

Click to verify































Selective Optimization With Compensation is a strategy for improving health and wellbeing in older adults and a model for successful aging. It is recommended that seniors select and optimize their best abilities and most intact functions while compensating for declines and losses. For example, an elderly person with fading eyesight who loves to sing could focus more time and attention on singing, perhaps by joining a new choir, while cutting back on time spent reading. Overall, this model suggests that seniors take an active approach in their aging process and set goals that are attainable and meaningful. scores/videos Loading... Selective Optimization with Compensation (SOC) is a theoretical framework within the field of developmental psychology that addresses the processes of aging and individual development. Initially proposed by Baltes and Baltes in the 1980s, this concept elucidates how individuals can adapt to age-related changes by selecting and optimizing their resources and compensating for losses. The SOC model posits that successful aging is achieved by focusing on one's strengths, improving performance in those areas, and finding alternative strategies to mitigate limitations. By examining historical developments and real-world applications, we can gain insight into how SOC contributes to resilience and adaptive behavior throughout the lifespan. Examples from various domains, such as occupational performance and personal hobbies, underscore the versatility and practical relevance of the SOC model in fostering well-being and productivity among older adults. Definition Selective Optimization with Compensation (SOC) is a strategy in developmental psychology where individuals adapt to age-related changes by focusing on and improving their remaining abilities while finding ways to compensate for declines. It involves choosing specific areas to concentrate on, optimizing performance through practice and new techniques, and making up for losses by using different strategies or seeking support. SOC offers a positive outlook on aging, recognizing the balance between gains and losses throughout life. History Selective Optimization with Compensation (SOC) emerged within the field of developmental psychology in the 1980s. The concept originated through the pioneering work of psychologists Paul B. Baltes and Margret M. Baltes, who recognized that aging is not solely a process of decline, but also one of adaptation and resilience. The Balteses formulated the theory of SOC, proposing that successful aging involves the dynamic interplay between three key processes: selection, optimization, and compensation. They conducted extensive research, drawing on the fields of psychology, sociology, and gerontology, to develop a comprehensive understanding of these processes and their impact on individuals as they age. One significant event that contributed to the evolution of SOC was the 1987 publication of the Balteses' influential book, 'Successful Aging: Perspectives from the Behavioral Sciences.' This work presented their theory in depth and showcased the empirical evidence supporting SOC. It quickly gained recognition within the field and became a pivotal resource for researchers and practitioners interested in understanding the complexities of aging. Another key contribution to the development of SOC was the establishment of the Berlin Aging Study (BASE) in 1990, led by Paul B. Baltes. This longitudinal study examined a large sample of older adults and investigated various aspects of successful aging, including the role of SOC in maintaining well-being and adaptive functioning. The findings from BASE provided empirical support for the theory and further solidified its significance within the field of developmental psychology. Over the years, SOC has continued to evolve, with researchers expanding upon the Balteses' original work and applying the concept to various contexts, such as work and career development, education, and health promotion. The theory has also influenced the development of interventions and programs aimed at enhancing the well-being and quality of life for older individuals. Examples Procrastination: Imagine a student who has a big assignment due in a few days. They may apply the psychology term of 'procrastination' by selecting to watch TV or hang out with friends instead of starting their work immediately. They may then optimize their time by working on the assignment late at night when they feel most productive. Finally, they may