

Prosocial engagement among
older Finns:
Are informal help and care associated
with volunteering and charity?

Antti O. Tanskanen
Hans Hämäläinen
Mirikka Danielsbacka

9.2.2022

ISSN 2737-0534

The Inequalities, Interventions, and New Welfare State (INVEST) ecosystem brings together the efforts of over 200 researchers and advances cross-disciplinary research. It forms an international collaboration platform that connects researchers, practitioners, public organisations, third sector organisations, companies, students, families and other citizens that work with us in our mission to increase the wellbeing of the Finnish society during childhood, youth and early adulthood. The INVEST ecosystem can be harnessed to solve welfare state and public sector problems and provide greater insights to governments as they form policy. It is involved in large-scale policy reforms. INVEST is funded by the Academy of Finland Flagship Programme and the host institutions and affiliates multiple projects funded by various external research funders. The INVEST working paper series has subseries for the long-term projects funded by the Strategic Research Council (SRC).



Prosocial engagement among older Finns:

Are informal help and care associated with volunteering and charity?

Antti O. Tanskanen (1, 2), Hans Hämäläinen (1, 2), Mirikka Danielsbacka (1, 2)

1 University of Turku, Finland

2 Population Research Institute, Väestöliitto, Finland

Funding: The study is part of NetResilience consortium funded by the Strategic Research Council at the Academy of Finland (grant number 345183) and INVEST flagship funded by the Academy of Finland (grant number 320162).

Abstract

Older adults' engagement in various prosocial activities is a salient question in present-day societies that aim to promote active ageing. Using population-based data of older Finns (n = 2,184) from 2012, we examined their prosocial activities and investigated whether providing informal help (i.e. practical help, financial support, or personal care) to relatives and friends is associated with participation in volunteering and charity, respectively. Overall, five per cent of the participants provided all examined forms of informal help and volunteered, 16 per cent provided two types of help and volunteered, and 23 per cent provided one type of help and volunteered. In addition, nine per cent of the participants provided all types of informal help and made charitable donations, 33 per cent provided two types of help and made charitable donations, and 54 per cent provided one type of help and made charitable donations. Practical help and care channelled outside the household were associated with an increased probability of volunteering, although they were not associated with the probability of making charitable donations. Practical help, financial support, and personal care provided to friends were particularly important predictors of volunteering and charity. These results are discussed in the context of the role overload and role extension hypotheses.

Keywords: Caregiving, charity, financial support, practical help, volunteering

Introduction

Active ageing is currently one of the key policy goals in European countries with ageing populations (Foster and Walker 2015) and is particularly important in Finland, where the population structure is the most rapidly ageing in Europe (Organisation for Economic Cooperation and Development 2021a). Active ageing refers to the socially connected ageing process, which may enhance the subjective well-being of older adults (World Health Organization 2015). Although older adults may be involved in several types of prosocial activities (i.e. activities that benefit other individuals, their communities, or even the entire society), few studies have identified how informal help to relatives and friends is connected to volunteering and charity, respectively. Moreover, prior studies considering the associations between informal help and volunteering have, in most cases, considered only one type of informal help (e.g. personal care) at a time (Strauss 2021; but see Burr *et al.* 2005). Here, we use data from older Finns and consider multiple forms of informal help, that is, we examine whether practical help, financial support, and care provided to relatives and friends are associated with volunteering and charitable giving, respectively.

The commonality among all the aforementioned prosocial engagements is that they are unpaid productive activities aiming to benefit other people. However, they also have distinct features. Volunteering can be defined as unpaid activity directed towards parties with whom the actor does not have familial or friendship obligations (i.e. close personal relationships), while charitable giving refers to prosocial spending, that is, donating money for the benefit of others who are not family or friends (Musick and Wilson 2008). In Finland, volunteering is most often conducted in the social and health sectors, and is typically related to sports, religion, and culture (Hämäläinen *et al.* 2020a). The most common recipients of charity donations in Finland are children, veterans of World War II, and international disaster

survivors (ibid.). As both volunteers and charity donors, Finns are close to the European average (Bauer *et al.* 2013).

Prosocial activities also include the gratuitous provision of informal help, such as practical help, personal care, and financial aid, to relatives and friends. As a Nordic welfare state, Finland is characterised by relatively generous publicly provided services and cash transfers (Organisation for Economic Cooperation and Development 2021b). The Finnish state supports its citizens in several ways, meaning that there is a less severe need for informal help and care compared to countries with scarcer public support. As informal helpers, older Finns are comparable to their Nordic counterparts; thus, while a relatively large number of older adults provide occasional support to their relatives and friends, only a few consistently provide informal help (Hämäläinen and Tanskanen 2021; Hämäläinen *et al.* 2021).

