

# Differences in longevity factors amongst Korean centenarians, octogenarians, and sexagenarians

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The purpose of this study was to investigate differences in longevity factors for 3 age groups: centenarians, octogenarians, and sexagenarians.

There were 389 elderly Korean subjects who participated in this study. This included 109 centenarians who participated in the 1-wave study that examined the longevity factors using the health behaviors and psychological reactions. The study that examined the longevity factors by using odds ratio of the logistic regression analysis.

The major findings indicate that female centenarians and octogenarians scored the highest in abstinence from alcoholic drinking than males from these same 2 age groups (OR=9.04, CI=4.04, 20.24). Centenarians scored higher in non-utilization of hospitals (OR=11.48, CI=5.56, 23.70) and showed little emotion when watching sad scenes, upon comparison with the younger 2 age groups. Also, centenarians scored higher in laughter (OR=11.59, CI=5.04, 26.63), showing no anxiety (OR=12.49, CI=6.42, 24.32), and displaying indifference towards games, when compared with the younger 2 age groups.

The findings imply that Korean centenarian leads to a life of longevity is the result not only of psychological reactions but also of health behaviors. Also, these results support future studies of improvement of longevity factors.

Key words : Centenarian; Longevity factors ; Utilization of hospitals; Laughter; Anxiety