compensate for their delayed start by seeking help from classmates or using online resources to complete the assignment on time. Confirmation bias: Consider a person who strongly believes that a specific political party is the best choice for their country. They may apply the psychology term of 'confirmation bias' by selectively seeking out news articles or information that supports their existing beliefs and disregarding anything that contradicts them. This person may optimize their understanding by only engaging with like-minded individuals who share their views. They may compensate for potential gaps in their knowledge by dismissing or discrediting opposing arguments without critically evaluating them. Cognitive dissonance: Think of someone who is trying to quit smoking but finds it challenging to give up the habit completely. They may experience the psychology term of 'cognitive dissonance' by recognizing the health risks associated with smoking while still enjoying the act of smoking. To cope with this conflict, they may select to only smoke on certain occasions, optimize their behavior by finding healthier alternatives like nicotine patches or gum, and compensate for the cravings by distracting themselves with other activities such as exercise or hobbies. Social facilitation: Picture a basketball player who performs exceptionally well during practice sessions but struggles to perform at the same level during competitive games. They may be experiencing the psychology term of 'social facilitation' where the presence of an audience or the pressure to perform in a competitive setting affects their performance. To overcome this, they may select to engage in visualization exercises or mental rehearsals before games, optimize their skills by practicing under simulated competitive conditions, and compensate for the performance anxiety by seeking support from coaches or sports psychologists. Stereotyping: Imagine a person who holds preconceived notions about individuals from a particular ethnic or cultural group. They may apply the psychology term of 'stereotyping' by making assumptions about people based on their appearance or background. For example, they may select to avoid interacting with individuals from that group or make generalized judgments about their behavior. To optimize their understanding, they may seek out diverse perspectives and challenge their stereotypes. They may compensate for their biases by actively engaging in conversations and forming personal connections with individuals from the group to gain a more accurate and nuanced understanding. Commonly, the concept of selective optimization with compensation is closely linked to other psychological constructs that share similar principles of adaptation and self-regulation. Constructs such as resilience and self-efficacy are closely associated with selective optimization with compensation, as they all involve strategies for adapting and thriving in the face of challenges. Resilience refers to the ability to bounce back and recover from adversity. It involves the capacity to effectively cope with stress, maintain a positive outlook, and adapt to changing circumstances. Resilience complements selective optimization with compensation by emphasizing the importance of bouncing back from setbacks and using one's resources to overcome obstacles. While selective optimization with compensation focuses on the process of selectively choosing goals, optimizing resources, and compensating for losses, resilience highlights the ability to adapt and persevere in the face of difficulties. Self-efficacy, on the other hand, refers to an individual's belief in their own abilities to succeed in specific tasks or situations. It reflects confidence in one's skills, knowledge, and capacity to achieve desired outcomes. Self-efficacy complements selective optimization with compensation by emphasizing the role of beliefs and motivation in the pursuit of goals. Individuals high in self-efficacy are more likely to engage in selective optimization by actively seeking out opportunities to develop their strengths and compensate for their limitations. Together, these terms highlight the dynamic nature of human development and the capacity for individuals to strategically adapt and regulate themselves in response to changing circumstances. They recognize the shared strategies individuals employ to maintain functionality and well-being, reflecting a scholarly appreciation for the complexity of human adaptability and an empathetic understanding of the efforts to