.
   AGREE
   TEND TO AGREE
   TEND TO DISAGREE
   DISAGREE

17. When I was a child, most people around me disliked anything that seemed old-fashioned.
   AGREE
   TEND TO AGREE
   TEND TO DISAGREE
   DISAGREE

18. I have little chance to talk about my past with others.
   AGREE
   TEND TO AGREE
   TEND TO DISAGREE
   DISAGREE

19. Once a person becomes a Senior Citizen, other people expect to hear about their younger days.
   AGREE
   TEND TO AGREE
   TEND TO DISAGREE
   DISAGREE

20. Thinking about the past doesn't help a person face today's problems.
   AGREE
   TEND TO AGREE
   TEND TO DISAGREE
   DISAGREE

21. When I was a young adult, people my age were too busy with the present to talk about the past.
   AGREE
   TEND TO AGREE
   TEND TO DISAGREE
   DISAGREE
22. People sometimes ask me about my childhood.
   AGREE
   TEND TO AGREE
   TEND TO DISAGREE
   DISAGREE

23. When I was a young adult, it was very important to concentrate on what was happening right then.
   AGREE
   TEND TO AGREE
   TEND TO DISAGREE
   DISAGREE

24. Some memories still make me laugh.
   AGREE
   TEND TO AGREE
   TEND TO DISAGREE
   DISAGREE

25. When I was a child, my family spent a lot of time talking things over.
   AGREE
   TEND TO AGREE
   TEND TO DISAGREE
   DISAGREE

26. Thinking about the past is a waste of time.
   AGREE
   TEND TO AGREE
   TEND TO DISAGREE
   DISAGREE

27. When I was a young adult, my friends liked to recall their school days.
   AGREE
   TEND TO AGREE
   TEND TO DISAGREE
   DISAGREE
28. Thinking over my life gives me a lot of satisfaction.
   AGREE
   TEND TO AGREE
   TEND TO DISAGREE
   DISAGREE

29. Thinking about my past helps me get through the day.
   AGREE
   TEND TO AGREE
   TEND TO DISAGREE
   DISAGREE

30. When I was a young adult, my friends liked to talk about their childhood adventures.
   AGREE
   TEND TO AGREE
   TEND TO DISAGREE
   DISAGREE

31. When I was a child, some of my relatives told me about our family history.
   AGREE
   TEND TO AGREE
   TEND TO DISAGREE
   DISAGREE

32. When I was a child, I knew people who talked about the past quite often.
   AGREE
   TEND TO AGREE
   TEND TO DISAGREE
   DISAGREE

33. Telling my life story to someone would not help them get to know me.
   AGREE
   TEND TO AGREE
   TEND TO DISAGREE
   DISAGREE
34. When I was a child, my family spent more time doing things together than talking to each other.

**AGREE**
**TEND TO AGREE**
**TEND TO DISAGREE**
**DISAGREE**

35. Thinking about the past is unhealthy.

**AGREE**
**TEND TO AGREE**
**TEND TO DISAGREE**
**DISAGREE**

36. When I was a child, the main topic of conversation was the current news.

**AGREE**
**TEND TO AGREE**
**TEND TO DISAGREE**
**DISAGREE**

37. Younger people think older people are a nuisance if they try to tell them how things used to be.

**AGREE**
**TEND TO AGREE**
**TEND TO DISAGREE**
**DISAGREE**

38. When I hear from an old friend, we talk most about what's happened recently.

**AGREE**
**TEND TO AGREE**
**TEND TO DISAGREE**
**DISAGREE**

39. Experience is the best teacher.

**AGREE**
**TEND TO AGREE**
**TEND TO DISAGREE**
**DISAGREE**
40. People who insist on talking about the good old days give older people a bad name.

41. When I was a child, some people saved objects that reminded them of some special event.

42. Thinking about the past is a sign of a failing memory.

43. You can't learn from another person's mistakes.

44. It's normal to talk about the past once in awhile.

45. Some memories are very pleasant.
46. I don't enjoy being reminded of how things used to be.
   AGREE
   TEND TO AGREE
   TEND TO DISAGREE
   DISAGREE

47. Thinking about the past is an acceptable way to pass the time.
   AGREE
   TEND TO AGREE
   TEND TO DISAGREE
   DISAGREE

48. I have plenty of chances to share stories with others.
   AGREE
   TEND TO AGREE
   TEND TO DISAGREE
   DISAGREE

49. Thinking about the past is a good way to learn to accept the present.
   AGREE
   TEND TO AGREE
   TEND TO DISAGREE
   DISAGREE

50. I know many people who spend a lot of time talking about the past.
   AGREE
   TEND TO AGREE
   TEND TO DISAGREE
   DISAGREE

51. The past is dull and boring.
   AGREE
   TEND TO AGREE
   TEND TO DISAGREE
   DISAGREE
52. Hearing stories of the old days can be fun.

