Poster

🗓 2025年9月27日(土) 14:00 ~ 15:00 🏛 Poster Session (Foyer 1)

Poster 19

[P-19-03] The Mediating Role of Self-Efficacy in the Relationship Between Gerontechnology Acceptance and Successful Aging Among Older Adults

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キーワード：Gerontechnology、 Self-efficacy、 Successful Aging

Background:
As Hong Kong's population ages, the adoption of gerontechnology is increasingly relevant for supporting older adults' independence and well-being. While technology holds promise for promoting successful aging, the psychological factors that shape this relationship remain underexplored. This study investigates whether self-efficacy mediates the relationship between gerontechnology acceptance and successful aging, addressing a critical gap in aging and mental health research.

Method:
A cross-sectional survey was conducted with 153 older adults (aged 60 and above) recruited from a local community centre named Woopie Club. Participants were included based on adequate cognitive capacity and confirmed absence of a prior diagnosis of dementia, as assessed by the researcher. Data were collected through structured, face-to-face interviews using validated Chinese-language instruments, including the Brief Senior Technology Acceptance Scale to assess gerontechnology acceptance, the General Self-Efficacy Scale (GSE), and the Successful Aging Scale.

Results:
Gerontechnology acceptance was positively associated with successful ageing. Mediation analysis indicated that self-efficacy significantly mediated this relationship. Specifically, gerontechnology acceptance had both a direct and an indirect effect via self-efficacy on successful aging, demonstrating a partial mediation effect.

Conclusion:
Self-efficacy plays a key mediating role in the link between gerontechnology use and successful ageing. These findings highlight the importance of not only promoting technology adoption among older adults but also enhancing their confidence and competence in using such tools. Interventions that support digital self-efficacy may improve mental health and ageing outcomes. Future longitudinal and cross-cultural research is warranted to further examine causal pathways and explore additional mediators such as social support or health status.