

# Communicative impulsivity, benevolence and the success of interpersonal communication of older adults

<https://doi.org/10.34766/d03vpy67>

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Olena Kovalenko<sup>a</sup> ✉

<sup>a</sup> Olena Kovalenko, <https://orcid.org/0000-0001-5395-2329>,

*Institute of Management and Social Affairs, University of the National Education Commission, Krakow, Poland.*

✉ Corresponding author: [kleoolena@gmail.com](mailto:kleoolena@gmail.com)

**Abstract:** The aim of the study was to explore the features of communicative impulsivity and benevolence among older adults and to compare these features in individuals with different socio-demographic and psychological characteristics, specifically focusing on those whose communication is more or less successful. Communicative impulsivity and benevolence are personality traits that influence the success of older individuals in social interactions. The study included 263 participants aged 57 to 86. The Communicative Impulsivity Level Questionnaire by V.A. Losenkov and the Benevolence Scale by W.K. Campbell were used, alongside additional data collection on respondents' personal characteristics. The findings revealed that most older individuals exhibit moderate levels of communicative impulsivity and benevolence, maintaining positive but selective social interactions. A statistically significant correlation was found between communicative impulsivity and success in interpersonal communication, with lower impulsivity linked to greater social engagement and life satisfaction. However, no significant correlation was found between benevolence and communication success, as communication opportunities and life satisfaction remained consistent regardless of benevolence levels. Factors such as loneliness, attitude toward life, and living conditions influence both communicative impulsivity and benevolence. Those experiencing loneliness tend to be less benevolent and more reactive to external circumstances, while older adults living with family and actively communicating demonstrate greater self-control and positivity in interactions. Employed individuals, older men, and those satisfied with their lives also exhibit better communication regulation. No significant correlations were found between these traits and age, education, place of residence, or the desire to change one's life. A significant negative correlation was found between communicative impulsivity and benevolence, with higher impulsivity linked to lower benevolence. These findings highlight the importance of self-regulation in fostering effective interpersonal communication in old age.

**Keywords:** benevolence, communicative impulsivity, interpersonal communication, older adults, success of interpersonal communication

## 1. Introduction

Late adulthood represents an important stage of human life, characterized by significant changes. Interpersonal communication becomes the leading activity during this period, as older adults address vital tasks and challenges through social interactions. The achievement of participants' goals is the primary aim of any communication. When this occurs, a consensus is reached among the participants, indicating that the communication has been successful. Several factors contribute to the success of communication in late adulthood, with personality traits being particularly important. The issues surrounding the success of interpersonal communication have gained considerable interest among psychology researchers. However, the factors and conditions that facilitate

successful interpersonal communication in late adulthood have not been sufficiently studied.

### 1.1. Success of interpersonal communication

Interpersonal communication among older adults is a process that forms emotional relationships with the people around them. It consists of mutual processes involving emotional attitudes, social cognition, and actions. Success is an important characteristic of interpersonal communication, as it reflects the quality of interpersonal relationships and individuals' satisfaction with them.

The success of interpersonal communication is manifested through the achievement and main-

tenance of psychological contact with a partner, which helps stabilize relationships at an ideal stage of development. This success relies on compatibility, mutual adaptation, and satisfaction achieved through the flexible adjustment of skills, states, goals, and methods of influence as circumstances change. Older adults who communicate successfully tend to be psychologically more prosperous, possess higher self-esteem, enjoy a greater sense of existential completeness, and experience a meaningful life along with the realization of their potential.

### **1.2. Factors influencing the success of interpersonal communication**

The success of interpersonal communication is determined by technical, psychophysiological, and socio-cultural factors. Technical factors include the strength and speed of mutual information transfer, as well as the availability of means for transmitting and receiving information, such as phones, smartphones, computers, and the Internet. Psychophysiological factors pertain to the participants' states, including mood (such as cheerfulness), the absence of strong pain or excitement, and other emotional conditions. Socio-cultural factors encompass the symbols used in communication, the language and system of concepts, communication rules, and the roles and positions of the participants, along with the feedback provided during interactions.

The success of interpersonal communication is influenced by both external and internal factors (Kovalenko, 2015). External factors include the communication situation and environment, the personality of the communication partner, and the proximity of the partners to each other. Internal factors consist of the psychological characteristics of the partners, such as listening skills, observation, truthfulness, empathy, and authority.

### **1.3. Criteria and indicators of interpersonal communication success**

There are various criteria for the success of interpersonal communication, including psychological closeness, trusting relationships, satisfaction with life and existing communication, and the absence

of difficulties, tension, and shyness. Psychological indicators of successful informal communication include spontaneity, ease of interaction, contact skills, and communicative compatibility.

Communicative creativity is also important for successful interpersonal communication. It is a stable personality trait that encompasses intellectual, emotional, and behavioral components. These components contribute to non-standard solutions in communication situations, fostering creativity, generating original ideas and methods of communication, and developing ideal behavioral strategies. Indicators of communicative creativity include ease of communication, a propensity for self-presentation, independence, a low level of conflict, emotional stability, a tendency to manipulate, expressiveness, and communicative competence. Individuals who are creative in communication typically exhibit higher levels of sociability, social intelligence, and other communicative qualities (Carter, 2015).

