



Prifysgol Cymru

Y Drindod Dewi Sant

University of Wales

Trinity Saint David

Trawsnewid Addysg, Trawsnewid Bywydau
Transforming Education, Transforming Lives

Thema 8 – Oedolaeth a Oedolaeth Hwyrach

Theme 8 – Adulthood and later adulthood

Deilliannau Dysgu

Learning Outcomes

- Archwilio a gwerthuso ystod o ffactorau sy'n hyrwyddo lles cadarnhaol a heneiddio llwyddiannus ar draws oedolion ac yn ddiweddarach mewn bywyd.
- Asesu mentrau lles a rhaglenni cymorth yn feirniadol gan ddefnyddio damcaniaethau perthnasol o ddatblygiad oedolion, heneiddio a lles seicolegol.
- Examine and evaluate a range of factors that promote positive wellbeing and successful ageing across adulthood and later life.
- Critically assess wellbeing initiatives and support programmes using relevant theories of adult development, ageing and psychological wellbeing.

Cwestiwn Allweddol

Key Question

- Beth sy'n cefnogi lles cadarnhaol yn oedolaeth? Sut olwg sydd ar ffynnu yn ddiweddarach mewn bywyd?
- What supports positive wellbeing in adulthood? What does thriving look like in later life?

Ffactorau i'w hystyried

Factors to consider



Byddwn yn archwilio

We will explore

- Cydbwysedd rhwng gwaith a bywyd
- Bywyd teuluol a magu plant
- Straen, ymdopi a gwytnwch
- Cyfranogiad cymunedol
- Heneiddio'n iach
- Ymddeol a lles
- Cysylltiad cymdeithasol
- Ymwybyddiaeth o ddementia
- Oedran
- Damcaniaethau oedolaeth a heneiddio
- Work-life balance
- Family life and parenting
- Stress, coping and resilience
- Community participation
- Healthy ageing
- Retirement and wellbeing
- Social connectedness
- Dementia awareness
- Ageism
- Theories of adulthood and ageing
- Wellbeing initiatives

Gweithgaredd Meddwl-Pâr-Rhannu

Think-Pair-Share activity

Sut mae bywyd da neu hapus yn edrych?

What does a good or happy life look like?

Beth all ddylanwadu ar les yn ystod oedolion?

What can influence well-being during adulthood?

Ffactorau Personol

- Iechyd corfforol
- Hunan-barch
- Strategaethau ymdopi

Personal Factors

- Physical health
- Self-esteem
- Coping strategies

Beth all ddylanwadu ar les yn ystod oedolion?

What can influence well-being during adulthood?

Ffactorau Cymdeithasol

- Teulu
- Cyfeillgarwch
- Rhwydweithiau cymunedol

Social Factors

- Family
- Friendships
- Community networks

Beth all ddylanwadu ar les yn ystod oedolion?

What can influence well-being during adulthood?

Ffactorau Strwythurol

- Cyflogaeth
- Cartref
- Incwm
- Mynediad at wasanaethau

Structural Factors

- Employment
- Housing
- Income
- Access to services

Seicoleg Gadarnhaol a Ffyniant

Positive Psychology and Flourishing

Beth mae'n ei olygu i ffynnu?

Mae ffyniant yn mynd y tu hwnt i hapusrwydd, mae'n cynnwys:

- Ystyr
- Pwrpas
- Perthnasoedd cadarnhaol
- Cyflawniad
- Ymgysylltu

What Does It Mean to Flourish?

Flourishing goes beyond happiness, it includes:

- Meaning
- Purpose
- Positive relationships
- Accomplishment
- Engagement

Trafodwch Discuss

A all rhywun brofi anawsterau a dal ffynnu?

Can somebody experience difficulties and still flourish?

Theori Hierarchaeth Anghenion Maslow (1943)

Maslow's Hierarchy of Needs Theory (1943)

Sut allai oedolion ddarparu cyfleoedd i ddiwallu'r anghenion hyn? Beth mae hyn yn edrych fel i oedolion ym mhob cam?

How might adulthood provide opportunities to meet these needs? What might this look like for adults at each stage?



