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Better and Healthier Together? The Mediation Effect of Positive Psychological Capital on the Relationship Between Perceived Social Support and Health-Related Quality of Life Among Older Adults

Objectives

This study aims to investigate the mediating effects of positive psychological capital (both as compound PsyCap and separate resources) in the relationship between social support and the two components of HRQoL: physical and mental health.

Method

We conducted the current cross-sectional study on a sample of 319 participants (114 male; 205 female) aged 65 to 90.

Results

The results indicated significant positive associations between social support, PsyCap, physical health and mental health. Compound PsyCap fully mediated the relationship between perceived social support and physical/mental health. Hope and optimism positively predicted physical health, while the same PsyCap resources, along with self-efficacy positively predicted mental health.

Discussion

The retirees that perceived increased social support presented higher levels of PsyCap, which in turn increased their physical and mental health. Our results highlighted some new explanatory mechanisms regarding the relationships between variables that affect health-related quality of life among older adults.

Biography

Professor Maria Nicoleta Turliuc is a Professor of Psychology at Alexandru Ioan Cuza University of Iași, Romania, where she is recognized for her contributions to psychological research, teaching, and academic leadership. Her work focuses on advancing the understanding of human behavior, interpersonal relationships, and psychological well-being through evidence-based research and higher education. Throughout her academic career, she has mentored students and contributed to the development of psychology as both a scientific discipline and a professional field.

Professor Turliuc's research encompasses family psychology, couple and interpersonal relationships, emotional development, parenting, and mental health across the lifespan. Through numerous scientific publications and collaborative projects, she has examined the psychological factors that influence relationship quality, resilience, and individual well-being. Her work continues to inform research, education, and professional practice in clinical, counseling, and developmental psychology.