The quality of relationships formed during interpersonal communication and the fulfillment of relational needs serve as evidence of the success of such communication (Danziger, 2016; Walker, 2023). Additionally, the ability to find productive ways to resolve conflicts that may arise in interpersonal communication is crucial (Perrone-McGovern et al., 2014; Walker, 2023). The way conflicts are managed is also important; well-managed conflict can lead to more rewarding and satisfying relationships (Rahim, 2023).

The success of interpersonal communication is influenced by certain psychological properties that can act as mechanisms of communication, such as identification, decentralization, empathy, and self-reflection. These properties help individuals overcome "clamps" that interfere with their active communication (Perrone-McGovern et al., 2014).

### **1.4. Communicative personality traits and the success of interpersonal communication**

The success of interpersonal communication is deeply rooted in an individual's communicative potential – a complex system of socio-psychological characteristics that define a person's communicative capabilities.

This potential determines not only the manner and effectiveness of interactions but also the ability to foster meaningful relationships.

Social skills and abilities are particularly critical. As goal-directed and situationally appropriate behaviors, these skills are consciously regulated and tailored to specific contexts (Hargie, 2021). In older adulthood, these abilities support the formation of new connections and enhance communication quality. Mutual understanding forms the core of successful interpersonal exchange. It serves as both the internal foundation and the ultimate goal of communication. Rational comprehension of others, facilitated by speech and supported by awareness of interpersonal attitudes and relationship dynamics, is central to achieving mutual understanding.

Focusing on others – placing people at the center of one's value system – is another important condition for effective communication (Kovalenko, 2015). It involves cognitive and emotional processing, the ability to choose appropriate modes of interaction, and the capacity to recognize the individuality of others. Affective-oriented skills, such as offering emotional support, managing conflicts, and fostering a sense of calm, are especially valued in close interpersonal interactions. These factors tend to be more significant for women than for men (Danziger, 2016; Perrone-McGovern et al., 2014).

Communicative competence stands out as a pivotal determinant of interpersonal success. It comprises a multidimensional system that includes cognitive elements (awareness, psychological insight, perceptual ability), behavioral skills, and emotional components (attitudes, personal experiences, and relationship patterns). A particularly important aspect of this competence is the capacity to perceive and express non-verbal cues accurately (Eaves & Leathers, 2017; Hargie, 2021).

Sociability, a stable personality trait, also plays a key role in communication. It is expressed through the desire to interact, ease of initiating and maintaining conversations, social initiative, extroversion, and the expressive quality of interactions (Kovalenko, 2015). This disposition facilitates more frequent and more fulfilling interpersonal engagements.

Recent empirical research further enriches the theoretical framework of communicative personality traits. Pocnet et al. (2021) offer an in-depth review linking personality configurations with successful ageing, while Cone and Lee (2023) demonstrate how communication modes – particularly ICT versus face-to-face contact – impact emotional well-being in older adults during the COVID-19 pandemic. Lindner et al. (2022) underscore the dynamic nature of personality traits and their behavioral expressions in late life. Lombard's (2021) scoping review highlights the importance of person-centered communication in promoting well-being within long-term care contexts. Liao et al. (2025) show that social support mediates the relationship between personality and mental health, and Fu et al. (2024) document the transformation of personality profiles during the pandemic, with implications for psychological adaptation.

This emphasizes the multifaceted and evolving nature of communicative personality traits in successful interpersonal communication, particularly in older adulthood.

### **1.5. Other personality traits and the success of interpersonal communication**

Life experience, similarity in certain characteristics, self-understanding, the ability to step back and view a situation impartially, complexity (intellectual, moral, emotional, etc.), aesthetic inclinations, and social intelligence are important qualities for successful communication. A higher degree of personality fit contributes to the happiness and generally harmonious life of elderly spouses, as well as to their success in interpersonal communication (Brudek et al., 2018).

Activity is crucial for successful interpersonal communication. Activity refers to personal engagement and a certain (creative) attitude toward a communication partner and all structural elements of communication. Criteria for activity in communication include the initiative of the partners, their positive attitude toward communication, independence, awareness of self-regulation, volition, creativity, dynamic interaction, and the achievement of desired

results. The specificity of activity in informal interpersonal communication is that it lacks strict regulations regarding the roles that determine behavior.

Volitional qualities are also important for successful interpersonal communication, as deficiencies in volition often lead to an inability to communicate effectively and to control oneself (Kovalenko, 2015).

In a psychological sense, volition refers to conscious desire that translates into action. The presence of impulse and the absence of delays are essential for this desire to manifest. The reasons for wanting arise from objects that inspire desire: ideas that transform into personal desires. For example, "I want to improve my mood, which is why I want to communicate" reflects the desire of an elderly person. This desire generates an impulse, which is acted upon if no obstacles are present.