Rolau a chyfrifoldebau oedolion

Adult roles and responsibilities

Cyfrifoldebau Cyffredin i Oedolion

Mae llawer o oedolion yn cydbwyso:

- Cyflogaeth
- Rhianta
- Cyfrifoldebau gofalu
- Perthnasoedd
- Ymrwymïadau ariannol

Common Adult Responsibilities

Many adults balance:

- Employment
- Parenting
- Caring responsibilities
- Relationships
- Financial commitments

Trafodwch

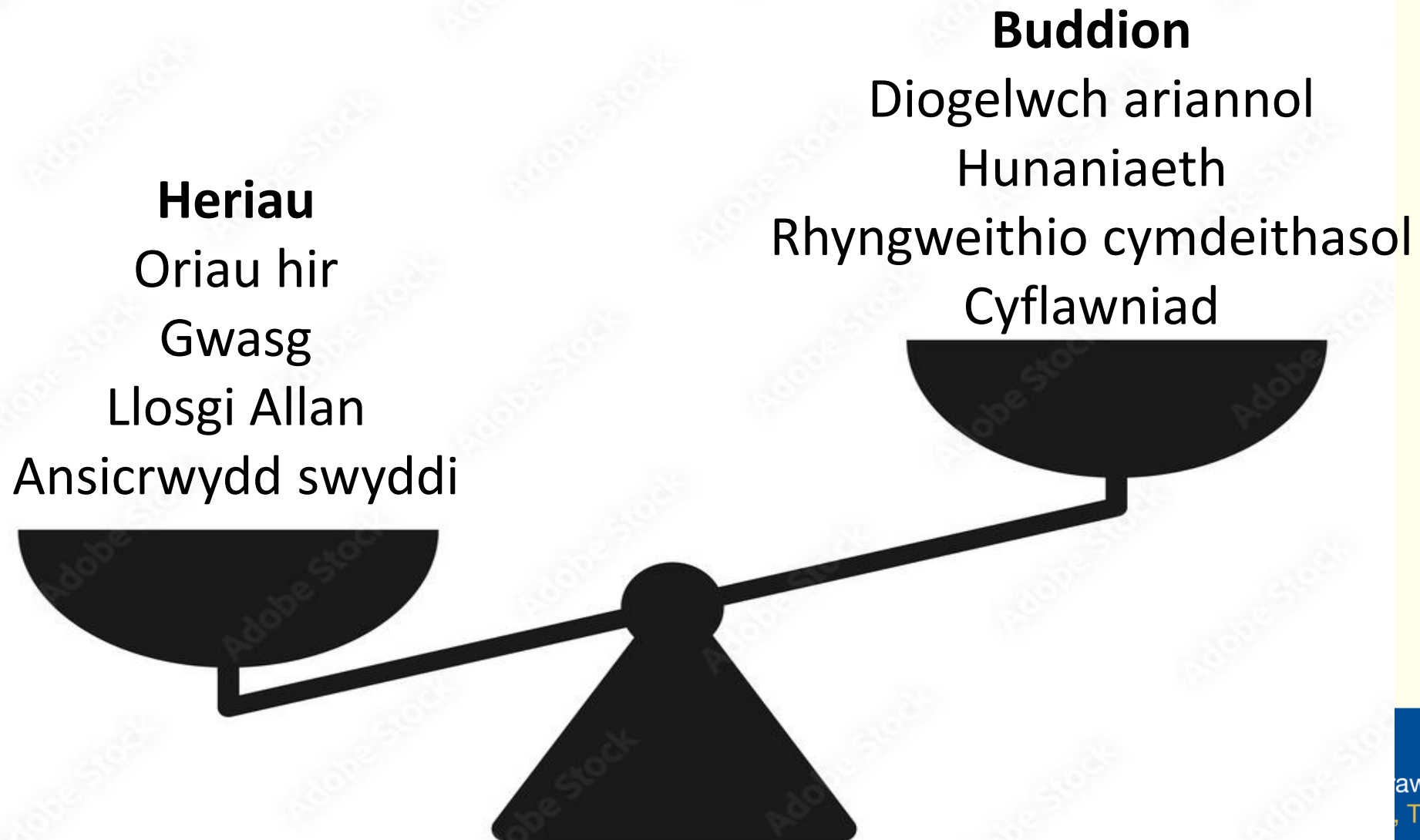
Discuss

Pam y gall oedolion weithiau deimlo'n werth chweil ac yn straen ar yr un pryd?

Why can adulthood sometimes feel rewarding and stressful at the same time?

Lles yn y gweithle

Workplace well-being



Lles yn y gweithle

Workplace well-being



Gweithgaredd Grŵp Bach

Small Group Activity

Ystyriwch weithle rydych chi'n ei adnabod

Gwerthuso:

- ✓ Cymorth iechyd meddwl
- ✓ Gweithio hyblyg
- ✓ Mentrau lles staff
- ✓ Datblygiad proffesiynol
- ✓ Cydbwysedd bywyd a gwaith

Trafod: Beth y gellid ei wella?

