

Research Paper

## Role of Personality and Social Networks in Mattering: A Study among Old Age Adults in Kerala

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### ABSTRACT

Mental health in the elderly is increasingly becoming a critical concern, often linked to loneliness, isolation, and a diminished sense of purpose. One of the key aspects influencing mental well-being is "mattering," which refers to an individual's perception of being valued and significant to others. In old age adults, the feeling of mattering is closely tied to their personality traits and the strength of their social networks. How they are treated within their families and communities can significantly impact their sense of self-worth. Social support systems play a vital role in mitigating feelings of insignificance and fostering a sense of belonging. This study investigates the role of personality traits and social networks in shaping the perception of mattering among old age adults in Kerala. Specifically, it explores how demographic factors such as gender, socio-economic status, and occupation influence their sense of mattering. The research employs quantitative methods and surveys 100 individuals aged 60 and above through random sampling. The Big Five Personality Inventory (John, Donahue, & Kentle, 1991), Lubben Social Network Scale (Lubben, 1980), and Mattering Scale (Elliott, Kao, & Grant, 2004) are utilized to measure personality, social networking, and mattering, respectively. Data analysis is conducted using SPSS and includes one-way ANOVA, three-way ANOVA, post hoc tests, Pearson correlation, and t-tests. The results indicate that age and gender have no significant impact on personality traits, mattering and social networks. However, social networks positively correlate with mattering and certain personality traits, including extraversion, agreeableness, conscientiousness, and openness. Neuroticism, in contrast, hinders the development of social networks. Socio-economic status emerges as a key factor. While personality traits themselves do not directly influence mattering or social networks, the study emphasizes the importance of social connections and socio-economic status in enhancing the well-being of older adults.

**Keywords:** *Personality, Social Networks, Mattering, Old age adults*

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Received: October 01, 2025; Revision Received: December 08, 2025; Accepted: December 12, 2025

Old age holds a special place in society, shaped by unique emotional and behavioral changes that often go unnoticed in the rush of modern life. In today's world, with nuclear families and frequent relocations, old age adults often feel isolated as their loved ones struggle to find time for them. This sense of neglect becomes even more pressing during retirement, a phase where the need to feel valued and significant—what is referred to as “mattering”—takes center stage. For many, this feeling varies, leading us to wonder how individuals navigate these changes and also whether everyone copes in the same way. Mattering, the sense of being valued and significant, is vital for well-being. Other concepts like personality and social network play a role in mattering. Personality traits like extraversion and agreeableness enhance perceptions of mattering, while neuroticism may hinder it. Social networks provide affirmation, emotional support, and belonging that bolster psychological stability. Rosenberg and McCullough (1981) defined mattering as a central aspect of self-concept, associating it with lower levels of depression and anxiety. Their research underscores the importance of feeling valued. While recent studies continue to support its significance, there is still a limited amount of research that emphasizes the need to prioritize mattering. Therefore, the present study explores the role of personality and social network on mattering among old age adults. Rosenberg and McCullough (1981) describe mattering as the perception that one is important, significant, and valued by others, consisting of three key elements: feeling noticed, feeling needed, and believing one can make a difference in others' lives. Ellison, Steinfield, and Lampe (2007) define social networking as using online or offline platforms to create and sustain relationships, exchange information, and engage in social interactions, offering opportunities for communication, emotional support, and connection. Allport (1937) defines personality as the dynamic organization of psychophysical systems within an individual, influencing how they adjust to their environment through enduring traits that affect behaviors, thoughts, and emotions. This study examines how personality, social networks, and mattering influence the experiences of older adults. Personality plays a key role in how individuals feel valued. Traits like extraversion and agreeableness help foster connections and a stronger sense of mattering, while those high in neuroticism may struggle with feelings of insignificance due to their sensitivity to rejection. Research shows that resilient personalities are better at maintaining a sense of mattering. Social networks are equally important in nurturing mattering by providing emotional support and opportunities for interaction. The more meaningful the connections, the stronger the sense of mattering. Staying connected with family, friends, and peers helps reduce loneliness and boosts feelings of importance. Thoits (2011) highlights how social support systems, both online and offline, reinforce a sense of worth. The study aims to explore the relationships, differences, and interactions among age, social network, personality, socio-economic status, and mattering in old age adults.