#### **1.6. Communicative impulsivity, benevolence and the success of interpersonal communication**

Communicative impulsivity and benevolence are linked to a person's communicative properties and volitional qualities. Communicative impulsivity refers to the personality trait characterized by a person's tendency to act under the influence of unstable external factors, circumstances, and emotions; it involves rapid changes in intentions. This trait can lead to low self-control in communication and activities, uncertainty regarding life goals, and instability in orientations and interests. It stands in contrast to purposefulness, perseverance, and self-control. A person may become more impulsive in communication when tired, emotionally affected, or experiencing issues with their nervous system. T. Abakirova (Kovalenko, 2015) analyzed communicative impulsivity in the context of communicative properties that depend on a person's temperament. These properties relate to the characteristics of individuals' verbal and non-verbal interactions and are manifested through vulnerability, emotionality, and anxiety.

Benevolence, on the other hand, is a personality trait associated with a person's positive emotional attitude toward others and is expressed through inner affection, a desire to communicate, atten-

tiveness, cooperation, and assistance. It reflects an intention or a good deed toward others and is closely related to trust in interpersonal relationships, which facilitates easier and more effective communication (Levin et al., 2016). McCann (2017) found that the more positively younger people perceive older adults as benevolent, the less they tend to avoid communication with older individuals. This perception significantly impacts the success of interpersonal communication among older adults. The elderly value benevolence in communication, making this trait essential for those who provide various services to them (Kourkouta & Papathanasiou, 2014).

## **2. Own research**

### **2.1. Aims of the research**

The dynamics of benevolence and communicative impulsivity are influenced by various factors, particularly age. However, the characteristics of these traits in older adults have not been sufficiently studied. Therefore, the aims of this research are to explore the features of communicative impulsivity and benevolence among older adults and to compare these features in individuals with different socio-demographic and psychological characteristics, specifically focusing on those whose communication is more or less successful.

### **2.2. Research questions**

Based on the literature on the subject addressed in this article, we formulated the following research questions related to the communicative impulsivity and benevolence of older adults:

- Q 1. What is the level of communicative impulsivity and benevolence of older adults?
- Q 2. Are there correlations between communicative impulsivity and the success of interpersonal communication of older adults? The latter refers to the ability to communicate effectively with others and overall life satisfaction.

- Q 3. Are there correlations between benevolence and the success of interpersonal communication of older adults?
- Q 4. Do communicative impulsivity and benevolence vary among older adults of different ages, genders, educational levels, places of residence, living conditions, employment statuses, levels of everyday communication, social activities in public life, desire for life changes, feelings of loneliness, opportunities to connect with friends, and satisfaction with life?
- Q 5. Are there correlations between communicative impulsivity and benevolence of older adults?

### 2.3. Participants

The study analyzed 263 individuals aged from 57 to 86 years, with an average age of 67.2 years. All participants are residents of Ukraine. Among them, 70 are men and 193 are women. In terms of education, 163 participants have secondary education, while 100 have higher education. At the time of the study, 190 individuals were not working, and 73 were employed. Regarding residence, 119 participants live in cities, 141 live in villages, and 3 did not specify their place of residence. Some participants were single and lived alone (67 individuals), while 187 lived with relatives (spouses, children, grandchildren, sisters, or parents); 9 participants did not provide information on this matter. 89 participants reported having relationships with relatives, friends, and neighbors, whereas 174 did not mention any communication or relationships with others in their daily lives, primarily engaging in housework, relaxation, or watching TV. 105 participants are active in social life, engaging in activities such as charity and volunteering, attending concerts and meetings, participating in various social service center groups, taking part in amateur performances, or getting involved in politics and local government. In contrast, 158 participants are not socially active. Among the participants, 67 assessed their level of loneliness as below zero, 186 rated it above zero, and 10 did not provide an assessment. 90 participants indicated that their opportunities to communicate

with friends are insufficient, while 163 stated they have adequate opportunities; 10 participants did not respond. Lastly, 56 participants expressed dissatisfaction with their lives, while 197 reported being satisfied; 10 did not provide an answer.

### 2.4. Measures

The Communicative Impulsivity Level Questionnaire by V. A. Losenkov and the Benevolence Scale by W. K. Campbell (adapted into Russian by Labunskaja, Mendzheritskaya, and Breus, 2001) were utilized in the study. The first method consists of 20 items rated on a 4-point scale, which helps identify three levels of communicative impulsivity: high, average, and low. The Communication Impulsivity Level Questionnaire developed by Losenkov is a standardized diagnostic tool designed to measure levels of communicative impulsivity. The instrument demonstrates good internal consistency with Cronbach's alpha ranging from 0.78 to 0.84. Test-retest reliability was confirmed over a 3-week interval ( $r = 0.81$ ), indicating temporal stability. Convergent validity was established through correlations with the Barratt Impulsiveness Scale (BIS-11), assertiveness scales, and measures of verbal aggression, supporting the theoretical foundations of the construct.

The second method includes 8 paired items and is designed to assess three levels of benevolent attitudes toward others: high, average, and low. The Benevolence Scale, developed to assess prosocial tendencies and interpersonal goodwill, also shows strong psychometric properties. Reliability indicators exceed 0.80 (Cronbach's  $\alpha$ ), and construct validity has been supported through positive correlations with agreeableness (as measured by Big Five tools), as well as negative associations with hostility and cynicism, confirming convergent validity.