Although prosocial activities may often be highly rewarding for the provider (e.g. by improving one's health and subjective well-being; Burr *et al.* 2021), participating in multiple engagements could be demanding owing to constraints related to time and other resources (Choi *et al.* 2007). Hence, based on the *role overload* approach, individuals may be reluctant to simultaneously engage in multiple prosocial activities. Role overload has previously been considered to exist between volunteering and practical support or caregiving (Hank and Stuck 2008; Strauss 2021). Here, we extend this perspective to monetary support, because financial support given to relatives or friends may decrease the possibility of donating to charity and vice versa. As financial resources are limited, providing financial support to more than one party may lead to financial overload.

The *role extension* approach provides an alternative perspective and stresses the fact that multiple activities may complement each other (Hank and Stuck 2008). According to this view, participating in one type of unpaid activity facilitates engagement in other types of

activities as well (Strauss 2021). People who are engaged in helping others are also likely to interact with people who have prosocial tendencies, and these social connections may provide new opportunities to participate in various activities (Burr *et al.* 2005). For instance, individuals who provide support for family members outside their immediate household are typically part of both informal and formal social networks that can also promote prosocial behaviour via, for example, volunteering and charity (Jacobs *et al.* 2016). Thus, at least when the investment in one type of activity is not too demanding, different forms of social engagement may strengthen each other.

Prior studies investigating the association between informal help and volunteering have provided more support for role extension than the role overload hypothesis. For instance, according to Swedish studies, a large share of middle-aged and older adults engages in informal help-giving (i.e. practical help or care) outside their household and volunteering (Jegermalm and Grassman 2009; 2013). An American study found that older caregivers, who provided or organised care for a relative or friend in need, reported more hours of volunteering than did non-caregivers (Burr *et al.* 2005). A multinational study of older adults from 11 European countries found that three forms of prosocial activities, that is, volunteering, caregiving to a sick or disabled person, and informal help to relatives or friends, were positively correlated (Hank and Stuck 2008). A recent study utilising longitudinal data from 13 European countries examined the association between caregiving and volunteering, distinguishing older adults who had provided personal care within their own households from those who had provided personal care or household help to a relative or friend outside their household (Strauss 2021). It was found that caregivers were more likely to volunteer than non-caregivers; however, the positive association was only found for those who provided care outside of their household, and the study did not detect a positive effect of caregiving within the household (i.e. typically spousal care) on volunteering (*ibid.*).

The present study makes an important contribution to the field by focusing on relationships between several types of prosocial activities, rather than just a few, and by including prosocial spending (i.e. informal financial support and charity donations) in the analyses. To the best of our knowledge, to date, no prior study has investigated the association between informal monetary help and charity or voluntary work in older adults. We will focus on help channelled outside the household because prior studies have indicated that informal help given outside the household tends to be more relevant than help given inside the household when different types of help are considered (Choi *et al.* 2007; Strauss 2021). Finally, we consider practical help, financial support, and care channelled towards different groups of people, such as relatives and friends, as prior studies have shown that huge variation exists in the motivation to provide support to different groups of individuals (Tanskanen and Danielsbacka 2019), which may also influence the willingness to engage in different prosocial activities.

Research questions

We examine whether three types of informal help (i.e. practical help, financial support, and personal care) are associated with volunteering or charitable giving. We start our analyses by examining the overall structure of prosocial engagements among older Finns, that is, how the different forms of prosocial activities overlap with each other, by asking:

Question 1: What is the proportion of older adults who provide multiple types of informal help while participating in voluntary work or charity?

After forming a picture of the structure of multiple prosocial engagements, we take a closer look at the relationship between the types of support and investigate whether a particular form of informal help serves as a predictor for volunteering or charitable giving. Moreover, we consider informal help provided to relatives and friends. We ask:

Question 2: Can the provision of practical help, financial support, and personal care predict volunteering or charitable giving?

Question 3: Can the provision of informal help to relatives and friends predict volunteering and charitable giving, respectively?

Material and methods

Sample and setting

To study the associations between different prosocial activities, we used the Generational Transmissions in Finland (Gentrans) survey that gathered information on Finnish older adults born between 1945 and 1950. This nationally representative survey was conducted by Statistics Finland in 2012. The present sample consisted of 2,184 older adults aged 62–67 years during data collection.

Variables

Volunteering and charity were the dependent variables. In the Gentrans survey, participants were asked to report whether they had engaged in volunteering in the last 12 months (0 = no, 1 = yes). In addition, they were asked to report whether they had donated money to charity in the last 12 months (0 = no, 1 = yes).