Consider a workplace you know

Evaluate:

- ✓ Mental health support
- ✓ Flexible working
- ✓ Staff wellbeing initiatives
- ✓ Professional development
- ✓ Work-life balance

Discuss: What could be improved?

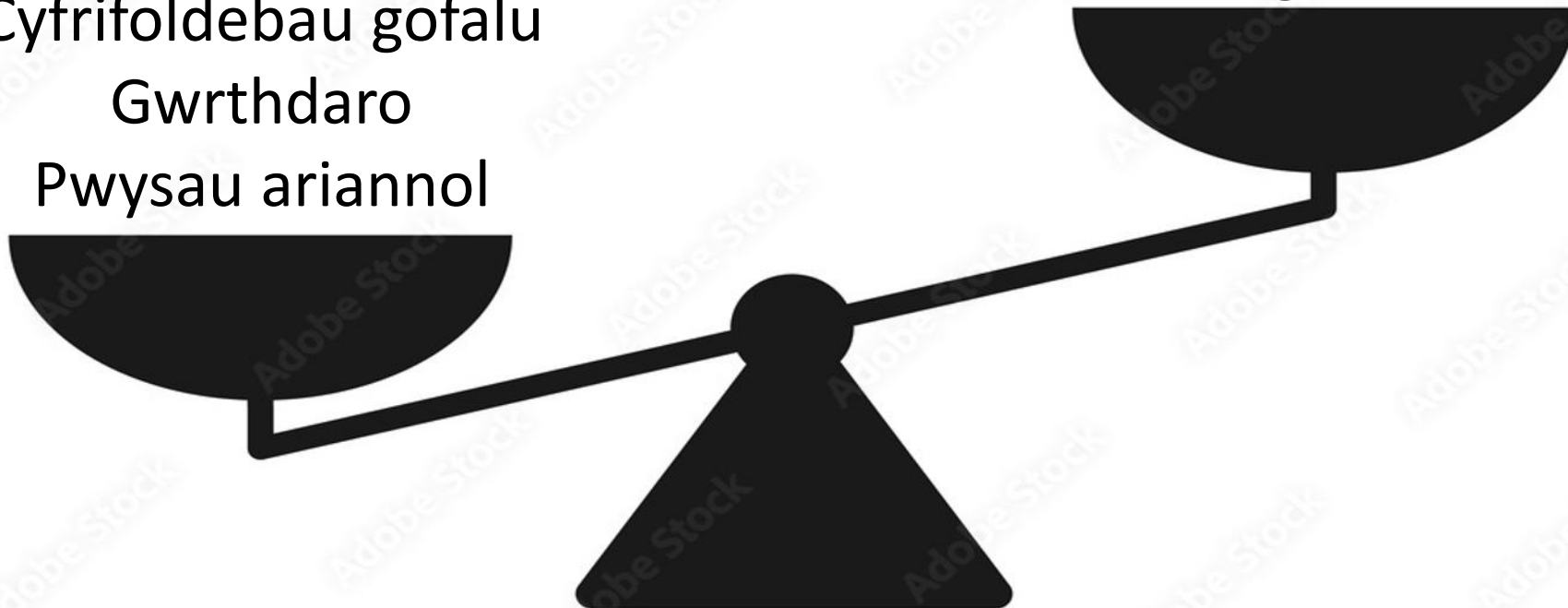
Bywyd teuluol a lles

Family Life and Wellbeing

**Gall bywyd teuluol
ddarparu:**
Cyfrifoldebau gofalu
Gwrthdaro
Pwysau ariannol

Gall bywyd teuluol ddarparu:

Cymorth emosiynol
Cymorth ymarferol
Perthyn
Diogelwch



Bywyd teuluol a lles

Family Life and Wellbeing

Family life may involve:

Caring responsibilities
Conflict
Financial pressures

Family life may provide:

Emotional support
Practical support
Belonging
Security



Rhianta a Lles

Parenting and Wellbeing

Gall heriau gynnwys

Straen
Amddifadedd cwsg
Straen ariannol
Gwrthdaro rhwng
Gwaith a teulu

Gall bywyd teuluol ddarparu:

Cymorth emosiynol
Cymorth ymarferol
Perthyn
Diogelwch



Bywyd teuluol a lles

Family Life and Wellbeing

Challenges may include:

Stress
Sleep deprivation
Financial strain
Work-family conflict

Parenting can promote:

Meaning and purpose
Identity development
Personal growth



Trafodwch

Discuss

Sut mae disgwyliadau cymdeithasol yn effeithio ar les rhieni? Beth yw rhai o'r disgwyliadau cymdeithasol hynny?