Additionally, data regarding respondents' age, sex, place of residence, living conditions, employment status, daily activity patterns, social activity in public life, level of real communication ability, feelings of loneliness, and life satisfaction were recorded. Participants were also asked what they would like to do at that moment and what they would change in their lives if given the opportunity. Satisfaction with life

and existing relationships (specifically communication with friends) were used as indicators of older adults' success in interpersonal communication.

Research data were processed using mathematical statistics, including descriptive statistics (mean value and standard deviation), Pearson correlation coefficient, and Student's t-test. All calculations were performed using SPSS version 20.

The research was conducted between October 2018 and March 2021.

### 3. Research results

The success of interpersonal communication is associated with a person's desire to change something in their life. When asked what they would like to do if given the opportunity, 24 participants (9.13%) did not answer; 14 participants (5.32%) indicated they would like to do nothing or were unsure of what they would like to do; and 11 participants (4.18%) expressed a desire to continue doing what they are currently engaged in. The responses from the remaining 214 individuals (81.37%) were categorized as follows (some participants provided multiple answers):

1. Travel: 44 participants (16.73%) would like to travel within Ukraine and abroad or go on vacation. For example, L.V., a 76-year-old retiree, expressed a desire to vacation in an exotic location, while P.I., a 75-year-old retiree, wants "to see the world and to show himself".
2. Work in Specialty: 43 participants (16.35%) expressed a desire to work in their field of expertise, emphasizing the importance of employment. M.V., a 60-year-old woman, wishes to run a private clinic.
3. Hobbies and Favorite Activities: 39 participants (14.38%) want to spend time enjoying their hobbies, including needlework, drawing, fishing, hunting, playing the piano, flower farming, and pigeon fancying. I.P., a 62-year-old man, would like to restore old cars.
4. Rest and Relaxation: 31 participants (11.79%) desire rest, wanting to relax, sleep, watch TV shows, visit a sanatorium, or go on vacation.
5. Communication and Care: 24 participants (9.13%) wish to communicate and take care of others, expressing a desire to connect with friends and family, help their children, and raise their grandchildren. L.V., a 75-year-old retiree, wants to spend more time in society.
6. Household Management: 13 participants (4.94%) expressed interest in managing a household, enjoying activities such as gardening, farming, and working on their country cottage. S.I., a 78-year-old retiree, would like to care for goats, sheep, and ostriches.
7. Learning and Intellectual Work: 12 participants (4.56%) wish to learn new things and engage in intellectual pursuits, such as acquiring new knowledge (learning foreign languages or using a computer) and reading books.
8. Sports and Physical Activity: 11 participants (4.18%) are interested in sports and physical activities, including swimming, diving, and cycling.
9. Art Appreciation: 5 participants (1.90%) expressed interest in art, wanting to visit art exhibitions, museums, theaters, and cinemas.
10. Creative Writing: 4 participants (1.52%) are interested in writing, wishing to create their own books.
11. Other Interests: 6 participants (2.28%) provided varied responses. They expressed desires to volunteer, have more children, learn computer skills, and engage in politics. For instance, V.S., a 76-year-old retiree, wants to preach the good news of God's Kingdom.

The next question addressed the participants' desired changes in their own lives. Eleven participants (4.18%) did not answer the question; 3 participants (1.14%) were unsure about what to change; and 93 participants (35.36%) indicated that they would like to change nothing in their lives. The responses from the remaining 156 individuals (59.32%) were categorized as follows:

1. Desire for Family and Social Connections: 32 participants (12.17%) would like to have more meetings with family and improve their communication with others. For instance, V.I.,

- a 69-year-old retiree, expressed a desire to make more friends.
2. Health Improvement: 21 participants (7.98%) wish to improve their health. T.S., a 77-year-old woman, wants to rid herself of bad habits.
3. Job or Occupational Change: 20 participants (7.60%) would like to change their job or occupation, seeking to continue working, run a business, or find higher-paying employment.
4. Change of Residence: 20 participants (7.60%) expressed a desire to change their place of residence. L.S., a 74-year-old woman, would like to return to the village, while S.T., a 66-year-old woman, wishes to change her country of residence.
5. Travel Aspirations: 19 participants (7.22%) expressed a desire to travel, wanting to see the world and visit different places.
6. Improvement of Living Conditions: 18 participants (6.84%) would like to enhance their own and their family's living conditions, such as buying a house for their children or grandchildren or acquiring a larger home. V.P., a 71-year-old man, would like to move from an apartment to a private house.
7. Lifestyle Changes: 15 participants (5.70%) wish to change their way of life, seeking a more active lifestyle, more time for relaxation, and opportunities to attend art events, fish, and take care of themselves. S.P., a 61-year-old woman, expressed a desire to return to life in the USSR.
8. Relationship Changes: 7 participants (2.66%) would like to improve their relationships with relatives, wanting to be more attentive to their children, return to a former spouse, or have a second child. M.S., a 62-year-old woman, noted that she would not have married for the first time, while P.P., a 67-year-old man, expressed that he would have married earlier.
9. Desire to Change Age: 7 participants (2.66%) wish to change their age, wanting to regain their youth, stop aging, or look younger.
10. Education Changes: 5 participants (1.90%) would like to further their education, aiming to obtain secondary or higher education or enroll in a different university.