AGREE
TEND TO AGREE
TEND TO DISAGREE
DISAGREE

53. The past can come back to haunt you.

AGREE
TEND TO AGREE
TEND TO DISAGREE
DISAGREE

Part Three EVERYDAY LIFE

1. How often do you think about the past **silently**, without talking to anyone else about it?

<table>
<thead>
<tr>
<th>Frequency</th>
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<tbody>
<tr>
<td>ONCE A DAY OR MORE</td>
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<tr>
<td>SEVERAL TIMES A WEEK</td>
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<tr>
<td>ABOUT ONCE A WEEK</td>
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<tr>
<td>TWO OR THREE TIMES A MONTH</td>
</tr>
<tr>
<td>ONCE A MONTH OR LESS</td>
</tr>
</tbody>
</table>

2. How often do you talk about the past with others?

<table>
<thead>
<tr>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>ONCE A DAY OR MORE</td>
</tr>
<tr>
<td>SEVERAL TIMES A WEEK</td>
</tr>
<tr>
<td>ABOUT ONCE A WEEK</td>
</tr>
<tr>
<td>TWO OR THREE TIMES A MONTH</td>
</tr>
<tr>
<td>ONCE A MONTH OR LESS</td>
</tr>
</tbody>
</table>
Appendix E

QUESTIONS INCLUDED IN THE FINAL SCALES

Enjoyment

1. Thinking about my childhood puts me in a good mood.
2. Some memories are very painful.
3. Thinking over my life gives me a lot of satisfaction.
4. I don't enjoy being reminded of how things used to be.
5. The past is dull and boring.
6. Hearing stories of the old days can be fun.
7. The past can come back to haunt you.

Usefulness

1. Memories can be used to teach others about history.
2. Thinking about the past doesn't help a person face today's problems.
3. Thinking about my past helps me get through the day.
4. Telling my life story to someone would not help them get to know me.
5. You can't learn from another person's mistakes.

Appropriateness

1. Once a person becomes a Senior Citizen, other people expect to hear about their younger days.
2. Thinking about the past is unhealthy.

56
3. People who insist on talking about the good old days give older people a bad name.
4. It's normal to talk about the past once in awhile.
5. Thinking about the past is an acceptable way to pass the time.

Early Experience
1. When I was a young adult, people my age were too busy with the present to talk about the past.
2. When I was a child, my family spent a lot of time talking things over.
3. When I was a young adult, my friends liked to recall their school days.
4. When I was a young adult, my friends liked to talk about their childhood adventures.
5. When I was a child, some of my relatives told me about our family history.
6. When I was a child, I knew people who talked about the past quite often.

Current Opportunities
1. I'm so busy with everyday chores that I don't think much about how things used to be.
2. I have little chance to talk about my past with others.
3. People sometimes ask me about my childhood.
4. I have plenty of chances to share stories with others.

5. I know many people who spend a lot of time talking about the past.
Appendix F
ADDITIONAL TABLES
Table F-1
Demographic Characteristics of the Sample

<table>
<thead>
<tr>
<th>Gender</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>20</td>
<td>40</td>
</tr>
<tr>
<td>Female</td>
<td>30</td>
<td>60</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Age</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>58-64</td>
<td>5</td>
<td>10</td>
</tr>
<tr>
<td>65-69</td>
<td>14</td>
<td>28</td>
</tr>
<tr>
<td>70-74</td>
<td>15</td>
<td>30</td>
</tr>
<tr>
<td>75-79</td>
<td>10</td>
<td>20</td>
</tr>
<tr>
<td>80-84</td>
<td>6</td>
<td>12</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Marital Status</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Married</td>
<td>31</td>
<td>62</td>
</tr>
<tr>
<td>Widowed</td>
<td>18</td>
<td>36</td>
</tr>
<tr>
<td>Single/Never Married</td>
<td>1</td>
<td>2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Total Years of Schooling</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not Reported</td>
<td>1</td>
<td>-</td>
</tr>
<tr>
<td>7-12</td>
<td>10</td>
<td>20</td>
</tr>
<tr>
<td>13-16</td>
<td>19</td>
<td>39</td>
</tr>
<tr>
<td>17-20</td>
<td>17</td>
<td>34</td>
</tr>
<tr>
<td>21-25</td>
<td>3</td>
<td>7</td>
</tr>
</tbody>
</table>
Table F-1
Demographic Characteristics of the Sample (Continued)