### ***Rationale of the Study***

In the study, it focuses on adults aged 60 and above as the target group, recognizing that in today's fast-paced world, older adults often face neglect. Understanding how they adjust to society and the struggles they encounter is a significant concern. The research aims to explore whether the sense of mattering impacts older adults and, if so, identify the factors that predict it. One key variable chosen is personality, as it reflects an integration of a person's behaviors, attitudes, and skills, which may influence their sense of mattering. The second variable examined is social networks, considering how these may expand or shrink in old age and whether gender differences play a role. Conventional perspectives suggest that social connections evolve over time—broad in childhood, narrower during working years, and minimal in later life. Thus, these variables are included to investigate whether changes in social networks affect the sense of mattering among older adults.

### ***Statement of the Problem***

There has been significant research on the concept of mattering, with a primary focus on adolescents (Rayle, 2005) and older adults (Francis, 2022). However, there is a noticeable imbalance, with more studies conducted on adolescents compared to older adults. Among the elderly, much of the research highlights health problems and loneliness as major concerns. This raises critical questions about how older adults cope with these challenges—whether they can overcome them, what factors contribute to their success, or what obstacles hinder their efforts. While many studies highlight the impact of health issues (Flett, 2021) and loneliness (Francis, 2022) (van der Meer, 2021) on the sense of mattering, there is a notable gap in exploring how personality and social networks influence this sense of belonging. This study aims to address this gap, focusing on these factors while also considering relevant socio-demographic details, such as age, gender, and socio-economic status, within the context of Kerala.

## **REVIEW OF LITERATURE**

The previous studies related to the variables considered in the current study are listed below. Emanuele Fino and colleagues' (2024), studied Personality and Sex Differences Mattering and Purpose-in-Life. They examined 906 participants (ages 18–72) using the General Mattering Scale and Purpose-in-Life Scale through online surveys. Pearson's correlations, confirmatory factor analysis, and path analysis revealed a positive link between mattering and purpose, with notable sex differences, highlighting their importance in interventions.

Siri Omvik and colleagues' (2024) study, Framing Openness: Exploring Similarities and Differences in Patient's and Their Social Network's Experiences with Participating in Dialogical Network Meetings Through the Lens of Mattering. They examined 53 meetings in a Norwegian outpatient mental health clinic. Reflexive thematic analysis revealed themes of trust, openness, empowerment, and challenges, emphasizing relational benefits and tailored facilitation.

The Nina Bahl et al., (2023) Study Mattering in Older Adults in Service-Assisted Recovery Processes from Substance Use Problems. They focused on 23 Norwegian adults aged 65–80. Using semi-structured interviews and deductive thematic analysis, it found that fair relationships, community inclusion, and stable housing fostered mattering, while lack of support and service neglect diminished it.

The J. Francis, (2022) study Elder Orphans on Facebook: Implications for Mattering and Social Isolation. They surveyed 517 elder orphan Facebook users through an online survey. Data analysis revealed a positive association between Facebook activity and mattering and a negative association with loneliness, emphasizing Facebook's role in reducing social isolation among elder orphans.

By Grace Jee Ern Nga et al., (2022) study Mattering, Social Support, Resilience, and Sense of Empowerment During the Pandemic. In the study 403 urban Malaysian adults (18–62) were involved. Using online surveys with validated scales, multiple linear regression analysis showed that resilience and mattering were stronger predictors of empowerment than perceived social support.

By Kususanto Ditto Prihadi, Edward S.Z. Lim, EeVonne Sim, and Kam Yan Chong, (2021) study Mattering and Life Satisfaction Among the Quarantined Adults in Malaysia During the COVID-19 Pandemic. They surveyed 390 Malaysian adults (aged 18–61, mean age

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30.47) using validated scales. PROCESS Macro with Bootstrap analysis revealed mattering significantly predicts life satisfaction, mediated by perceived social inclusion, especially in less extroverted individuals.

By Jessica Francis, (2018) study Thanks To Facebook, Getting Old Isn't That Bad and I Am Not All Alone in This World. She examined 517 elder orphans aged 65+ on Facebook. Using surveys analysed with linear regressions and Hayes' PROCESS model, it found Facebook participation enhances mattering and reduces loneliness, with mattering fully mediating this relationship.

