

Welcome to this issue of the Centre for Research on Successful Ageing (ROSA) newsletter! In this issue, we bring you exciting updates on our first ever Trainee Roundtable, key findings captured in the May 2021 run of the Singapore Life Panel® (SLP), and finally introduce two more ROSA staff.

Updates and Notices

New Voucher Amounts for August and February Surveys

We will be revising the voucher amounts for the August and February surveys from \$40 to \$30, beginning this month. ROSA will introduce new modules that you can complete on an optional basis that will allow you to be compensated with additional vouchers if you decide to participate. We will be sending you more information on these new modules in the months to come, so do look out for that! These new modules, together with the recruitment of a fresh sample of 2000 individuals aged 50-55 this year to join the SLP that is ongoing, will enable our researchers to achieve a broader understanding of the ageing process and is incredibly important for generating deeper insights for policymakers. We are deeply grateful for your participation in the research and hope that you will continue to support us.

ROSA's First Trainee Roundtable Digest



Picture 1. Trainee Presenters at the First Trainee Roundtable

Since our inception, ROSA has been supported by a team of capable trainees hired as part of the SGUnited Traineeship Programme. Our trainees have been integral in laying the foundations for ROSA and to showcase their excellent work, we held our first Trainee Roundtable on the 7th of June 2021. During the roundtable, they presented findings

to an audience of more than 40 undergraduate and postgraduate students. We hope that such engagements with the student community will stimulate conversations around the issue of preparing for an ageing society among the younger generations, as they will be the drivers of the social changes needed to adapt.

Research Highlights - Job routineness and Gender roles

Job Routineness and Well-being



Figure 1. Proportion of respondents satisfied or very satisfied with life in each occupational group in May 2021.

How routine or repetitive one's job is can affect your well-being in different ways, for instance by creating boredom, social isolation, and reducing motivation at work. Thus, the more routine a job is, the lower the well-being of an individual in that job is likely to be. In May 2021, we asked SLP members about the level of routineness experienced in their occupations and found that jobs that fall under managerial, professional or governance roles tend to be less routine. Individuals in these occupations also report more positive well-being outcomes on average. These findings reflect the importance of integrating non-routine tasks, such creative or analytical tasks, into ALL occupations for well-being. For those who are retired, this also implies that there is a need to keep our minds active as we age for our well-being!

Attitudes towards gender roles

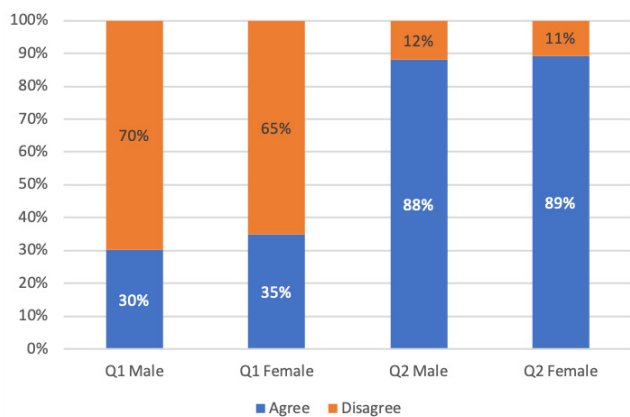


Figure 2: Proportion of Respondents 'Agreeing' or 'Disagreeing' to the following statements: Q1 "No matter how hard they try, men will never be good at housework.", and Q2 "If both the wife as well as husband are employed, the wife's job is just as important."

Attitudes towards gender roles may be defined as the views held by individuals regarding the social roles of men and women in society. Differences in gender roles attitudes are often divided along the lines of labour, where individuals have traditionally situated women within the household as a caretaker of her family and the husband as the breadwinner. In May 2021, we asked you about your views on gender roles and found that many of you no longer subscribe to such views. A majority agreed that men are just as good as women at housework, and that a wife's job is just as important as a husband's job. Notably a slightly greater proportion of men felt that men are just as good as women at chores as compared to women - perhaps men might need to step up a little and prove to their wives that they are just as good at household chores!

ROSA Staff Features

Finally, we would like to introduce two more members of the ROSA team that some of you may have already met during the meet-up sessions; Wensi and Micah!



Lim Wensi
ROSA Centre Manager

Wensi's daily work revolves around coordinating and tracking the team's research and operational progress as ROSA's centre manager. She has the privilege of working with a team of researchers and colleagues who are equally invested in demystifying ageing and how older adults can continue to

remain engaged and active in society. In her free time, Wensi enjoys trying out new sports, watching local theatre productions and visiting her grandmas.



Micah Tan
Research Associate
at ROSA

Micah is a research associate at ROSA and oversees several aspects of the work being done, including the communication of research findings to stakeholders and the organizing of policy roundtables. He is passionate about helping older adults remain integrated in society even in older age, and his research interests lie in understanding how we should

navigate transitions in identity especially as one grows older. On weekends, he can be found spending time with his nephew, going for hikes, or keeping fit at the spin cycle studio!

Dates of Surveys

- **August Survey: 1 - 24 August 2021**
- **September Survey: 1 - 26 September 2021**
- **October Survey: 1 - 24 October 2021**

Contact Us

If you have changed your address or telephone number, need any form of assistance in completing the survey, or have any questions or feedback, please contact us on our Centre Hotline at 6808 7910 (9am to 5pm, Mondays to Fridays) or at slp@smu.edu.sg. We are always happy to hear from you.