optimize life experiences amidst challenges. References The following references offer a comprehensive overview of the selective optimization with compensation (SOC) framework, detailing its psychological underpinnings, historical development, and practical applications across various contexts. These sources provide a scholarly basis for understanding how individuals adapt to aging and other life transitions by focusing on their strengths, optimizing their resources, and compensating for losses. Baltes, P. B., & Baltes, M. M. (1990). Psychological perspectives on successful aging: The model of selective optimization with compensation. In P. B. Baltes & M. M. Baltes (Eds.), *Successful aging: Perspectives from the behavioral sciences* (pp. 1-34). Cambridge University Press. This seminal work by Baltes and Baltes presents the original framework of selective optimization with compensation. It explores the idea of adaptive behavior in the face of aging, emphasizing the optimization of resources and compensatory strategies. The book provides a comprehensive overview of the theoretical foundations of SOC and its implications for successful aging. Freund, A. M., & Baltes, P. B. (2002). Life-management strategies of selection, optimization, and compensation: Measurement by self-report and construct validity. *Journal of Personality and Social Psychology*, 82(4), 642-662. Freund and Baltes delve into the measurement of SOC strategies and their construct validity. This empirical study contributes to the understanding of how individuals apply selection, optimization, and compensation strategies in their daily lives. The research findings provide insights into the practical applications of SOC and its impact on individual well-being. Zacher, H., & Frese, M. (2011). Maintaining a focus on opportunities at work: The interplay between age, job complexity, and the use of selection, optimization, and compensation strategies. *Journal of Organizational Behavior*, 32(3), 291-318. Zacher and Frese examine the application of SOC strategies in the context of work and aging. Their research investigates the relationship between age, job complexity, and the use of selection, optimization, and compensation strategies. The study sheds light on how individuals can effectively adapt and maintain a focus on opportunities in the workplace through SOC strategies. These references provide a solid foundation for further reading and understanding of the selective optimization with compensation framework. They offer a blend of theoretical perspectives, empirical studies, and practical applications, allowing readers to delve deeper into the diverse aspects of SOC and its relevance in various domains. Baltes PB (eds) Successful aging: perspectives from the behavioral sciences. Cambridge University Press, New York, pp 1-34Chapter Google Scholar Baltes PB, Lindenberger U, Staudinger UM (2006) Life span theory in developmental psychology. In: Lerner RM, Damon W (eds) Handbook of child psychology: vol 1. Theoretical models of human development. Wiley, Hoboken, pp 569-664 Google Scholar Ebner NC, Freund AM, Baltes PB (2006) Developmental changes in personal goal orientation from young to late adulthood: from striving for gains to maintenance and prevention of losses. *Psychol Aging* 21(4):664-678. Google Scholar Freund AM (2006) Age-differential motivational consequences of optimization versus compensation focus in younger and older adults. *Psychol Aging* 21(2):240-252. Google Scholar Freund AM (2008) Successful aging as management of resources: the role of selection, optimization, and compensation. *Res Hum Dev* 5(2):94-106. Google Scholar Freund AM, Baltes PB (2002) Life-management strategies of selection, optimization, and compensation: measurement by self-report and construct validity. *J Pers Soc Psychol* 82(4):642-661. Google Scholar Baltes PB, Baltes MM, Freund AM, Lang F. The measurement of selection, optimization, and compensation (SOC) by self report: technical report 1999. Berlin; 1999.Chou KL, Chi I. Selection, optimization, and compensation questionnaire: a validation study with Chinese older adults. *Clin Gerontol*. 2001;24(1-2):141-51. Article Google Scholar Viglund K, Alex L, Jonsén E, Lundman B, Norberg A, Fischer RS, et al. Psychometric properties of the Swedish version of the selection, optimization, compensation questionnaire. *Scand J Caring Sci*. 2013;27(2):460-7. Article PubMed Google Scholar Okabayashi H. Development of a Japanese version of the selection, optimization, and compensation questionnaire. *J Cross Cult Gerontol*. 