How do societal expectations affect parents' wellbeing? What are some of those societal expectations?

Camau Datblygiad Seicogymdeithasol Erikson (1950)

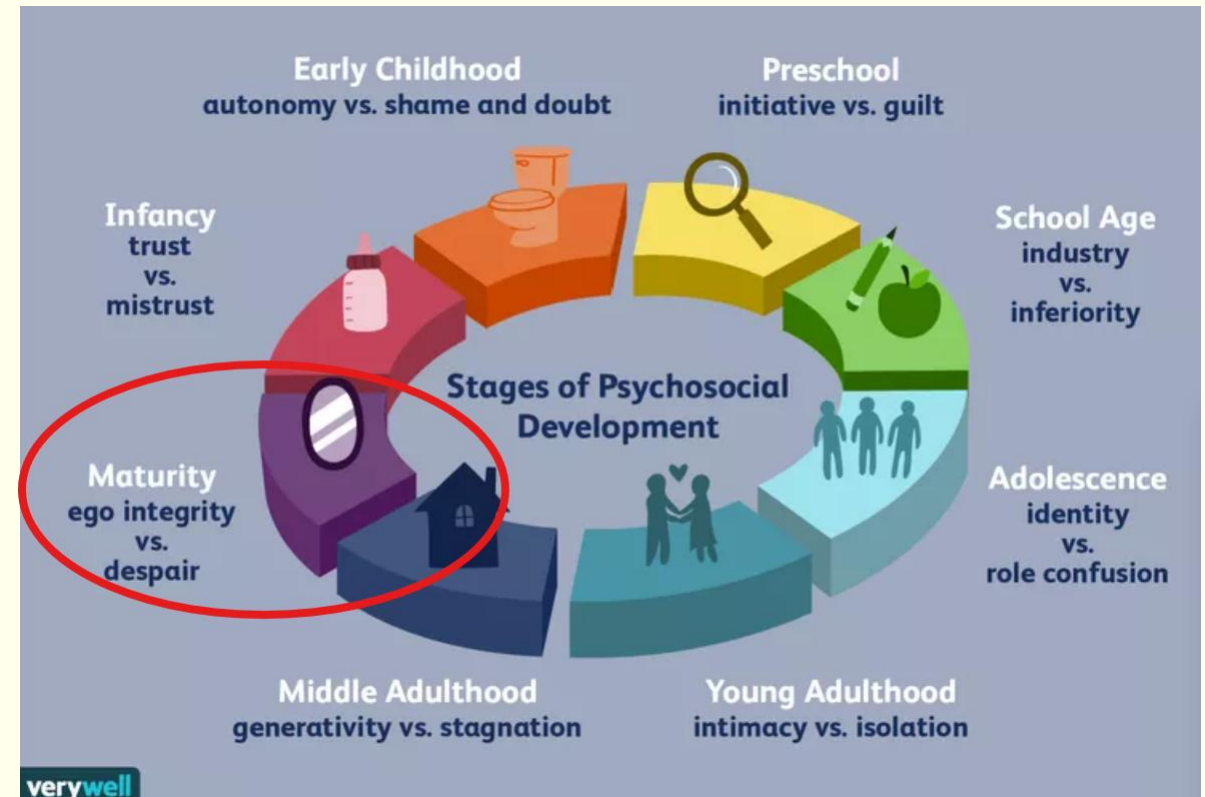
Erikson's Stages of Psychosocial Development (1950)

Oedolaeth Canol

Uniondeb yr ego vs Anobaith =
Doethineb

Middle Adulthood

Ego integrity vs Despair =
Wisdom



Straen mewn oedolaeth

Stress in Adulthood

Beth sy'n achosi straen yn oedolion a pham? – Trafodwch

What causes stress in adulthood and why? - Discuss

Straen mewn oedolaeth

Stress in Adulthood

Mae straen cyffredin yn cynnwys:

- Pwysau gwaith
- Gofynion rhianta
- Pryderon ariannol
- Cyfrifoldebau gofalu
- Salwch
- Anawsterau perthynas

Common stressors include:

