

The Mediating Effect Of Growth Mindset On The Relationship Between Self-Esteem And Depression In The Elderly Koreans.

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- **Abstract:** The purpose was to verify the mediating effect of growth mindset on self-esteem in depressed elderly population in Korea aged 65 years and above. Through this, this study proposes a plan to improve the quality of life of the elderly. To this end, a survey 363 elderly people living in Seoul, Gyeonggi, and Seosan was conducted in July and August 2019. To achieve the purpose of this study, t-test and correlation analysis were performed using SPSS21.0, and model 4 of the SPSS PROCESS macro. First, the elderly males had a higher growth mindset than the elderly females. Second, the higher the self-esteem, the lower was the depression in both elderly men and elderly women in Korea. Third, the significance of the mediating effect of growth mindset on self-esteem in depressed elderly subjects varied with the gender. In the case of elderly Korean males, the mediating effect of growth mindset on the self-esteem in the depressed population has yet to be verified. Thus, the strong negative influence of self-esteem on depression did not decrease due to the growth mindset. In contrast, in the case of elderly Korean women, the growth mindset played a mediating role in the effect of self-esteem on depression. Thus, the influence of self-esteem on depression was somewhat reduced by the growth mindset.
- **Keywords:** Self-esteem, depression, growth mindset, aging people, mediating effect, SPSS macro model 4