2014;29(4):447-65. Article PubMed Google Scholar Segura-Camacho A, Rodriguez-Cifuentes F, De la Torre LCSH, Topa G. Successful aging at work: psychometric properties of the Spanish version of selection, optimization and compensation questionnaire. *Front Psychol*. 2018;9:1-6. Article Google Scholar Baltes MM, Carstensen LL. The process of successful ageing. *Ageing Soc*. 1996;16(4):397-422. Article Google Scholar Marsiske M, Lang FB, Baltes MM. Selective optimization with compensation: life-span perspectives on successful human development. In: Dickson R, Bäckman L, editors. *Life-span perspectives on successful human development*. Hillsdale: Erlbaum; 1995. p. 35-79. Google Scholar Freund AM, Baltes PB. Selection, optimization, and compensation as strategies of life management: Correlations with subjective indicators of successful aging. *Psychol Aging*. 1998;13(4):531-43. Article PubMed Google Scholar Gestsdottir S, Lewin-Bizan S, von Eye A, Lerner JV, Lerner RM. The structure and function of selection, optimization, and compensation in middle adolescence: theoretical and applied implications. *J Appl Dev Psychol*. 2009;30(5):585-600. Article Google Scholar Hahn EA, Lachman ME. Everyday experiences of memory problems and control: the adaptive role of selective optimization with compensation in the context of memory decline. *Neuropsychol Dev Cogn B Aging Neuropsychol Cogn*. 2015;22(1):25-41. Article PubMed Google Scholar Söllner M, Dürnberger M, Keller J, Florack A. The impact of age stereotypes on well-being: strategies of selection, optimization, and compensation as mediator and regulatory focus as moderator: findings from a cross-sectional and a longitudinal study. *J Happiness Stud*. 2021. M. Dammermann C, Stoppe G. Selective optimization with compensation (SOC) competencies in depression. *J Affect Disord*. 2011;133(1-2):114-9. Article PubMed Google Scholar Wiese BS, Freund AM, Baltes PB. Selection, optimization, and compensation: an action-related approach to work and partnership. *J Vocat Behav*. 2000;57(3):273-300. Article Google Scholar Moghimi D, Zacher H, Scheibe S, Van Yperen NW. The selection, optimization, and compensation model in the work context: a systematic review and meta-analysis of two decades of research. *J Organ Behav*. 2017;38(2):247-75. Article Google Scholar Yaghoobi K, Saedi A, Kaki A, Tavana A. The role of basic beliefs in predicting life management strategies (selection, optimization, & compensation). *Eur Online J Nat Soc Sci*. 2015;4(2):373-9. Google Scholar Alonso-Fernández M, López-López A, Losada A, González JL, Wetherell JI. Acceptance and commitment therapy and selective optimization with compensation for institutionalized older people with chronic pain. *Pain Med*. 2015;17:264-77. Google Scholar Müller A, Heiden B, Herbig B, Poppe F, Angerer P. Improving well-being at work: a randomized controlled intervention based on selection, optimization, and compensation. *J Occup Health Psychol*. 2016;21(2):169-81. Article PubMed Google Scholar Freund AM. Successful aging as management of resources: the role of selection, optimization, and compensation. *Res Hum Dev*. 2008;5(2):94-106. Article Google Scholar Freund AM, Baltes PB. The orchestration of selection, optimization, and compensation: an action-theoretical conceptualization of a theory of developmental regulation. In: Ferrig WJ, Grob A, editors. *Control of human behavior, mental processes, and consciousness*. Lawrence Erlbaum; 2000. p. 35-58. Zacher H, Chan F, Bakker AB, Demerouti E. Selection, optimization, and compensation strategies: Interactive effects on daily work engagement. *J Vocat Behav*. 2015;87(1):101-7. Article Google Scholar Boker SM. Selection, optimization, and compensation in aging: older people talk about their use of selection, optimization, and compensation to maximize well-being in the context of physical decline. *J Gerontol Ser B Psychol Sci Soc Sci*. 2017;72(2):351-61. Google Scholar Gignac MAM, Cott C, Badley EM. Adaptation to chronic illness and disability and its relationship to perceptions of independence and dependence. *J Gerontol Ser B Psychol Sci Soc Sci*. 2000;55(6):362-72. Google Scholar Han SY, Ko Y. A structural equation model of successful aging in Korean older women: using selection-optimization-compensation (SOC) strategies. *J Women Aging*. 2019;6:66. Google Scholar Jopp D, Smith J. Resources and life-management strategies as determinants of successful aging: on the protective effect of selection, optimization, and compensation. *Psychol Aging*. 