

Publication

Age differences in implicit theories about willpower: Why older people endorse a nonlimited theory

JournalArticle (Originalarbeit in einer wissenschaftlichen Zeitschrift)

ID 4488022

Author(s) Job, Veronika; Sieber, Vanda; Rothermund, Klaus; Nikitin, Jana

Author(s) at UniBasel [Nikitin, Jana](#) ;

Year 2018

Title Age differences in implicit theories about willpower: Why older people endorse a nonlimited theory

Journal Psychology and Aging

Volume 33

Number 6

Pages / Article-Number 940-952

What people believe about their capacity to exert self-control (willpower), whether it is a limited or a nonlimited resource, affects their self-regulation and well-being. The present research investigated age-related differences in people's beliefs-called implicit theories-about willpower. Study 1 (n = 802, age range 18-83 years) showed that with higher age people are more likely to believe that willpower is a non-limited resource. Study 2 (n = 423) with younger (age 18-35 years) and older adults (age 60-98 years) replicated this finding and showed that age and a nonlimited willpower theory are related to perceived autonomy on demanding tasks (i.e., sense of self-determination), which might explain the age-related differences in willpower theories. Finally, experimental Studies 3a (n = 302) and 3b (n = 497) manipulated an autonomous mindset in younger (age 18-35 years) and older adults (age 60-87 years) and provided evidence for a causal effect of perceived autonomy on self-control-beliefs, supporting the proposed developmental mechanism. (PsycINFO Database Record

Publisher American Psychological Association

ISSN/ISBN 0882-7974 ; 1939-1498

edoc-URL <https://edoc.unibas.ch/66948/>

Full Text on edoc No;

Digital Object Identifier DOI 10.1037/pag0000285

PubMed ID <http://www.ncbi.nlm.nih.gov/pubmed/30198732>

ISI-Number WOS:000444132700005

Document type (ISI) Journal Article