The main independent variables measure informal help to relatives and friends. Participants were asked to report whether they had provided practical help, financial support, and personal care to their relatives or friends outside their households. Information on these three forms of prosocial activities was gathered separately by asking how often the participants had provided help/care in the previous 12 months using a five-point scale (0 = never to 4 = several times a week). Regarding practical help and financial support, the participants were asked about help given to children, parents, siblings, aunts/uncles, cousins, and friends, and in the case of personal care, they were asked about caregiving to parents, siblings, aunts/uncles, cousins, and friends. Note that information about parents' care given to

their adult children was not considered in the survey because it is extremely rare in contemporary Finland (Hämäläinen and Tanskanen 2021). To investigate whether different types of informal help are associated with volunteering or charity, the variables (practical help, financial support, and personal care) were coded as separate dummy variables and had values of 0 = no help and 1 = at least occasional help.

Data analysis

After examining how each type of support is associated with volunteering or charity, we widened our investigation by including the recipients of informal support in the analyses. For these analyses, we constructed new variables consisting of information regarding which type of informal help was provided: relatives (0 = no help to relatives, 1 = help to at least one relative) and friends (0 = no help to friends, 1 = help at least one friend). Owing to the low number of observations, we were unable to construct more accurate variables in terms of target and intensity of provided help without losing too much statistical power. Instead, we conducted additional analyses using variables in which we combined the types of help to examine the association between the number of recipients and volunteering or charity (Appendix Table 1). For sensitivity purposes, we also conducted the analyses introducing all the groups of relatives (i.e. parents, parents' siblings, siblings, children, and cousins) separately in the models (Appendix Tables 2–4).

We started our analyses by examining the structure of provided help by using the dummy variables of informal help and constructing Venn diagrams illustrating all the possible combinations of different types of help. The Venn diagrams were constructed using the R package ‘*ggvenn*’ with RStudio (Linlin 2021). Along with the diagrams, we constructed a variable consisting of frequencies of all possible combinations of provided help. The frequencies and distribution of this variable are presented only in the text, although the same can be calculated from the diagrams as well.

Next, we executed binary logistic regression analyses where the dummy variables were simultaneously fitted in the models; that is, we predicted volunteering and charitable giving by the provision of one type of informal help while the other types were held constant. Moreover, we distinguished whether the recipient of informal help was a relative or friend, and predicted volunteering and charitable giving separately by the provision of informal help to these groups. In the analyses, the variables relating to providing help to relatives and friends were introduced simultaneously in the models, meaning that volunteering and charitable giving are predicted by help to one of these two, while help to the other is held constant.

To achieve more robust results, we controlled for several variables that have been shown to be associated with volunteering and charity (Hank and Erlinghagen 2010; Musick and Wilson 2008): participants' gender, partnership status, educational level, employment status, perceived financial condition, self-rated health, number of close relatives, and number of friends (descriptive statistics are presented in Table 1). The findings were illustrated by calculating the predicted probabilities (and 95 per cent confidence intervals (CIs)) of volunteering or charity using informal help variables from the logistic regression models. The analyses were conducted using Stata version 17 (StataCorp. College Station, TX, USA).

< Insert Table 1 about here >

Results

Structure of prosocial engagement

First, we provide descriptive results regarding the structure of prosocial engagement. Overall, 21 per cent of the participants had engaged in volunteering, and 58 per cent had donated money to charity. Moreover, 72 per cent had provided practical help, 44 per cent financial support, and 24 per cent personal care for relatives or friends. The Venn diagrams presented in Figures 1 and 2 illustrate all possible combinations of the different forms of prosocial

activities. The figures are constructed according to our further analyses, that is, separately for volunteering and charity, and both include only participants who provided at least one type of help. Figure 1 shows the combinations of volunteering and three types of informal help. Every ellipse represents one type of help (e.g. the left-most consists of all participants who had engaged in volunteering) and the intersections of the ellipses illustrate the overlap of the provision of different types of help. Thus, the intersection of all the ellipses in the middle of the diagram shows the share of those participants who had provided all four types of help, that is, five per cent. About 16 per cent had provided at least two types of informal help, and 23 per cent had provided at least one type of informal help and participated in volunteering. About three per cent had volunteered but had not provided any informal help to friends or relatives. Figure 2 presents the combinations of informal help and charity. In total, nine per cent of the participants had provided all four types of help, which is illustrated by the intersection of all the ellipses in the middle of the diagram. Moreover, 33 per cent had provided at least two types of informal help, while 54 per cent had provided at least one type of informal help and donated to charity. Finally, 10 per cent had participated in charity but had not provided any informal help to friends or relatives.