By Froidevaux, Hirschi, and Wang, (2016) study The Role of Mattering as an Overlooked Key Challenge in Retirement Planning and Adjustment. They examined 161 older workers (55+) and 186 retirees in Switzerland. Using validated scales and a one-year time-lag design, confirmatory factor analyses and mediation models revealed mattering mediates social support's impact on life satisfaction and positive affect.

By Rachel Curtis, Tim D. Windsor, and Andrea Soubelet, (2014) review The Relationship Between Big Five Personality Traits and Cognitive Ability in Older Adults. They analyzed studies on adults aged 60+. Using the Five Factor Model and cognitive assessments, the review linked Openness to cognitive ability and Conscientiousness to slower decline, urging further exploration of other traits' impacts.

By Melikşah Demir et al., (2010) study I Matter to My Friend, Therefore I am Happy: Friendship, Mattering, and Happiness involve U.S. college students. Using the McGill Friendship Questionnaire and Mattering to Others Questionnaire, structural equation modeling revealed that perceived mattering mediates the link between friendship quality and happiness, highlighting its importance for well-being.

By Sarah J. H. H. van der Meer, Marjolein M. M. van der Linde, and J. M. A. van der Laan, (2021) study explored personality traits' impact on loneliness and depression in older adults (65+). Using the Big Five Inventory, UCLA Loneliness Scale, and Geriatric Depression Scale, structural equation modeling revealed that Neuroticism significantly moderated the relationship between loneliness and depression.

The above studies consistently show a relationship between mattering, well-being, resilience, and life satisfaction, with variations by personality, gender, and social networks. Mattering is highlighted as a mediator in relationships like social support and life satisfaction and a buffer against loneliness and depression. However, a knowledge gap remains on the interaction effects of personality, social network, and socio-economic status on mattering in older adults, which this study aims to address.

### ***Objectives***

The objectives of this study are as follows:

1. To study the significant relationship among age, social network, personality and mattering of old age adults
2. To study the significant difference in social network and mattering based on gender of old age adults
3. To study the significant difference in mattering and social network based on socio economic status.

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4. To study the significant difference in social network and mattering based on the personality of old age adults
5. To study the significant difference in mattering based on social network in old age adults
6. To study the main and interaction effect of personality  $\times$  social network  $\times$  socio economic status on mattering in old age adults

### *Hypothesis*

The Hypothesis of this study are as follows:

- **H1.** There is a significant relationship among age, social network, personality and mattering of old age adults
- **H2.** There is a significant difference in social network based on gender of old age adults
- **H3.** There is a significant difference in mattering based on gender in old age adults
- **H4.** There is a significant difference in mattering based on socio economic status of old age adults.
- **H5.** There is a significant difference in the social network based on socio economic status of old age adults.
- **H6.** There is a significant difference in social network based on the personality of old age adults
- **H7.** There is a significant difference in mattering based on personality in old age adults.
- **H8.** There is a significant difference in mattering based on social network in old age adults.
- **H9.** There is a main and interaction effect of personality  $\times$  social network  $\times$  socio economic status on mattering in old age adults

## **METHOD**

### *Sample of the study*

The sample of the study is 100 old age adults from various districts in Kerala. Data is collected from individuals above the age of 60. Samples are collected by random sampling method. Both male and female are included, 50 male and 50 female.

### *Data collection technique*

The present study includes three variables: personality, social networking and mattering using three standardized questionnaires.

#### **1. Big Five Personality Inventory (John, O.P., Donahue, E.M., & Kentle, R.L., 1991)**

The Big Five Personality Inventory (BFI) is a 44-item, five-point Likert scale assessing five traits: openness, conscientiousness, extraversion, agreeableness, and neuroticism. It takes about 10 minutes, with no time limit, and is easy to administer.

- **Reliability and Validity:** The BFI is highly reliable (Cronbach's alpha  $\sim$ 0.8 for each trait) and demonstrates strong convergent-discriminant validity.
- **Scoring:** Scores range from 44 to 220, with responses from strongly disagree (1) to strongly agree (5). Positive items are scored directly, while negative items are reverse-scored. Extraversion items are 1, 6, 11, 16, 21, 26, 31, 36, agreeableness items are 2, 7, 12, 17, 22, 27, 32, 37, 42. conscientiousness items are 3, 8, 13, 18, 23, 28, 33, 38, 43, neuroticism are items 4, 9, 14, 19, 24, 29, 34, 3 openness items are 5,

10, 15, 20, 25, 30, 35, 40, 41, 44. Scores for each dimension are obtained by summing up the respective item responses.