Current Occupation

<table>
<thead>
<tr>
<th>Occupation</th>
<th>Sample 1</th>
<th>Sample 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>None or Retired</td>
<td>33</td>
<td>66</td>
</tr>
<tr>
<td>Homemaker</td>
<td>15</td>
<td>30</td>
</tr>
<tr>
<td>Employed or Volunteer</td>
<td>2</td>
<td>4</td>
</tr>
</tbody>
</table>

Former Occupation

<table>
<thead>
<tr>
<th>Occupation</th>
<th>Sample 1</th>
<th>Sample 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Professional</td>
<td>31</td>
<td>62</td>
</tr>
<tr>
<td>Semi-professional</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>Skilled Worker</td>
<td>5</td>
<td>10</td>
</tr>
<tr>
<td>Homemaker</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>None or Not Reported</td>
<td>10</td>
<td>20</td>
</tr>
</tbody>
</table>

Annual Income

<table>
<thead>
<tr>
<th>Income Range</th>
<th>Sample 1</th>
<th>Sample 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not Reported</td>
<td>7</td>
<td>-</td>
</tr>
<tr>
<td>5,000-9,999</td>
<td>2</td>
<td>4.5</td>
</tr>
<tr>
<td>10,000-14,999</td>
<td>7</td>
<td>16</td>
</tr>
<tr>
<td>15,000-19,999</td>
<td>9</td>
<td>21</td>
</tr>
<tr>
<td>20,000-24,999</td>
<td>5</td>
<td>12</td>
</tr>
<tr>
<td>25,000-29,999</td>
<td>9</td>
<td>21</td>
</tr>
<tr>
<td>30,000-39,999</td>
<td>9</td>
<td>21</td>
</tr>
<tr>
<td>40,000 or More</td>
<td>2</td>
<td>4.5</td>
</tr>
<tr>
<td>Social Environmental Variables</td>
<td>No. of Items</td>
<td>Mean</td>
</tr>
<tr>
<td>-------------------------------</td>
<td>-------------</td>
<td>-------</td>
</tr>
<tr>
<td>Enjoyment</td>
<td>7</td>
<td>20.82</td>
</tr>
<tr>
<td>Usefulness</td>
<td>5</td>
<td>14.83</td>
</tr>
<tr>
<td>Appropriateness</td>
<td>5</td>
<td>14.74</td>
</tr>
<tr>
<td>Early Experience</td>
<td>6</td>
<td>17.30</td>
</tr>
<tr>
<td>Current Opportunities</td>
<td>5</td>
<td>13.28</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Reminiscence Frequency Scores</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Silent</td>
<td>1</td>
<td>3.00</td>
<td>1.32</td>
</tr>
<tr>
<td>Oral</td>
<td>1</td>
<td>2.35</td>
<td>1.17</td>
</tr>
<tr>
<td>Total</td>
<td>2</td>
<td>5.33</td>
<td>2.30</td>
</tr>
<tr>
<td></td>
<td>Usefulness</td>
<td>Appropriateness</td>
<td>Early Experience</td>
</tr>
<tr>
<td>----------------------</td>
<td>------------</td>
<td>-----------------</td>
<td>------------------</td>
</tr>
<tr>
<td>Enjoyment</td>
<td>.23</td>
<td>.30*</td>
<td>.06</td>
</tr>
<tr>
<td>Usefulness</td>
<td></td>
<td>.39**</td>
<td>.27</td>
</tr>
<tr>
<td>Appropriateness</td>
<td></td>
<td></td>
<td>.38**</td>
</tr>
<tr>
<td>Early Experience</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*p<.05  
**p<.01  
***p<.001
Table F-4
Correlations Among Reminiscence Frequency Scores

<table>
<thead>
<tr>
<th>Frequency Scores</th>
<th>Oral</th>
<th>Both</th>
</tr>
</thead>
<tbody>
<tr>
<td>Silent</td>
<td>.66*</td>
<td>.92*</td>
</tr>
<tr>
<td>Oral</td>
<td></td>
<td>.90*</td>
</tr>
</tbody>
</table>

*p<.001
The vita has been removed from the scanned document