< Insert Figure 1 about here >

< Insert Figure 2 about here >

Table 2 shows the results of the logistic regression model for predicting volunteering among older adults. Participants who provided practical help were also more likely to volunteer than those who did not provide practical help (predicted probability, 95 per cent CIs: no help = 17.7, 14.3–21.0, vs. practical help = 23.0, 21.0–25.0). Similarly, caregivers were more likely to volunteer than non-caregivers (predicted probability, 95% CIs: no help = 17.7, 15.9–19.6 vs. personal care = 31.8, 27.9–35.8). In contrast, individuals who provided financial support were not significantly more likely to volunteer than individuals who did not

provide financial support (predicted probability, 95% CIs: no help = 20.2, 8.0–22.5 vs. financial support = 22.8, 20.2–25.3).

Table 2 also shows that women and individuals with higher educational levels were more likely to volunteer than men and those with lower educational levels, respectively. Individuals engaged in paid work were less likely to volunteer than non-workers. Moreover, those with more close relatives and friends were more likely to volunteer compared to those with fewer close relatives or friends. We also tested the potential differences in multiple engagements between women and men and studied the probability of volunteering by including interaction terms between practical help and gender, between financial support and gender, and between caregiving and gender. However, all these interaction effects were insignificant (not shown in tables), indicating that the effect was similar in women and men.

< Insert Table 2 about here >

The factors associated with charitable giving are presented in Table 2. Those who provided practical help were not significantly more likely to make charitable donations compared to non-helpers (predicted probability, 95% CIs: no help = 55.5, 51.5–59.5 vs. practical help = 58.8, 56.4–61.2). In addition, there were no significant differences in the likelihood of making charitable donations between financial helpers and non-helpers (predicted probability, 95% CIs: no help = 56.2, 53.5–58.9 vs. financial support = 60.0, 56.9–63.1) and between caregivers and non-caregivers (predicted probability, 95% CIs: no help = 56.8, 54.4–59.1 vs. personal care = 61.2, 57.0–65.4).

As Table 2 shows, women, individuals with higher educational levels, and those with good self-perceived financial condition were more likely to make charitable donations than men, individuals with lower educational levels, and those with poor self-perceived financial condition, respectively. People with good or fair self-rated health were more likely to donate to charity than those with poor or very poor self-rated health. Finally, those with a higher

number of close relatives were more likely to participate in charity than those with fewer close relatives. Potential differences between women and men in charitable giving were investigated by including the interaction terms between practical help and gender, between financial support and gender, and between caregiving and gender. However, all these interaction effects were insignificant (not shown in tables).

For sensitivity purposes, we measured the intensity of practical help, financial support, and personal care by generating a categorical variable based on the mean frequency of these three types of involvement. In addition, we constructed variables consisting of the total frequency of all provided practical help, financial support, and personal care (e.g. sum of the frequencies of practical help to all relatives and friends). However, the sensitivity analyses yielded results similar to those of the main analyses with dichotomous variables (not shown in tables).

Engagement in volunteering and charity by type and recipient of informal help

Next, we considered the target of informal support and investigated whether help was given to friends or relatives (Table 3). Practical help provided to friends was associated with an increased likelihood of volunteering (predicted probability, 95% CIs: no help = 18.3, 16.5–20.2 vs. practical help = 29.9, 26.1–33.7) as well as with an increased probability of charitable giving (predicted probability, 95% CIs: no help = 55.3, 52.9–57.6 vs. practical help = 65.2, 61.3–69.1). Regarding practical help to relatives, we did not detect any statistically significant associations.

< Insert Table 3 about here >

After that, volunteering and charity were predicted by financial support provided to relatives and friends (Table 4). It was observed that financial support to friends was associated with both an increased likelihood of volunteering (predicted probability, 95% CIs: no help = 20.7, 19.0–22.4 vs. financial support = 45.9, 32.8–58.9) and making charitable

donations (predicted probability, 95% CIs: no help = 57.3, 55.3–59.3 vs. financial support = 77.3, 66.7–88.0). Again, regarding financial support to relatives, no statistically significant associations were observed.

< Insert Table 4 about here >

Finally, Table 5 considers the associations between volunteering and charity and caregiving to relatives and friends, respectively. Provision of personal care to relatives (predicted probability, 95% CIs: no help = 19.9, 18.1–21.7 vs. personal care = 27.6, 23.4–31.8) and friends (predicted probability, 95% CIs: no help = 18.9, 17.2–20.6 vs. personal care = 44.4, 37.7–51.1) was associated with an increased probability of volunteering. Moreover, caregiving to friends (predicted probability, 95% CI: no help = 57.1, 55.0–59.2 vs. personal care = 65.2, 58.8–71.5) was associated with an increased likelihood of making charitable donations.