## **2. The Lubben Social Network Scale (LSNS) (Lubben, J., 1980)**

The LSNS is a five-point Likert scale designed to measure social engagement and support among older adults, focusing on family and friends. This self-report tool evaluates social network size, frequency, and quality, assessing isolation and support. The study uses the 12-item version.

- **Reliability and Validity:** The LSNS-12 demonstrates strong internal reliability, with a total scale reliability of 0.70, family questions ranging from 0.84–0.89, and non-kin questions from 0.80–0.82. The scale is valid, correlating with mortality, hospitalization, health behaviors, depressive symptoms, and overall physical health.
- **Scoring:** The LSNS-12 scores range from 0 (none) to 60 (nine or more people). Items 1–6 assess family connections; items 7–12 assess friendships. Scores below 12 indicate a high risk of social isolation. Responses of 0–2 reflect lower engagement, and 3–5 indicate higher engagement.

## **3. Mattering Scale (Elliott, G.C., Kao, S., & Grant, A., 2004)**

The 24-item Mattering Scale measures an individual's perception of mattering based on awareness, importance, and reliance, using a 5-point Likert scale (1 = strongly disagree to 5 = strongly agree).

- **Reliability and Validity:** The scale demonstrates high reliability (Cronbach's alpha: 0.75–0.85) and validity, correlating strongly with self-esteem and social connectedness.
- **Scoring:** Positive items are scored directly, while negative items (3, 4, 7, 8, 10, 11, 13, 14, 15, 16, 18, 22) are reverse-scored. Subscales: Awareness items are 1, 4, 7, 9, 13, 16, 18, 21, importance items are 3, 6, 8, 11, 14, 15, 19, 20, 22, 23 reliance items are 2, 5, 10, 12, 17, 24. Scores range from 24 to 120, with higher scores reflecting greater perceived mattering.

### ***Procedure of data collection***

For data collection, three questionnaires were used: the Big Five Factor Inventory, the Lubben Social Network Scale, and the Mattering Scale. Researchers visited old age homes after obtaining permission, collecting data only from willing participants after explaining the study's purpose. In addition, several homes were visited in the locality where data was collected by directly asking participants the questions from the scales. For distant participants, data was collected via Google Forms sent online. This approach allowed to collect data from a diverse group of participants for the research study.

### ***Data analysis***

Statistical techniques that were used to analyse the hypothesis are:

#### **1. Pearson Product-Moment Correlation:**

#### **2. Independent t-test:**

**3. One-Way ANOVA:** One-way ANOVA compares the means of three or more independent groups based on a single factor.

**4. Three-Way ANOVA:** A three-way ANOVA analyzes the effects of three independent variables on a dependent variable, including their individual (main effects) and combined (interaction effects) impacts.

**5 Post hoc tests:** It follows significant ANOVA results to pinpoint specific group differences.

**RESULT AND DISCUSSION**

**Relationship among age, social network, personality and mattering in old age adults:**

Hypothesis 1: There is a significant relationship among age, social network, personality and mattering of old age adults.

*Table 1: Correlation among age, social network, personality and mattering of old age adults.*

Variables	Social Network	Overall Mattering	Extraversion	Agreeableness	Conscientiousness	Neuroticism	Openness
Age	-.134	-.039	.086	-.087	-.115	.078	-.101
Social Network		.696**	.199*	.346**	.262**	-.294**	.406**
Overall Mattering			.220*	.380**	.359**	-.182	.284**
Extraversion				.270**	.302**	-.242*	.420**
Agreeableness					.294**	-.325**	.337**
Conscientiousness						-.420**	.302**
Neuroticism							-.178

\*\*0.01 level of significance

\*0.05 Level of significance

The findings indicate that age has no relationship with personality variables, mattering and social networks. As age increases or varies, it does not act as a limiting or influencing factor. Social network is positively correlated with variables like mattering, extraversion, agreeableness, conscientiousness and openness with corresponding r values are .696, .199(p<0.05), .346, .262, and .406. Social network is negatively correlated with neuroticism with corresponding r value -.294. This suggests that individuals with larger social networks tend to feel more valued and are more open, agreeable, and conscientious, while those with higher neuroticism tend to have smaller networks.