2006;21(2):253-65. Article PubMed Google Scholar Baltes BB, Heydens-Gahir HA. Reduction of work-family conflict through the use of selection, optimization, and compensation behaviors. *J Appl Psychol*. 2003;88(6):1005-18. Article PubMed Google Scholar Young LM, Baltes BB, Pratt AK. Using selection, optimization, and compensation to reduce job/family stressors: effective when it matters. *J Bus Psychol*. 2007;21(4):511-39. Article Google Scholar Bakshhaee F, Hejazi E, Dortaj F, Farzad V. Self-management strategies of life, positive youth development and academic buoyancy: a causal model. *Int J Ment Health Addict*. 2017;15(2):339-49. Article Google Scholar Gestsdottir S, Geldhof GJ, Lerner JV, Lerner RM. What drives positive youth development? Assessing intentional self-regulation as a central adolescent asset. *Int J Dev Sci*. 2017;11(3-4):69-79. Article Google Scholar Zimmerman SM, Phelps E, Lerner RM. Intentional self-regulation in early adolescence: assessing the structure of selection, optimization, and compensation processes. *Int J Dev Sci*. 2007;1(3):272-99. Article Google Scholar Joseph S, Linley PA, Harwood J, Lewis CA, McCollam P. Rapid assessment of well-being: the Short Depression-Happiness Scale (SDHS). *Psychol Psychother Theory Res Pract*. 2004;77(4):463-78. Article PubMed Google Scholar Geldhof GJ, Bowers EP, Gestsdottir S, Napolitano CM, Lerner RM. Self-regulation across adolescence: exploring the structure of selection, optimization, and compensation. *J Res Adolesc*. 2014;25(2):214-28. Article Google Scholar Gestsdottir S, Lerner RM. Positive development in adolescence: the development and role of intentional self-regulation. *Hum Dev*. 2008;31(3):202-24. Article PubMed Google Scholar Heckhausen J, Schulz R. Optimisation by selection and compensation: balancing primary and secondary control in life span development. *Int J Behav Dev*. 1993;18(2):287-303. Article Google Scholar Isles AR, Winstanley CA, Humby T. Risk taking and impulsive behaviour: fundamental discoveries, theoretical perspectives and clinical implications. *Philos Trans R Soc Lond B Biol Sci*. 2019;374:1766. Article Google Scholar Bakshshani N-M. Impulsivity: a predisposition toward risky behaviors. *Int J High Risk Behav Addict*. 2014;3(2):e20428. Article PubMed PubMed Central Google Scholar Evenden JL. Varieties of impulsivity. *Psychopharmacology*. 1999;146(4):348-61. Article PubMed Google Scholar Patton JH, Stanford ML, Barratt ES. Factor structure of the barratt impulsiveness scale. *J Clin Psychol*. 1995;51(6):768-74. Article PubMed Google Scholar Whiteside SP, Lynam DR. The five factor model and impulsivity: using a structural model of personality to understand impulsivity. *Pers Individ Differ*. 2001;30(4):669-89. Article PubMed PubMed Central Google Scholar Billieux J, Rochat L, Ceschi G, Carré A, Offerlin-Meyer J, Defeldre AC, et al. Validation of a short French version of the UPPS-P Impulsive Behavior Scale. *Compr Psychol*. 2012;53(5):609-15. Article PubMed Google Scholar Cyders MA, Littlefield AK, Coffey S, Karyadi KA. Examination of a short English version of the UPPS-P Impulsive Behavior Scale. *Addict Behav*. 2014;43(9):1372-6. Article PubMed PubMed Central Google Scholar Dugré JR, Giguère C-E, Percie du Sert O, Potvin S, Dumais A. The psychometric properties of a short UPPS-P Impulsive Behavior Scale among psychiatric patients evaluated in an emergency setting. *Front Psychiatry*. 2019;10:139. Article PubMed PubMed Central Google Scholar Acremont M, Van der Linden M. How is impulsivity related to depression in adolescence? Evidence from a French validation of the cognitive emotion regulation questionnaire. *J Adolesc*. 2007;30(2):271-82. Article PubMed Google Scholar Dussault F, Brendgen M, Vitaro F, Wanner B, Tremblay RE. Longitudinal links between impulsivity, gambling problems and depressive symptoms: a transactional model from adolescence to early adulthood. *J Child Psychol Psychiatry*. 2011;52(2):130-8. Article PubMed Google Scholar Maneiro L, Gómez-Fraguela JA, Cutrín O, Romero E. Impulsivity traits as correlates of antisocial behaviour in adolescents. *Pers Individ Dif*. 2017;104:417-22. Article Google Scholar Schmid KL, Phelps E, Kiehl MK, Napolitano CM, Boyd MJ, Lerner RM. The role of adolescents' hopeful futures in predicting positive and negative developmental trajectories: findings from the 4-H study of positive youth development. *J Posit Psychol*. 2011;6(1):45-56. Article Google Scholar Fowler J, Gulló MJ, Elphinston RA. Impulsivity traits and Facebook addiction in young people and the potential mediating role of coping styles. *Pers Individ Differ*. 