< Insert Table 5 about here >

For sensitivity purposes, we constructed new variables including both practical help and personal care, which enabled us—owing to the increased number of observations—to investigate whether supporting more or fewer parties is associated with volunteering and charity. The results are in line with the main analyses; providing more support to friends increased the likelihood of volunteering and charity, while supporting relatives was only partially associated with volunteering (Appendix Table 1). In addition, we ran the analyses by introducing all groups of relatives separately in the models (Appendix Tables 2–4). Overall, the results were similar to those presented above regarding the association between providing informal help to relatives and volunteering/charity, although a few significant associations were observed. Providing financial support to different groups of relatives (i.e. children, parents, other kin) was not associated with an increased or decreased likelihood of volunteering or charitable giving. Similarly, giving practical help to relatives (children,

parents, siblings, parents' siblings, or cousins) did not predict volunteering. However, providing practical help to parents predicted less charitable giving, and practical help to cousins or parents' siblings was associated with an increased likelihood of participating in charity. Moreover, provision of personal care to parents was associated with a decreased likelihood of charitable giving, while caring for parents' siblings was associated with an increased likelihood of volunteering and charitable giving.

Discussion

The present article investigated prosocial activities among older Finns, that is, whether informal help (financial support, practical help, personal care) is associated with increased or decreased rates of volunteering and charity. The role overload hypothesis predicts that individuals are rarely willing to engage in many prosocial actions, preferring to engage in only a few (Choi *et al.* 2007). In contrast, the role extension hypothesis argues that participating in one type of prosocial activity increases the probability of engaging in other types of prosocial activities as well (Strauss 2021). According to our findings, a great share of older Finns is engaged in multiple prosocial activities, meaning that they provide several types of informal help to relatives or friends while participating in volunteering work or donating money to charity. Several prior studies have indicated that older caregivers are more likely to volunteer than older non-caregivers (Burr *et al.* 2005; Hank and Stuck 2008; Strauss 2021) and our findings are in line with these results.

We also found that practical help and personal care given outside one's household were associated with an increased probability of volunteering. However, the provision of financial support was associated with neither an increased nor decreased likelihood of volunteering. Moreover, practical help, financial support, and caregiving to relatives or friends were not associated with an increased or decreased probability of making charitable donations.

Provision of practical help and financial support to friends was associated with an increased likelihood of both volunteering and charitable giving. Caregiving to friends also predicted an increased probability of participation in volunteering and making charitable donations. Regarding support to relatives, only the provision of care to them was associated with an increased probability of participating in volunteering. Otherwise, no statistically significant associations were detected between helping kin and volunteering or charitable giving. However, when different groups of relatives were examined separately, some significant associations were observed. Practical help to parents predicted less charitable giving, while practical help to cousins and parents' siblings predicted more charitable giving. In addition, personal care to parents was associated with a decreased likelihood of participating in charity, while caring for parents' siblings was associated with an increased likelihood of volunteering and donating money to charity. It is unclear why helping parents is associated with a decreased probability of charitable donations and volunteering, while supporting other relatives seems to promote these activities. One explanation could be that helping one's own parents is often resource-intensive, thus decreasing the possibility of engaging in other activities. Supporting more distant relatives or friends could be less demanding in terms of time and financial resources. Future studies should investigate these aspects further.

Informal help given to friends seemed to be a particularly important predictor of volunteering and charity. In line with our findings, Burr *et al.* (2005) found that caregiving to non-relatives was a particularly important predictor of volunteering among older adults from the US. Our study extends these findings by examining a wider range of informal and charitable giving. Previous studies have shown that support to relatives is based on different mechanisms than helping others outside one's household. For instance, while support between friends is typically characterised by reciprocity (Rotkirch *et al.* 2014; Stewart-

Williams 2007), support between close kin is altruistic (Hämäläinen *et al.* 2020b; Madsen *et al.* 2007), meaning that by providing support to a friend, individuals may actually improve their chances of receiving help later.

While prior studies have examined relatives as one group consisting of all family relations or focused on particular kin relations (e.g. parents or children), our results show that the effect tends to vary between the type of relatives. Thus, in future studies, it is important to separate not only relatives and non-relatives but also distinguish different groups of relatives from each other.