11. Financial Aspirations: 5 participants (1.90%) expressed a desire for more money, seeking a better retirement pension or additional income.
12. Other Responses: 10 participants (3.80%) provided varied responses. K.M., a 77-year-old retiree, desires peace and tranquility; P.I., a 63-year-old man, wishes to see a change in government to better serve the country and its people; and H.S., a 60-year-old man, wants to increase salaries for teachers.

Figure 1. illustrates the levels of communicative impulsivity among older adults. Average level was 46.43. Most older participants (239 individuals, 90.87%) exhibit an average level of communicative impulsivity, while 21 (7.99%) individuals have a low level, and 3 (1.14%) individuals have a high level.

Figure 2. illustrates the levels of benevolence of older adults.

Among the older participants, 84 (31.94%) are considered benevolent, 143 (54.37%) are somewhat less benevolent, and 36 (13.69%) are categorized as the least benevolent.

We found a correlation between the levels of communicative impulsivity and benevolence among older participants, using the data obtained from the Communicative Impulsivity Level Questionnaire by V. A. Losenkov and the Benevolence Scale by W. K.

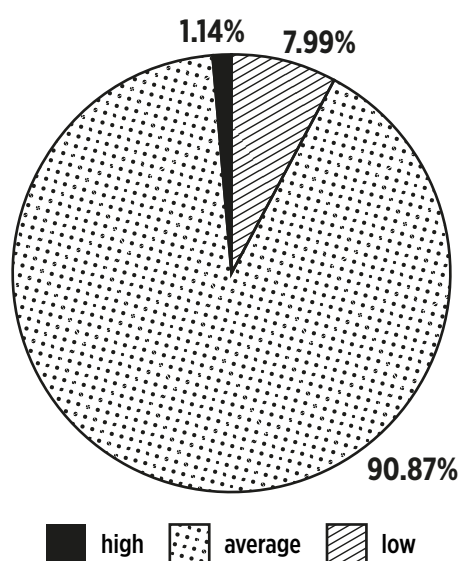


Figure 1. High, average and low levels of communicative impulsivity of older adults. Source: own research.



Campbell, analyzed with the Pearson correlation coefficient. The correlation coefficient ( $r_s$ ) was -0.361, which is significant at the 0.01 level (2-tailed). This indicates a moderate negative correlation between these two data series, suggesting that as the level of communicative impulsivity increases, the level of benevolence tends to decrease. The strength of the correlation is considered average.

We compared the features of communicative impulsivity and benevolence among older adults of different ages (up to 67 years and over 68 years), sexes (men and women), educational levels (secondary or higher), employment status (currently working or not), places of residence (city or village), living conditions (alone or with relatives), existence of communication in everyday life (existing or not), social activities in public life (active or not active), desire to change their lives (present or absent), feelings of loneliness (lonely or not), real opportunities to communicate with friends (sufficient or insufficient), and satisfaction with life (dissatisfied or satisfied).

Research data were processed using Student's t-test. The null hypothesis (H0) posits the absence of differences between variables (the levels of communicative impulsivity and benevolence among older adults with different characteristics), while the alternative hypothesis (H1) suggests that significant differences do exist.

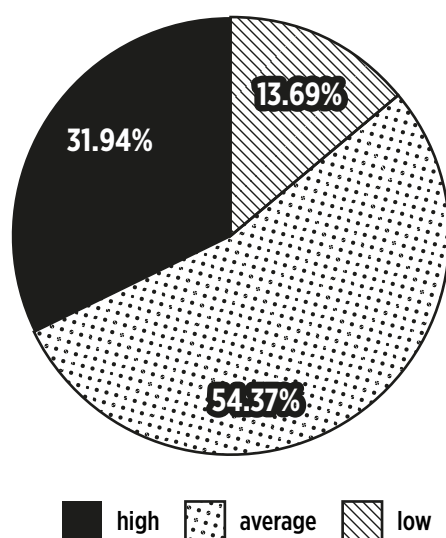


Figure 2. High, average and low levels of benevolence of older adults Source: own research.

Table 1 presents the means and t-values for the variables based on the indicator of communicative impulsivity.