- Work pressure
- Parenting demands
- Financial concerns
- Caring responsibilities
- Illness
- Relationship difficulties

Model trafodiadol Lazarus a Folkman (1984) o straeen ac ymdopi

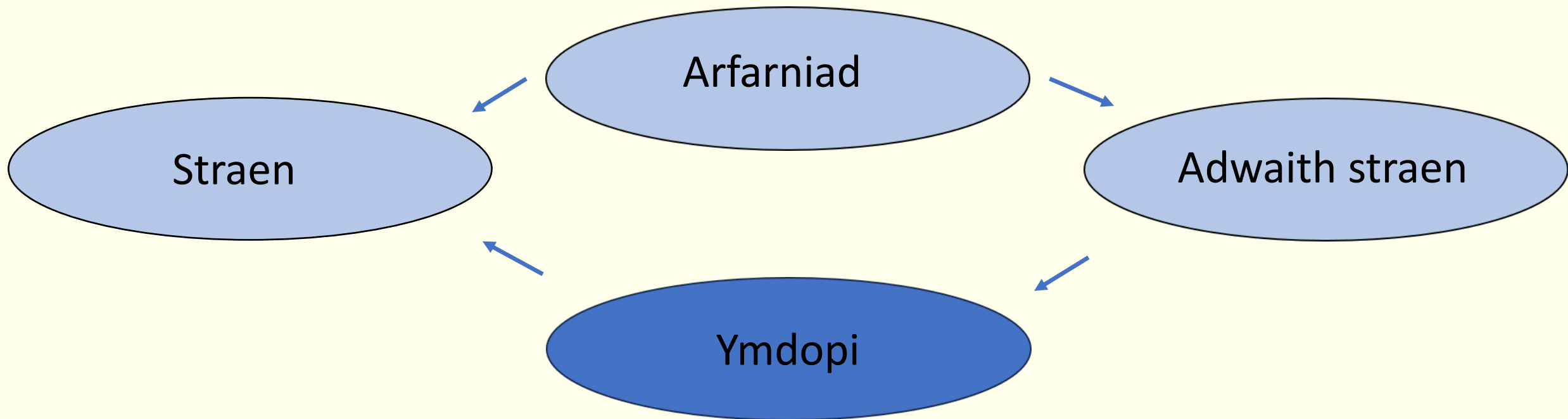
Lazarus and Folkman's (1984) transactional model of stress and coping

“a psychological framework that examines how individuals perceive and respond to stressors in their environment”

(Kivak, 2020)

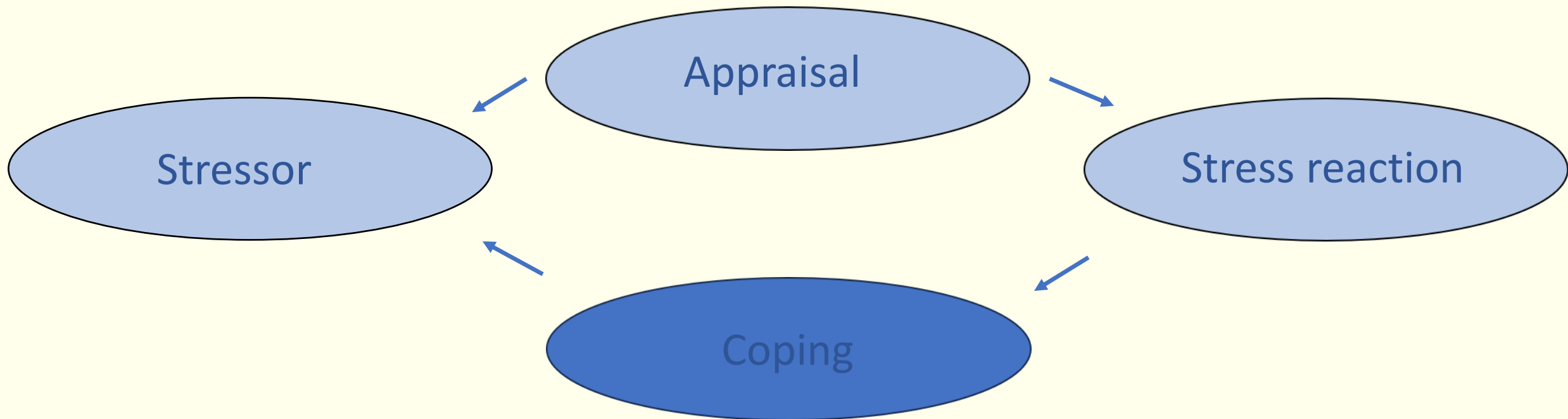
Model trafodiadol Lazarus a Folkman (1984) o straeln ac ymdopi