Mattering is positively correlated with extraversion, agreeableness, conscientiousness and openness with corresponding r values .220(p<0.05), .380, .359, and .284. This indicates that individuals who feel more valued tend to be more extraverted, agreeable, conscientious, and open. The strongest correlation is with agreeableness. Therefore, the alternative hypothesis is accepted and the null hypothesis is rejected.

***Difference in social network and mattering based on gender:***

Hypothesis 2: There is a significant difference in social networks based on the gender of old age adults.

**Table 2: Mean, Standard Deviation, df and T value of social network based on Gender of old age adults.**

Variables	Gender	N	Mean	Standard Deviation	Df	T value	Sig.
Social Network	Male	50	32.28	14.799	98	-.097	.923
	Female	50	32.54	11.973			

From the above table, the t-value of social network between male and female are -0.097 indicating that it is not statistically significant at either the 0.01 or 0.05 significance levels, but when analysing the mean differences, 32.28 for male and 32.54 for female, there is a slight difference here which indicates that social network has no major role based on gender among old age adults. Therefore, the alternative hypothesis is rejected and the null hypothesis is accepted.

Hypothesis 3: There is a significant difference in mattering based on gender in old age adults.

**Table 3: Mean, Standard Deviation, df and T value of mattering based on gender in old age adults.**

Variables	Gender	N	Mean	Standard Deviation	df	T value	Sig.
Overall Mattering	Male	50	89.68	13.256	98	-.835	.406
	Female	50	91.78	11.862			

From the above table, the t-value of mattering is -.835 which doesn't show any significant differences. When analysing the mean differences, 89.68 for males and 91.78 for females, there is a slight difference here that indicates that mattering has no major role based on gender among old age adults. Therefore, the alternative hypothesis is rejected and the null hypothesis is accepted.

**Difference in mattering and social network based on Socio-economic status:**

Hypothesis 4: There is a significant difference in mattering based on Socio-economic status.

**Table 4: One-way ANOVA of mattering based on Socio-economic status.**

Variables	Socio-economic Status	N	Mean	Between Group		Within Group		F
				Sum of Squares	Mean Square	Sum of Squares	Mean Square	
Overall Mattering	White	56	93.46	1648.337	549.446	13967.373	145.493	3.776*
	Blue	25	89.92					
	Pink	16	82.06					
	Yellow	3	92.67					

\*0.05 Level of significance

The table shows that socio-economic status significantly influences mattering, with a significant F-statistic (3.776,  $p < 0.05$ ). White ration-card holders reported the highest sense of mattering (Mean = 93.46), while Pink ration-card holders had the lowest (Mean = 82.06). These results suggest that perceptions of mattering scores vary across socio-economic groups, highlighting significant disparities that may require targeted interventions to enhance well-being and social connectivity. The alternate hypothesis is accepted and null hypothesis is rejected.

**Table 5: Post hoc test (Scheffe) of mattering based on Socio-economic status.**

Variables	Socio-economic Status (I)	Socio-economic Status (J)	Mean Difference (I-J)	Standard Error	Sig.
Overall Mattering	White	Pink	11.402*	3.419	.014

\*0.05 Level of significance

The post hoc analysis shows that individuals with White ration-card holders have a significantly higher mattering (Mean Difference = 11.402,  $p = 0.014$ ) compared to those with Pink ration-card holders. This suggests that socio-economic status, specifically individuals holding White ration-card, has a greater sense of being valued or important, relative to individuals holding the Pink ration-card.

Hypothesis 5: There is a significant difference in social network based on Socio-economic status.

**Table 6: One-way ANOVA of social network based on Socio-economic status.**

Variables	Socio-economic Status	N	Mean	Between Group		Within Group		F
				Sum of Squares	Mean Square	Sum of Squares	Mean Square	
Social Network	White	56	35.30	2871.791	957.264	14886.399	155.067	6.173***
	Blue	25	32.76					
	Pink	16	20.50					
	Yellow	3	39.00					

\*\*\*Level of significance less than 0.001

From the above table significant F value (6.173,  $p < 0.001$ ) indicates that social network has a significant difference in various socio-economic groups. Yellow ration-card holders had more social networks (Mean =39.00), while Pink ration-card holders had the least (Mean = 20.50). This might be due to limited resources, busy work schedules, and limited opportunities of individuals holding Pink ration card, restricting their ability to build connections and access support systems. The alternate hypothesis is accepted and the null hypothesis is rejected.