The null hypothesis (H0), which posits the absence of differences between the levels of communicative impulsivity among older adults based on indicators such as age, educational level, place of residence, living conditions, existence of communication, and social activity in public life, is confirmed. Conversely, the alternative hypothesis (H1), which suggests significant differences in the levels of communicative impulsivity based on indicators such as sex, employment status, feelings of loneliness, opportunities to communicate with friends, and satisfaction with life, is also confirmed. The level of communicative impulsivity among older adults is higher among the following groups: women, retirees,

Table 1. Communicative impulsivity of older adults (N=263)

FACTOR		MEAN	t-crit.
Age	Up to 67	46.67	0.663
	Over 68	46.02	
Sex	Men	44.09	3.011
	Women	47.27	
Educational level	Secondary	46.62	0.462
	Higher	46.17	
Employment	Work	44.68	2.289
	Retiree	47.09	
Place of residence	City	46.53	0.034
	Village	46.49	
Living conditions	Alone	47.47	1.274
	With relatives	46.07	
Existence of communication	Not exist	46.88	1.336
	Exist	45.54	
Social activity in public life	Not active	46.95	1.354
	Active	45.64	
Desire to change their lives	Not have	46.19	0.480
	Have	46.68	
Feeling of loneliness	Lonely	49.00	3.099
	Not lonely	45.69	
Opportunity to communicate with friends	Not enough	47.90	2.033
	Enough	45.86	
Satisfaction with life	Dissatisfied	50.18	4.107
	Satisfied	45.55	

$\alpha=0.05$ , crit. value=1.97. Source: own research



Table 2. Benevolence of older adults (N=263)

FACTOR		MEAN	<i>t-crit.</i>
Age	Up to 67	4.62	0.065
	Over 68	4.64	
Sex	Men	4.70	0.405
	Women	4.60	
Educational level	Secondary	4.59	0.348
	Higher	4.67	
Employment	Work	4.85	1.279
	Retiree	4.54	
Place of residence	City	4.53	0.886
	Village	4.72	
Living conditions	Alone	4.24	2.174
	With relatives	4.77	
Existence of communication	Not exist	4.42	2.731
	Exist	5.03	
Social activity in public life	Not active	4.41	2.558
	Active	4.96	
Desire to change their lives	Not have	4.44	1.135
	Have	4.70	
Feeling of loneliness	Lonely	4.24	2.192
	Not lonely	4.78	
Opportunity to communicate with friends	Not enough	4.49	0.919
	Enough	4.71	
Satisfaction with life	Dissatisfied	4.29	1.764
	Satisfied	4.74	

$\alpha=0.05$ , crit. value=1.97. Source: own research

those who feel lonely, individuals who lack sufficient opportunities to communicate with friends, and those who are dissatisfied with life. In contrast, the level of communicative impulsivity is lower among men, working individuals, those who do not feel lonely, participants with adequate opportunities to communicate with friends, and those who are satisfied with life. Older adults who are dissatisfied with their lives have the highest level of communicative impulsivity (mean score of 50.18), followed closely by those who feel lonely (mean score of 49.00). Conversely, older adults who are employed have the lowest level of communicative impulsivity (mean score of 44.68), along with men (mean score of 44.09).

Table 2 presents the means and *t*-values for the variables based on the indicator of benevolence.

The null hypothesis ( $H_0$ ), which posits the absence of differences between the levels of benevolence among older adults based on indicators such as age, sex, educational level, employment status, place of residence, desire to change their lives, opportunities to communicate with friends, and satisfaction with life, is confirmed. In contrast, the alternative hypothesis ( $H_1$ ), which suggests significant differences in the levels of benevolence based on indicators such as living conditions, existence of communication, social activity in public life, and feelings of loneliness, is also confirmed. The level of benevolence among older adults is higher for participants who live with relatives, do not feel lonely, engage in daily communication and relationships, and are socially active. Conversely, the level of benevolence is lower for those who live alone, feel lonely, lack daily communication and relationships, and are socially passive. Older adults who engage in daily communication and relationships have the highest level of benevolence (mean score of 5.03), followed closely by those who are socially active (mean score of 4.96). In contrast, older adults who live alone and feel lonely both have the lowest level of benevolence, with a mean score of 4.24.

Analysis using a Chi-squared test and component loadings derived from a factor analysis, aimed at understanding the relationship between impulsivity and benevolence has been made.

The Chi-squared test result indicates a value of 207.630. However, it is important to note that the degrees of freedom (*df*) are reported as -1, which suggests that the model is unidentified. This means that there may be an issue with the model specifications or data, preventing a valid interpretation of the Chi-squared statistic.

*Component Loadings.* Applied rotation method is promax.

**Impulsivity:** This variable has a loading of -0.827, indicating a strong negative relationship with the underlying component. The uniqueness value of 0.316 suggests that approximately 31.6% of the variance in impulsivity is not explained by the component.

**Benevolence:** Conversely, benevolence shows a loading of 0.827, reflecting a strong positive re-

lationship with the same underlying component. Like impulsivity, the uniqueness value for benevolence is also 0.316, indicating that a similar portion of its variance remains unexplained by the component.

These loadings suggest that impulsivity and benevolence are inversely related within the context of the factor being analyzed. The strong loadings indicate that these constructs are significant contributors to the underlying factor.

*Component Characteristics.* The component characteristics are summarized in both the unrotated and rotated solutions:

**Eigenvalue:** In both cases, the eigenvalue for Component 1 is 1.368. This indicates that this component explains more variance than what would be expected by chance (which is typically 1.0 for random noise).

**Proportion of Variance:** The proportion of variance explained by Component 1 is 0.684 (68.4%), signifying that this single component accounts for a substantial amount of the variability in the data.