Lazarus and Folkman's (1984) transactional model of stress and coping



Model trafodiadol Lazarus a Folkman (1984) o straeen ac ymdopi

Lazarus and Folkman's (1984) transactional model of stress and coping



Arfarniad

Appraisal

3 math

- Cynradd
- Eilaidd
- Ailwerthuso

3 types

- Primary
- Secondary
- Reappraisal

Ymdopi

Coping

2 math

Ymdopi sy'n canolbwyntio ar broblemau - yn delio â'r broblem neu'r straen yn uniongyrchol

Mae ymdopi sy'n canolbwyntio ar emosiynau wedi'i anelu at leihau'r trallod sy'n aml yn cyd-fynd â straen

2 types

Problem-focused coping - is dealing with the problem or stressor directly

Emotion-focused coping is - aimed at minimizing the distress that often accompanies stress

Gweithgaredd

Activity

Creu poster sy'n tynnu sylw at fecanweithiau / strategaethau cymorth penodol ar gyfer y ddau fath o ymdopi ar y sleid flaenorol fel amlinelliadau gan Lazurus a Folkman

Create a poster that highlights specific support mechanisms/ strategies for the two types of coping on the previous slide as outlines by Lazurus and Folkman

Cyfranogiad Cymunedol Community Participation

Grwpiau ffydd

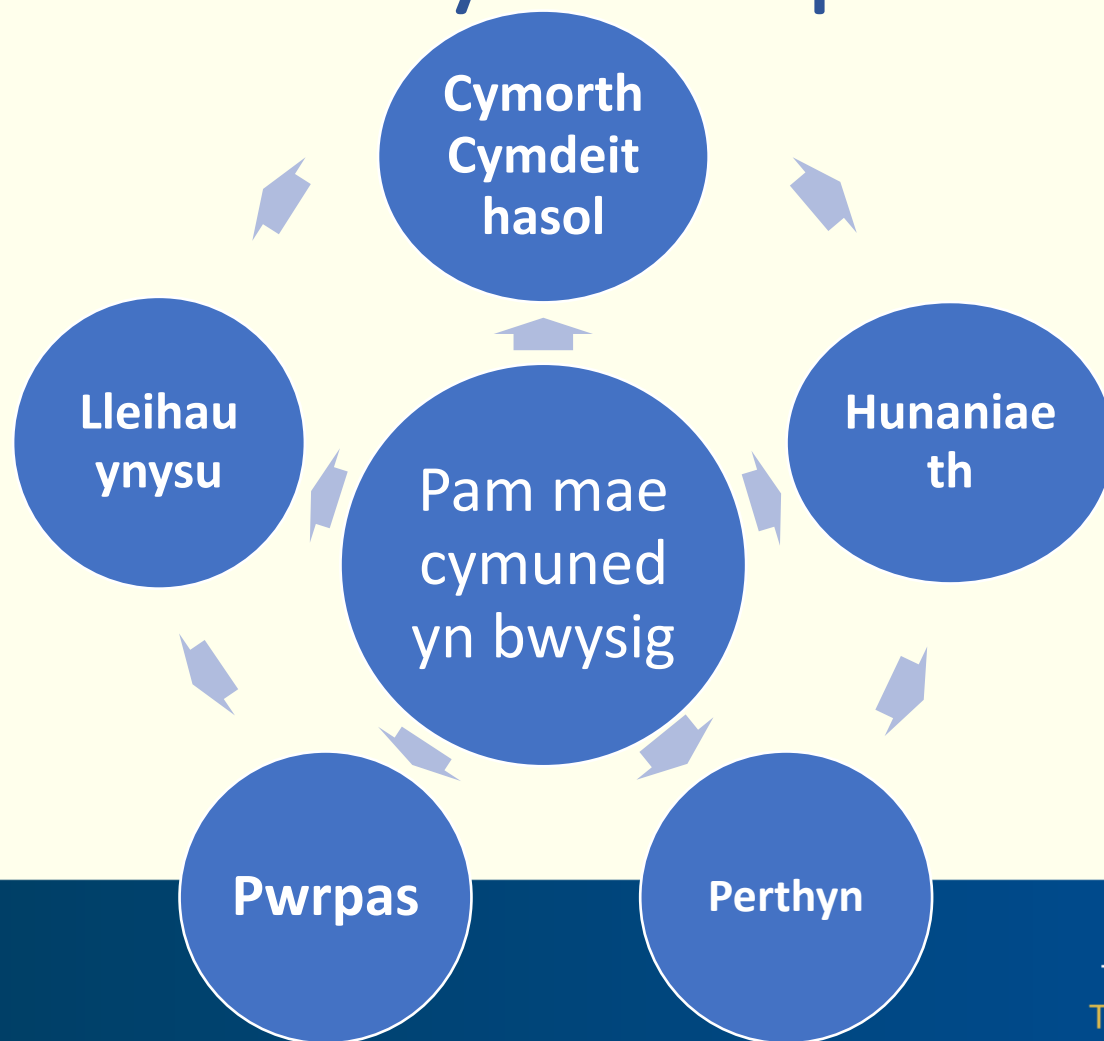
Clybiau
cymdeithasol

Elusennau

Sefydliadau lleol

Gwirfoddoli

Ymarfer corff



Cyfranogiad Cymunedol

Community Participation

Faith groups

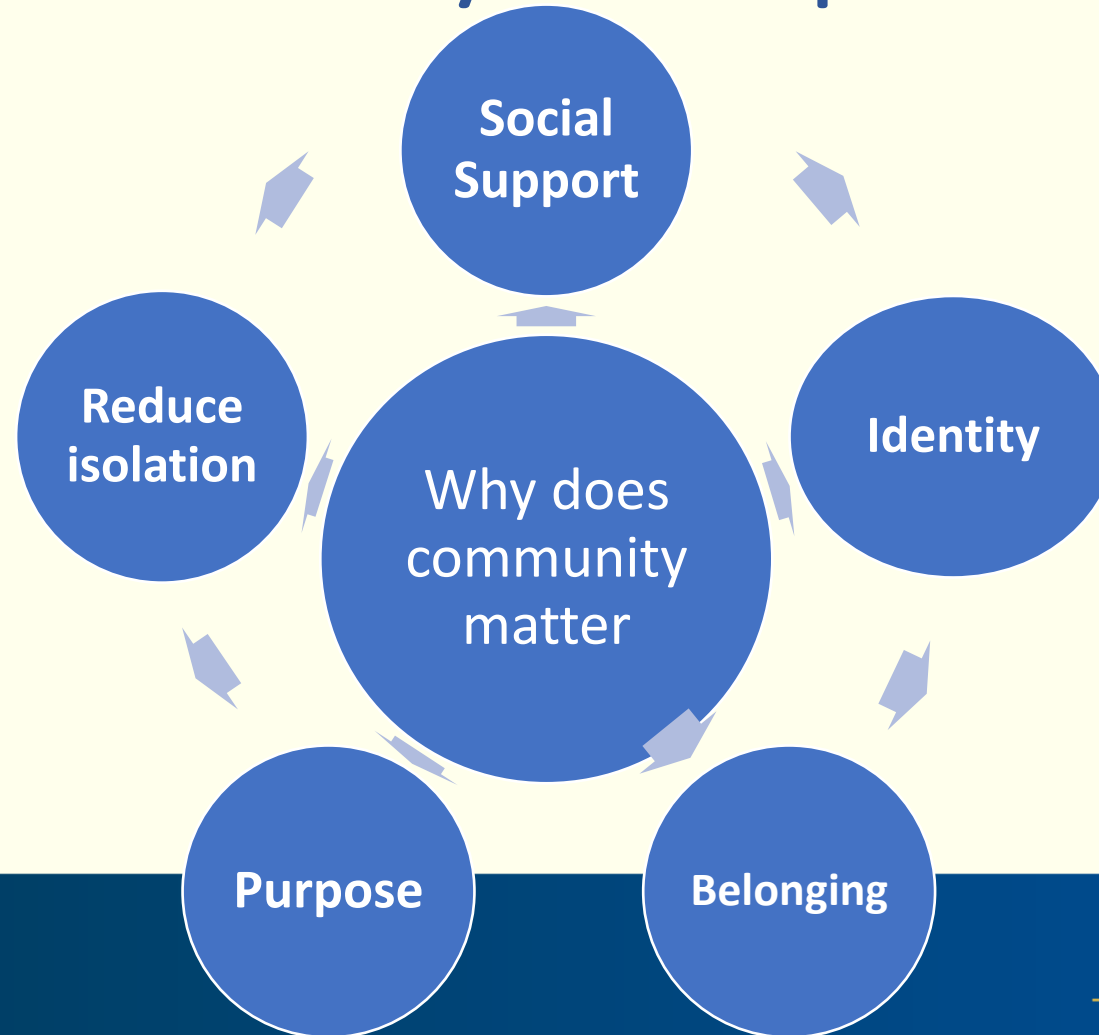
Social clubs

Charities

Local
organisations

Volunteering

Exercise



Trafodwch Discuss

A yw heneiddio iach yn unig yn absenoldeb clefyd neu salwch?

