**Article Title:** In Control and Glad of It  
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|  | * Increased Responsibility Leads to Improved Well-Being * Residents with control felt happier; others declined * Activity rose in the experimental group, dropped in the other * Alertness improved with control, declined without it * Behavioral Engagement Increased in the Responsibility Group * Residents visited others more often * Spent more time talking to staff * Spent less time passively watching the staff * Long-Term Health and Mortality Outcomes * 18-month follow-up: 15% vs. 30% death rate * Better health ratings for the control group * More autonomy-focused questions were asked in the lecture |

Langer and Rodin (1976) conducted a study to explore the psychological impact of personal control on elderly residents in a nursing home. The study randomly selected residents between two floors, where one received additional choices for decision-making about movie nights and plant care choices. Data using surveys, along with direct observation, showed the well-being of residents who held responsibilities rose to a noticeable extent. The experimental group members indicated feeling happier (+0.28) and active (+0.20), and alert (+0.29) than those in the control group. The experiment group received better scores on sociability and activity evaluations from nurses who were not informed about the research design. Among the responsibility group members who took part in the guessing game, there were ten participants, but only one member from the control group joined. The participants in the responsibility group experienced 15% mortality while those in the control group had 30% mortality over an 18-month follow-up period. Research findings show how the mental and physical health of older adults strongly respond to the degree of control and self-determination in their lives. Psychological theory holds value for improving the quality of life because providing opportunities for personal decisions leads to better life expectancy, combined with improved mood outcomes.