**Cumulative Variance:** The cumulative variance is also 0.684, indicating that all the explained variance is concentrated in this single component, reinforcing its significance in the analysis.

So, the results indicate a strong relationship between impulsivity and benevolence as captured by the single component identified in the factor analysis. However, the issues with the Chi-squared test highlight potential problems with the model that should be addressed in future analyses. Further investigation into the data and model specifications may be necessary to clarify these relationships and ensure robust conclusions.

## **4. Discussion of the results**

The success of interpersonal communication is a key indicator of its quality. Among older adults, it is influenced by various external factors (technical, psychophysiological, and socio-cultural) as well as the internal characteristics of communication partners (such as their socio-psychological traits, individual psychological qualities, and communication skills). Interpersonal communication success depends on multiple personality traits and qualities, including

mutual understanding, attentiveness to others, decentralization, empathy, self-reflection, tolerance, aggressiveness, shyness, anxiety, communicative competence, sociability, life experience, similarity in certain characteristics, self-awareness, and volitional qualities. Two personality traits particularly associated with successful interpersonal communication in older adults are communicative impulsivity and benevolence. Additionally, this success depends on an individual's desire to change their life.

Our research revealed that more than half of older adults would like to change certain aspects of their lives. However, a significant portion – approximately one-third of the participants – expressed no desire for change. This group may consist of individuals who are satisfied with their lives. These results align with qualitative studies on successful aging, which indicate that older adults often balance acceptance of past experiences with a desire for engagement and personal growth (Reichstadt et al., 2010). However, older adults who do not wish to change their lives may also be dissatisfied and/or believe that it is too late to make meaningful adjustments. The most common areas in which older adults seek change include communication and relationships with relatives, health, work, place of residence, living conditions, and overall lifestyle. Additionally, many older adults express a desire to engage in new activities or modify existing ones. A majority of them aspire to travel, continue working, or explore various forms of relaxation and personal fulfillment. These activities include pursuing hobbies, engaging in sports, maintaining their households, acquiring new knowledge, and expressing themselves through artistic endeavors. Social interaction plays a crucial role in their well-being. Maintaining communication within both their immediate and extended social circles is highly valued. Activities such as traveling and working not only provide opportunities for engagement but also contribute to a sense of purpose and belonging in later life.

Our study identified a small number of older adults with a low level of communicative impulsivity. These individuals tend to be purposeful, possess well-defined value orientations, demonstrate perseverance in achieving their goals, and strive to complete

tasks they have started. Their communication style is measured and deliberate, reflecting a preference for thoughtful interactions rather than spontaneous or emotionally driven exchanges. Conversely, we found very few older adults with a high level of communicative impulsivity. Those in this category struggle with self-regulation in conversations, often reacting quickly without much deliberation. Their impulsiveness in communication may lead to misunderstandings or difficulties in maintaining stable social interactions. The majority of older adults fall into the category of having a moderate level of communicative impulsivity. This suggests a balanced approach to communication, where they exhibit self-control in typical interactions while maintaining a degree of spontaneity when necessary. It also indicates a level of stability in their interests and communication patterns, which have been shaped over a lifetime of experiences. These findings may be attributed to the tendency of older adults to focus more on their current existence or reflect on their past life rather than actively adapting to new and unfamiliar situations. These results are consistent with developmental theories such as Baltes' Selective Optimization with Compensation, which describes how older adults strategically select and optimize social goals while compensating for declined capacities (Baltes & Baltes, 1990). With age, individuals often develop habitual ways of interacting and may find it challenging to adjust their communicative behavior to rapidly changing social contexts. Additionally, cognitive and emotional changes in later life can influence their ability to manage interactions in novel or unpredictable circumstances.

In old age, women, individuals who feel lonely, and those dissatisfied with life tend to experience greater difficulties with self-control in relationships and joint activities. These findings align with research by Stavrova, Ren, and Pronk (2021), which indicates that low self-control is often associated with negative intrapersonal outcomes and can have significant interpersonal consequences, particularly in relation to loneliness. Such individuals often lack purposefulness, and their interests remain unstable. This may be attributed to a decline in volitional self-regulation, a tendency to focus primarily on immediate personal

concerns, and an inability to envision a meaningful future for themselves. A higher level of communicative impulsivity in older adults is significantly associated with stronger feelings of loneliness and increased dissatisfaction with life. Conversely, two-thirds of older men demonstrate greater purposefulness and perseverance in communication. These tendencies may stem from the influence of gender stereotypes and lifelong socialization, which shape expectations of typical male behavior. Purposefulness and perseverance in communication among older adults manifest in their active pursuit of meaningful engagements – such as seeking employment, maintaining family ties, expanding social networks, and participating in various communication communities. As a result, socially active older adults tend to maintain a more positive outlook on life, striving to remain engaged and purposeful. Moreover, older individuals with lower levels of communicative impulsivity are generally more successful in interpersonal interactions, as they have ample opportunities to communicate with friends and acquaintances. This social engagement contributes to higher life satisfaction and well-being, reinforcing the importance of maintaining strong social connections in later life.

