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Aged civil pilots' personality in relation with their successful aging and sleeping quality

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It is of importance to explore the aged civil pilots' personality functions and traits in relationships with their successful aging and sleeping quality. There are four types of personality functions, namely, self-identity, self-direction, empathy, and intimacy based on DSM 5; Big-five model is applied for personality traits. The selection, optimization, and compensation, SOC model to assess the degree of a person's successful aging. The differences among the groups of aged civil pilots on their personality functions, personality traits, sleeping quality, and successful aging of SOC model were assessed in this study. The relationships among the personality functions, traits, sleeping quality, and the successful aging are also examined. A total of 759 airline pilots participated in this study. Most of them are Taiwanese (88.4%) and male (97.8%). The questionnaire consisting of 67 forcedchoice items was used in this study. One-way ANOVAs showed that there are no significant differences among five groups of aged civil pilots, from aged 40 to 65 on their scores of personality functions and SOC model. However, there are statistically significant differences on the factor of extraversion ($p < .01$) and still feel tired after sleep ($p < .001$) in the five aged groups. The results of the correlations among the four personality functions, five traits, five factors of sleeping quality, and three factors of SOC model are all highly significant. The current results have shown that the aged civil pilots are aging very well based on their personality functions, personality traits, sleeping quality, as well as SOC model in Taiwan.

Biography

Chian Fang Cherng has completed her PhD at the Rutgers University in USA. She has worked for Air Force Academy in Taiwan for 8.5 years and has been a Professor of Department of Health Psychology at CJCU in Taiwan for 11 years. At present, she is working as Professor of Education Center for Humanities and Social Sciences at National Yang Ming University. Her work is focused on the issues of health enhancing, stress copings and social supports.

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