**Table 7: Post hoc test (Scheffe) of social network based on Socio-economic status.**

Variables	Socio-economic Status (I)	Socio-economic Status (J)	Mean Difference (I-J)	Standard Error	Sig.
Social Network	White	Pink	14.804***	3.530	.001
	Blue	Pink	12.260*	3.987	.028

\*0.05 Level of significance

\*\*\*Level of significance less than 0.001

The post hoc analysis shows that individuals with White (Mean Difference = 14.804,  $p = 0.001$ ) and Blue (Mean Difference=12.260,  $p=0.028$ ) ration-card holders have significantly higher social network scores than those with Pink status. This indicates the role of socio-economic status on social networks.

**Difference in social network and mattering based on the personality of old age adults:**

Hypothesis 6: There is a significant difference in social network based on the personality of old age adults.

**Table 8: One-way ANOVA of social network based on the personality of old age adults.**

Variables	Personality	N	Mean	Between Group		Within Group		F
				Sum of Squares	Mean Squares	Sum of Squares	Mean Square	
Social Network	Extraversion	2	29.50	1964.834	245.604	15793.356	173.553	1.415
	Agreeableness	16	36.81					
	Conscientiousness	37	28.30					
	Neuroticism	2	17.50					
	Openness	37	35.54					
	Agreeableness and Conscientiousness	2	29.50					
	Agreeableness and Openness	2	32.50					
	Conscientiousness and Openness	1	45.00					
	Agreeableness, Conscientiousness and Openness	1	27.00					

From the above table, F value is 1.415. It indicates that there is no significant difference between the sub-variables of personality and social network but the mean values show that individuals high in neuroticism (low mean value, 17.50) have problems in establishing social network. In variables like agreeableness, openness and conscientiousness and openness mean values are high with corresponding values 36.81, 35.54 and 45.00. This shows that Personality doesn't have any role in social network. Therefore, alternative hypothesis is rejected and null hypothesis is accepted.

Hypothesis 7: There is a significant difference in mattering based on personality in old age adults.

**Table 9: One-way ANOVA of mattering based on personality in old age adults.**

Variables	Personality	N	Mean	Between Group		Within Group		F
				Sum of Squares	Mean Squares	Sum of Squares	Mean Square	
Overall Mattering	Extraversion	2	83.00	1087.926	135.991	14527.784	159.646	.852
	Agreeableness	16	96.25					
	Conscientiousness	37	88.05					
	Neuroticism	2	93.50					
	Openness	37	91.05					
	Agreeableness and Conscientiousness	2	86.50					
	Agreeableness and Openness	2	97.00					
	Conscientiousness and Openness	1	99.00					
	Agreeableness, Conscientiousness and Openness	1	87.00					

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From the above table, F value is .852. It indicates that there is no significant difference between the sub-variables of personality and mattering. This implies that none of the personality traits or their combinations have a distinct impact on how much old age adults feel they matter. Therefore, alternative hypothesis is rejected and the null hypothesis is accepted.

Hypothesis 8: There is significant difference in mattering based on social networks in old age adults.

**Table 10: Mean, Standard Deviation, df and T value of mattering based on social network in old age adults.**

Variables	Social Network	N	Mean	Standard Deviation	df	T value	Sig.
Overall Mattering	High	65	95.58	10.152	98	6.178***	.001
	Low	35	81.71	11.686			

\*\*\*Level of significance less than 0.001

From the above table, the t-value of mattering is 6.178 which shows significant differences at 0.001 level. The mean scores 95.58 for individuals with a high social network and 81.71 for those with a low social network, indicates that social networks play a significant role in influencing mattering. It shows that social networks significantly influence individuals' sense of mattering. Larger or more connected networks may provide more opportunities for validation, support, and engagement, which enhance the perception of being valued and important. Therefore, the alternative hypothesis is accepted and the null hypothesis is rejected.

Hypothesis 9: There is a main and interaction effect of personality  $\times$  social network  $\times$  socio-economic status on mattering in old age adults.