2020;161:109665. Article Google Scholar Kidd C, Loxton NJ. A narrative review of reward sensitivity, rash impulsivity, and food addiction in adolescents. *Prog Neuro-Psychopharmacol Biol Psychiatry*. 2021;109:110265. Article Google Scholar Kalapatapu RK, Lewis DF, Vinogradov S, Batki SL, Winhusen T. Relationship of age to impulsivity and decision making: a baseline secondary analysis of a behavioral treatment study in stimulant use disorders. *J Addict Dis*. 2013;32(2):206-16. Article PubMed PubMed Central Google Scholar Argrioui E, Cyders MA. Developmental considerations for assessment and treatment of impulsivity in older adults. *Curr Top Behav Neurosci*. 2020;47:165-77. Article PubMed Google Scholar Morales-Vives F, Vigil-Colet A. Are old people so gentle? Functional and dysfunctional impulsivity in the elderly. *Int Psychogeriatrics*. 2012;24(3):465-71. Article Google Scholar Neufeld E, O'Rourke N. Impulsivity and hopelessness as predictors of suicide-related ideation among older adults. *Can J Psychiatry*. 2009;54(10):684-92. Article PubMed Google Scholar Scholar Zacher RD, Donnellan MB. Impulsivity and sensation seeking: differing associations with psychological well-being. *Appl Res Qual Life*. 2021;16:1503-15. Article Google Scholar Cohen J. Statistical power analysis for the behavioral sciences. 2nd ed. Statistical power analysis for the behavioral sciences. Hillsdale: Lawrence Erlbaum; 1988. Lakens D. Calculating and reporting effect sizes to facilitate cumulative science: a practical primer for t-tests and ANOVAs. *Front Psychol*. 2013;4:1-12. Article Google Scholar Faul F, Erdfelder E, Buchner A, Lang AG. Statistical power analyses using G\*Power 3.1: tests for correlation and regression analyses. *Behav Res Methods*. 2009;41(4):1149-60. Article PubMed Google Scholar JASP Team. JASP (Version 0.14.1) [Computer software]. 2020. Taber KS. The use of Cronbach's Alpha when developing and reporting research instruments in science education. *Res Sci Educ*. 2018;48(6):1273-96. Article Google Scholar Trizano-Hermosillo I, Alvarado JM. Best alternatives to Cronbach's alpha reliability in realistic conditions: congeneric and asymmetrical measurements. *Front Psychol*. 2016;7:769. Article PubMed PubMed Central Google Scholar Akoglu H. User's guide to correlation coefficients. *Turk J Emerg Med*. 2018;18(3):91-3. Article PubMed PubMed Central Google Scholar Freund AM. Age-differential motivational consequences of optimization versus compensation focus in younger and older adults. *Psychol Aging*. 2006;21(2):240-52. Article PubMed Google Scholar Yoneda T, Ames ME, Leadbeater BJ. Is there a positive side to sensation seeking? Trajectories of sensation seeking and impulsivity may have unique outcomes in young adulthood. *J Adolesc*. 2019;73:42-52. Article PubMed Google Scholar Zuckerman M, Glicksohn J, Hans Eysenck's personality model and the constructs of sensation seeking and impulsivity. *Pers Individ Dif*. 2016;1(103):48-52. Article Google Scholar Leszko M, Zajac-Lamparska L, Tremplaj J. Aging in Poland. *Gerontologist*. 2015;55(5):707-15. Article PubMed Google Scholar Podsakoff PM, MacKenzie SB, Podsakoff NP. Sources of method bias in social science research and recommendations on how to control it. *Annu Rev Psychol*. 2012;63(1):539-69. Article PubMed Google Scholar Page 2Early adulthood18625.063.9758/4215.421.82Middle adulthood16547.624.3364/3614.362.89Late adulthood23867.426.4358/4212.354.04 Definition: Selective Optimization With Compensation (SOC) is a psychological theory that explains the adaptive process individuals employ to maintain or enhance their psychological well-being and performance in the face of age-related changes or functional declines. Subtitles 1. Adaptive Process: SOC describes the ongoing and dynamic nature of human adaptation to changing circumstances and conditions. 2. Psychological Well-being: SOC emphasizes the importance of maintaining positive emotions, satisfaction, and a sense of purpose in life. 3. Performance Enhancement: SOC involves strategies and behaviors aimed at optimizing performance in various domains, such as cognitive, physical, and social functioning. 4. Age-related Changes: SOC acknowledges that aging is accompanied by physiological, cognitive, and social changes that require adjustment and adaptation. 5. Functional Declines: SOC addresses the challenges individuals face when they experience limitations or deficits in performing activities they previously accomplished with ease.