This study has several strengths. First, we were able to study several types of informal help in the context of relatives and friends, including both time involvement and monetary support. Second, with our data, it was possible to investigate not only volunteering but also charitable donations. Third, we considered practical help, financial support, and care given to relatives or friends separately, as the amount of help provided to different types of social connections and the motivation to do so may vary substantially. Finally, we were able to control for several potential confounders, making the results more robust.

However, obviously, the study is not without limitations. Owing to data limitations, we could not consider the hours of volunteering or the amount of charitable giving. We used data from a single country, and further studies should investigate whether these results hold in other countries as well. Moreover, we cannot claim that the present findings firmly establish causality. However, a prior study that considered multiple prosocial activities found that caregiving was associated with volunteering even after unobserved heterogeneity was properly considered, providing evidence for the existence of a causal association between private and public engagement (Strauss 2021).

Whether older adults engage in prosocial activities is a salient question in ageing societies. As engagement in multiple prosocial activities may strengthen older adults' social

networks, increase their likelihood of receiving reciprocal support in the future, improve their health and well-being, and provide benefits for society as a whole (Burr *et al.* 2021; Musick and Wilson 2008), promoting their involvement in unpaid productive activities is an important goal. The fact that a substantial number of older adults engage in prosocial activities should be more carefully recognised by social policy planners who consider the role of this population in ageing societies.

References

- Bauer, T.K., Bredtmann, J. and Schmidt, C.M. 2013. Time vs. money—the supply of voluntary labor and charitable donations across Europe. *European Journal of Political Economy*, **32**, 80-94.
- Burr, J.A., Choi, N.G., Mutchler, J.E. and Caro, F.G. 2005. Caregiving and volunteering: are private and public helping behaviors linked? *The Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, **60**, 5, S247-56.
- Burr, J.A., Mutchler, J.E. and Han, S.H. 2021. Volunteering and health in later life. In Ferraro, K. and Carr, D. (eds), *Handbook of Aging and the Social Sciences*. Academic Press, pp. 303–319.
- Choi, N.G., Burr, J.A., Mutchler, J.E. and Caro, F.G. 2007. Formal and informal volunteer activity and spousal caregiving among older adults. *Research on Aging*, **29**, 2, 99-124.
- Danielsbacka, M., Tanskanen, A., Hämäläinen, H., Pelkonen, I., Haavio-Mannila, E., Rotkirch, A., Karisto, A. and Roos, J. P. 2013. *Sukupolvien vuorovaikutus: Auttaminen ja yhteydenpito suurten ikäluokkien ja heidän lastensa elämässä*. Helsinki: Väestöliitto.

- Farkas, J.I. and Himes, C.L. 1997. The influence of caregiving and employment on the voluntary activities of midlife and older women. *The Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, **52**, 4, S180-9.
- Foster, L. and Walker, A. 2015. Active and successful aging: a European policy perspective. *The Gerontologist*, **55**, 1, 83-90.
- Hank, K. and Erlinghagen, M. 2010. Dynamics of volunteering in older Europeans. *The Gerontologist*, **50**, 2, 170-8.
- Hank, K. and Stuck, S. 2008. Volunteer work, informal help, and care among the 50+ in Europe: further evidence for 'linked' productive activities at older ages. *Social Science Research*, **37**, 4, 1280-91.
- Hämäläinen, H., Tanskanen, A.O. and Danielsbacka, M. 2020a. Vapaaehtoistyö ja hyväntekeväisyys [Volunteering and charity]. In Danielsbacka, M., Hämäläinen, H. and Tanskanen, A.O. (eds.), *Suomalainen auttaminen [Informal Help in Finland]*. Gaudeamus, Helsinki, pp. 182–195.
- Hämäläinen, H., Tanskanen, A.O., Danielsbacka, M. and Arpino, B. 2020b. Short-term reciprocity between adult children and parents: a within-person investigation of longitudinal data. *Advances in Life Course Research*, **44**.
- Hämäläinen, H. and Tanskanen, A.O. 2021. 'Sandwich generation': generational transfers towards adult children and elderly parents. *Journal of Family Studies*, **27**, 3, 336-55.
- Hämäläinen H., Danielsbacka M., Hägglund A.E., Rotkirch A. and ja Tanskanen A.O. 2021. *Sukupolvien suhteet. Ikääntyminen ja vuorovaikutuksen muutos suurten ikäluokkien ja aikuisten lasten elämänculussa [Intergenerational Relations. Aging and Change of Interactions in the Life Course of Finnish Baby Boomers and Their Adult Children]*. Väestöliitto, Helsinki.