**Table – 11 – Result for Three-Way ANOVA of mattering with personality, social network and socio-economic status.**

Variables	Residual		Main Effects									Interaction											
			Personality			Social Network			Socio-economic Status			Personality Social Network			Personality Socio-economic Status			Social Network Socio-economic Status			Personality Social Network Socio-economic Status		
	Sum of Squares	Mean Squares	Sum of Squares	Mean Squares	F	Sum of Squares	Mean Squares	F	Sum of Squares	Mean Squares	F	Sum of Squares	Mean Squares	F	Sum of Squares	Mean Squares	F	Sum of Squares	Mean Squares	F	Sum of Squares	Mean Squares	F
Overall Mattering	170430.324	170430.324	690.027	86.253	.757	742.429	742.429	6.513*	980.633	326.878	2.868*	58.750	29.375	.258	441.378	88.276	.774	75.288	37.644	.330	333.590	111.197	.975

\*0.05 Level of significance

The f value of social network is 6.513 and of socio-economic status is 2.868 with 0.05 level of significance. Social networks have a significant effect on experiencing mattering. Socio-economic status also has a significant effect on experiencing mattering but there is no interaction effect while particularly analysing the interaction table. Social network and socio-economic status are both influencing factors of mattering.

## SUMMARY AND CONCLUSION

The study examines how personality, social networks, and mattering influence the experiences of older adults, focusing on the relationships, differences, and interactions among age, social networks, personality, socio-economic status, and mattering. Using the Mattering Scale, Lubben Social Network Scale, and Personality Scale, data from 100 older

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adults (50 men and 50 women) were analysed with one-way ANOVA, three-way ANOVA, post hoc tests, Pearson correlation, and t-tests. Findings reveal no relationship between age and personality, mattering, or social networks. Social networks are positively correlated with mattering and traits like extraversion, agreeableness, conscientiousness, and openness, while neuroticism negatively affects social networks. Gender does not significantly influence mattering or social networks. Socio-economic disparities were evident, with White ration-card holders reporting higher mattering (Mean = 93.46) compared to Pink ration-card holders (Mean = 82.06). While personality does not significantly affect mattering or social networks, social networks and socio-economic status significantly influence individuals' sense of mattering, highlighting their role in enhancing well-being.

### ***Major Findings of The Study***

The major findings of the study indicate that age has no relationship with personality variables, mattering, and social networks, as it neither limits nor influences these factors. Social networks are positively correlated with mattering and personality traits such as extraversion, agreeableness, conscientiousness, and openness, while neuroticism (low mean value, 17.50) negatively impacts social network establishment. Gender does not play a significant role in mattering and social networks among older adults. White ration-card holders reported the highest sense of mattering (Mean = 93.46), while Pink ration-card holders had the lowest (Mean = 82.06), reflecting socio-economic disparities. Social networks and socio-economic status significantly influence individuals' sense of mattering, with no interaction effects observed. While personality does not significantly impact social networks and mattering, social networks substantially affect the experience of mattering.

### ***Limitations of the Study***

The study faced several limitations. Time was a significant constraint during data collection, as it took more than 15 minutes to directly gather responses from participants in old age homes, leading to potential fatigue or reluctance among respondents. Some questions were perceived as too personal, making participants hesitant to answer, while others found certain questions unfamiliar, stating that they had never thought about such topics before. The sample size was limited to 100 participants, which restricted the diversity of socio-economic representation, making it challenging to draw comprehensive conclusions about the impact of socio-economic status across a broader population.

### ***Suggestions For Future Research***

Future studies can benefit from including a larger and more diverse sample size to gather more authentic and comprehensive data, representing a broader spectrum of socio-economic statuses and backgrounds. Expanding the research to include participants from different regions within Kerala and beyond would enhance the generalizability of findings. Intervention programs focused on improving social networks among older adults can be developed and tested to understand their effectiveness in enhancing mattering and well-being. Additionally, exploring other personality traits or psychological factors, such as resilience and self-esteem, may provide deeper insights into their roles in mattering. Longitudinal studies could also examine changes over time, providing a dynamic understanding of these relationships.

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### **Acknowledgment**

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

### **Conflict of Interest**

The author(s) declared no conflict of interest.

**How to cite this article:** Sheron, K.P.R., Jibin, I., Joy, J., Aiswarya, S., & Jomy, T. (2025). Role of Personality and Social Networks in Mattering: A Study among Old Age Adults in Kerala. *International Journal of Indian Psychology*, 13(4), 1905-1917. DIP:18.01.173.2025 1304, DOI:10.25215/1304.173