More than half of the older participants exhibit selectivity in their social interactions – they are sincere and kind toward those who treat them well, provide care to those around them, and offer support to their closest social circle. However, they initially approach strangers with caution and suspicion, though this attitude tends to change with time and repeated interactions. The tendency of seniors to selectively engage with trustworthy others and to be cautious with strangers supports the Socioemotional Selectivity Theory, which posits that older adults prioritize emotionally meaningful relationships as time horizons shrink (Carstensen et al., 1999). Almost a third of the older participants demonstrate a consistently positive attitude toward others, including strangers. Nevertheless, we also identified a group of older adults who display a predominantly negative attitude toward others. This negativity may stem from various factors, such as living alone, lack of professional employment, dissatisfaction with life and health, and overall social isolation. Social

isolation and inactivity can lead to increased distrust and suspicion, thereby restricting their opportunities for relationship-building (Tan et al., 2024).

Social and socio-psychological factors are strongly linked to benevolence in old age. Older adults who are more positive toward others tend to have higher education, active employment, a sense of involvement in others' lives, cohabitation with family or friends, and greater social engagement. Those accustomed to frequent social interactions and diverse communication experiences are less likely to feel lonely and maintain a more favorable perception of others. In contrast, social isolation, living alone, and persistent loneliness are associated with a more negative perception of others, leading to a lack of willingness to give or expect mutual support and approval. Such individuals are often more suspicious and distrustful. Interestingly, benevolence is not directly linked to success in interpersonal communication among older adults, suggesting that effective social interaction does not necessarily depend on an individual's positive disposition toward others.

Additionally, communicative impulsivity and benevolence in old age are not associated with age as a demographic factor. This indicates that an older person's attitude toward others and ability to regulate their communication style remain stable over time and are not significantly affected by age-related changes in the nervous system. While some degree of cognitive or emotional change is expected with aging, our findings suggest that these transformations do not relate to communicative impulsivity. This supports previous research that considers communicative impulsivity as a stable personality trait closely related to temperament and align with the Continuity Theory, which emphasizes consistency in behavior and personality over the life course despite biological aging (Atchley, 1989).

According to our study, higher levels of communicative impulsivity correspond to lower levels of benevolence (the relationship was confirmed by Chi-squared Test). Conversely, less impulsive older adults tend to demonstrate a more positive and accepting attitude toward others. Furthermore, purposefulness, perseverance, and self-control in words, behavior, and emotions are associated with

greater empathy and a more positive approach to interpersonal relationships. These findings highlight the importance of self-regulation in fostering constructive social interactions among older adults.

## 5. Conclusion

1. Most older individuals exhibit average levels of communicative impulsivity and benevolence. They generally respond positively to others and regulate their behavior in normal social situations, displaying kindness but with a selective approach toward interpersonal relationships. A small number of older adults demonstrated low levels of communicative impulsivity, while very few had high impulsivity. Nearly one-third of the older participants displayed the highest levels of benevolence, while individuals with low benevolence were extremely rare.
2. A statistically significant correlation was found between communicative impulsivity and success in interpersonal communication. Older adults with lower levels of communicative impulsivity tend to have more opportunities for social interactions and report greater satisfaction with their lives.
3. No statistically significant correlation was found between benevolence and success in interpersonal communication. The availability of communication opportunities and life satisfaction remained consistent across older individuals, regardless of their level of benevolence.
4. Loneliness, attitude to life, and certain living conditions influence communicative impulsivity and benevolence in old age. Those who experience loneliness tend to be less benevolent and more susceptible to external circumstances and emotions. A more positive attitude toward others was observed among older individuals who live with family rather than alone and who actively communicate with relatives and acquaintances. Older men, employed individuals, those with sufficient communication opportunities, and those satisfied with their lives demonstrate greater self-control in communication. No statistically

significant correlations were found between benevolence and communicative impulsivity on the one hand and age, education level, place of residence, or desire to change one's life on the other hand.

5. A statistically significant negative correlation was found between communicative impulsivity and benevolence of older adults. Higher levels of their communicative impulsivity correspond to lower levels of their benevolence, while lower impulsivity is associated with greater benevolence.

## 6. Limitations and future research

While our study provides valuable insights, certain limitations must be acknowledged. One of them is the absence of a standardized psychometric tool to assess the structure and intensity of success in interpersonal communication. Although we included a detailed conceptual framework supported by empirical liter-

ature and used open-ended questions to capture participants' experiences, this qualitative approach does not allow for precise correlational analysis between communication success, communicative impulsivity, and benevolence. Future research should consider integrating validated instruments to quantitatively operationalize communication success in older adults and enable more robust statistical analyses.

The sample consisted exclusively of older adults from Ukraine and was not randomly selected. Therefore, the findings on communicative impulsivity and benevolence may not be fully generalizable to broader populations. Additionally, it is crucial to consider variability in mental development as a characteristic of aging. Future research should replicate this study on a larger, more diverse sample across different countries, utilizing robust sampling techniques to enhance the reliability and applicability of the findings. However, we assert that the revealed correlations in this study are reliable and contribute to the understanding of social interactions in old age.

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