- Jacobs, M.T., Broese van Groenou, M.I., Aartsen, M.J. and Deeg, D.J.H. 2016. Diversity in older adults' care networks: the added value of individual beliefs and social network proximity. *Journal of Gerontology B: Psychological and Social Sciences*, **73**, 2, 326-36.
- Jegermalm, M. and Jeppsson Grassman, E. 2009. Caregiving and volunteering among older people in Sweden prevalence and profiles. *Journal of Aging & Social Policy*, **21**, 4, 352-73.
- Jegermalm, M. and Grassman, E.J. 2013. Links between informal caregiving and volunteering in Sweden: a 17-year perspective. *European Journal of Social Work*, **16**, 2, 205-19.
- Karisto, A. 2007. Finnish baby boomers and the emergence of the third age. *International Journal of Ageing and Later Life*, **2**, 2, 91-108.
- Linlin, Y. 2021. ggvenn: draw Venn diagram by 'ggplot2'. R package version 0.1.9. <https://CRAN.R-project.org/package=ggvenn>.
- Madsen, E.A., Tunney, R.J., Fieldman, G., Plotkin, H.C., Dunbar, R.I.M., Richardson, J.M. and McFarland, D. 2007. Kinship and altruism: a cross-cultural experimental study. *British Journal of Psychology*, **98**, Part 2, 339-59.
- Musick, M.A. and Wilson, J. 2008. *Volunteers: A Social Profile*. Indiana University Press.
- Organisation for Economic Cooperation and Development. 2021a. Population. doi: 10.1787/d434f82b-en (Accessed on 15 October 2021).
- Organisation for Economic Cooperation and Development. 2021b. Social benefits to households. doi: 10.1787/423105c6-en (Accessed on 15 October 2021).
- Rotkirch, A., Lyons, M., David-Barrett, T. and Jokela, M. 2014. Gratitude for help among adult friends and siblings. *Evolutionary Psychology*, **12**, 4, 673-86.

- Stewart-Williams, S. 2007. Altruism among kin vs. nonkin: effects of cost of help and reciprocal exchange. *Evolution and Human Behavior*, **28**, 3, 193-8.
- Strauss, S. 2021. Multiple engagement: the relationship between informal care-giving and formal volunteering among Europe's 50+ population. *Ageing & Society*, **41**, 7, 1562-86.
- Szydlik, M. 2016. *Sharing Lives: Adult Children and Parents*. Routledge, Abingdon.
- Tanskanen, A. O. and Danielsbacka, M. 2019. Relationship quality among half siblings: the role of childhood co-residence. *Evolutionary Psychological Science*, **5**, 1, 13-21.
- Van Bavel, J. and Reher, D.S. 2013. The baby boom and its causes: what we know and what we need to know. *Population and Development Review*, **39**, 2, 257-88.
- World Health Organization. 2015. *World Report on Ageing and Health*. World Health Organization, Luxembourg.

Table 1. Descriptive statistics (n = 2,184)

	n	%	Mean
Gender			
Women	1242	56.87	
Men	942	43.13	
Partnership status			
No spouse/partner	543	24.86	
Have a spouse/partner	1641	75.14	
Education			
Primary or lower secondary level	709	32.46	
Upper secondary level	1102	50.46	
Lower degree-level tertiary education	146	6.68	
Higher degree-level tertiary education	227	10.39	
Employment status			
Not working	1815	83.1	
Working	369	16.9	
Financial condition			
Low-income	980	44.87	
Middle-income	816	37.36	
At least comfortably off	388	17.77	
Self-rated health			
Poor or very poor	129	5.91	
Fair	913	41.8	

Good	934	42.77	
Very good	208	9.52	
Number of relatives	2184		6.5
Number of friends	2184		5.4

Table 2. Predicting volunteering and charitable giving by informal help and sociodemographic factors:

logistic regression (n = 2,184)

	Volunteering				Charity			
	95% CI				95% CI			
	OR	SE	lb	ub	OR	SE	lb	ub
Practical help								
No	ref.				ref.			
Yes	1.39*	0.19	1.05	1.83	1.15	0.12	0.94	1.42
Financial support								
No	ref.				ref.			
Yes	1.17	0.13	0.94	1.47	1.18	0.11	0.98	1.43
Personal care								
No	ref.				ref.			