Is healthy ageing merely the absence of disease or illness?

Heneiddio'n Iach

Healthy Ageing

Mae heneiddio'n iach yn cynnwys:

Iechyd corfforol

Lles gwybyddol

Ymgysylltu cymdeithasol

Annibyniaeth

Gweithgaredd ystyrlon

= **Cyfannol**

Healthy ageing includes:

- Physical health
- Cognitive wellbeing
- Social engagement
- Independence
- Meaningful activity

= **Holistic**

Oedolaeth Diweddarach

Later Adulthood

Challenges may include:

Retirement
Health changes
Bereavement
Caring responsibilities

Potential opportunities:

Volunteering
Freedom
New hobbies
Increased family time



Oedolaeth Diweddarach

Later Adulthood

Ymddeol a Lles

Ydy pawb yn profi ymddeoliad yn yr un modd?

Retirement and Wellbeing

Does everyone experience retirement in the same way?

Cysylltiad Cymdeithasol

Social Connectedness

Mae perthnasoedd cymdeithasol cryf yn gysylltiedig â:

- Gwell iechyd meddwl
- Gwell iechyd corfforol
- Disgwyliad oes hirach
- Llai o unigrwydd

Neges allweddol yw bod perthnasoedd a chysylltiadau yn parhau i fod yn bwysig trwy gydol oes

Strong social relationships are associated with:

- Better mental health
- Better physical health
- Longer life expectancy
- Reduced loneliness

Key message is that relationships and connections remain important through the lifespan

Mentrau llesiant ar gyfer bywyd hwyrach

Well-being initiatives for later life

Rhaglenni Lles Gweithwyr

- Cwnsela
- Gweithio hyblyg
- Cynlluniau gweithgarwch corfforol

Employee Wellbeing Programmes

- Counselling
- Flexible working
- Physical activity schemes

Mentrau llesiant ar gyfer bywyd hwyrach

Well-being initiatives for later life

Cefnogi Oedolion ac Oedolion Hŷn

- Gwasanaethau Iechyd Galwedigaethol
- Cymorth iechyd yn y gweithle
- Rheoli absenoldeb
- Cymorth iechyd meddwl

Supporting Adults and Older Adults

- Occupational Health Services
- Workplace health support
- Absence management
- Mental health support

Camau Datblygiad Seicogymdeithasol Erikson (1950)

Erikson's Stages of Psychosocial Development (1950)

Oedolaeth Canol

Cynhyrchiant vs bod yn llonydd =
Gofal

Middle Adulthood

Generativity vs Stagnation =
Care



Mentrau llesiant ar gyfer bywyd hwyrach

Well-being initiatives for later life

Mentrau Cymunedol

Mae enghreifftiau'n cynnwys:

- Presgripsiynu cymdeithasol
- Hybiau cymunedol
- Siediau dynion
- Grwpiau cerdded
- Prosiectau rhwng cenedlaethau
- Gwasanaethau Age UK

Community-Based Initiatives

Examples include:

- Social prescribing
- Community hubs
- Men's sheds
- Walking groups
- Intergenerational projects
- Age UK services

Myfyrio Ymadael – ‘Papur 1 funud’

Exit Reflection – ‘1 minute paper’

Cyn gadael, ysgrifennwch:

- Beth mae ffynnu mewn bywyd diweddarach yn ei olygu i chi?
- Pa theori sy'n esbonio heneiddio llwyddiannus orau?
- Pa un camau y gall cymdeithas eu cymryd i gefnogi lles mewn oedolion hŷn?

Before leaving, write:

- What does thriving in later life mean to you?
- Which theory best explains successful ageing?
- What one action can society take to support wellbeing in older adulthood?

References

Kivak, R. (2020) 'Transactional model of stress and coping', *EBSCO*. Available at: <https://www.ebsco.com/research-starters/psychology/transactional-model-stress-and-coping> (Accessed: 3 September 2026).