

Abstract

This study measured subjective age of people from three cultures, namely the US, Hong Kong, and Germany, using the life-domain approach; and compared findings with previous research which used the unidimensional approach and cross-cultural studies. Results showed that middle-aged and older people generally felt younger than their actual age. Crossovers (the age before which people feel older and after which younger than their actual age) occurred at around 40 years of age, much later than previous findings using simpler subjective age scales. Moreover, the subjective age discrepancy, both in absolute and proportional terms, was smaller than those in previous studies. Cultural differences in subjective age were not moderated or mediated by factors including education level, household income, and attitudes toward aging. Chronological age was found to be a strong predictor of subjective age. Culture had no effect on subjective age or subjective age discrepancy after the mediator chronological age was controlled for.