Yes	2.24***	0.27	1.77	2.83	1.22	0.14	0.98	1.52
Gender								
Women	ref.				ref.			
Men	0.72**	0.08	0.57	0.90	0.68***	0.06	0.56	0.82
Partnership status								
No partner/spouse	ref.				ref.			
Has a partner/spouse	0.88	0.11	0.68	1.12	1.52***	0.16	1.23	1.87
Education								
Primary or lower secondary level	ref.				ref.			
Upper secondary level	1.30*	0.17	1.01	1.68	1.37**	0.14	1.12	1.67
Lower degree-level tertiary education	1.89**	0.41	1.23	2.90	2.08**	0.44	1.38	3.14
Higher degree-level tertiary education	1.71**	0.35	1.14	2.55	2.06***	0.38	1.44	2.95
Employment status								
Not working	ref.				ref.			
Working	0.70*	0.11	0.51	0.95	0.95	0.12	0.75	1.21
Financial condition								

Low-income	ref.					ref.			
Middle-income	1.01	0.13	0.79	1.30	1.33**	0.14	1.09	1.64	
At least comfortably off	1.21	0.20	0.87	1.68	1.72***	0.25	1.29	2.29	
Self-rated health									
Poor or very poor	ref.					ref.			
Fair	1.10	0.28	0.67	1.81	1.53*	0.31	1.04	2.27	
Good	0.96	0.25	0.58	1.59	1.71**	0.35	1.15	2.54	
Very good	1.20	0.36	0.67	2.15	1.27	0.31	0.79	2.06	
Number of relatives	1.03*	0.01	1.01	1.05	1.05***	0.01	1.03	1.08	
Number of friends	1.04**	0.01	1.02	1.07	0.99	0.01	0.97	1.02	
Pseudo R ²	0.06					0.06			

Notes: OR = odds ratio, SE = standard error, CI = confidence interval, lb = lower bound, ub = upper

bound, ref = reference category. * p < .05; ** p < .01; *** p < .001.

Table 3. Predicting volunteering and charitable giving by practical help given to relatives and friends: logistic regression (n = 2,184)

	Volunteering				Charity			
	OR	SE	95% CI		OR	SE	95% CI	
			lb	ub			lb	ub
Help to relatives								
No	ref.				ref.			
Yes	1.23	0.15	0.97	1.57	1.10	0.11	0.91	1.34
Help to friends								
No	ref.				ref.			
Yes	1.94***	0.23	1.54	2.45	1.56***	0.17	1.26	1.94
Pseudo R ²	0.049				0.062			

Notes: OR = odds ratio, SE = standard error, CI = confidence interval, lb = lower bound, ub = upper bound, ref = reference category;

control variables: gender, partnership status, education, employment status, financial condition, health, number of relatives,

and

number of friends. * $p < .05$; ** $p < .01$; *** $p < .001$.

Table 4. Predicting volunteering and charitable giving by financial support given to relatives and friends:
logistic regression (n = 2,184)

	Volunteering				Charity			
	OR	SE	95% CI		OR	SE	95% CI	
			lb	ub			lb	ub
Support to relatives								
No	ref.				ref.			
Yes	1.19	0.13	0.96	1.49	1.16	0.11	0.97	1.4
Support to friends								
No	ref.				ref.			
Yes	3.41***	0.97	1.95	5.97	2.72**	0.9	1.42	5.21
Pseudo R ²	0.041				0.060			

Notes: OR = odds ratio, SE = standard error, CI = confidence interval, lb = lower bound, ub = upper bound, ref = reference category; control variables: gender, partnership status, education, employment status, financial condition, health, number of relatives, and number of friends. * $p < .05$; ** $p < 0.1$; *** $p < .001$.

Table 4. Predicting volunteering and charitable giving by care given to relatives and friends: logistic regression (n = 2,184)

	Volunteering				Charity			
	OR	SE	95% CI		OR	SE	95% CI	
			lb	ub			lb	ub
Care to relatives								
No	ref.				ref.			
Yes	1.59***	0.21	1.23	2.05	1.16	0.14	0.91	1.47
Care to friends								
No	ref.				ref.			
Yes	3.65***	0.58	2.68	4.97	1.45*	0.23	1.05	1.98
Pseudo R ²	0.069				0.058			

Notes: OR = odds ratio, SE = standard error, CI = confidence interval, lb = lower bound, ub = upper bound, ref = reference category; control variables: gender, partnership status, education, employment status, financial condition, health, number of relatives, and number of friends. * p < .05; ** p < .01; *** p < .001.

Appendix Table 1. Predicting volunteering and charitable giving by practical help and/or care to relatives and friends: logistic regression (n = 2,184).

	Volunteering				Charity			
	OR	SE	95% CI		OR	SE	95% CI	
			lb	ub			lb	ub
Help to relatives								
No help	ref.				ref.			
Helping one group	1.11	0.15	0.85	1.46	1.02	0.11	0.82	1.26
Helping two groups	1.21	0.20	0.88	1.68	1.12	0.15	0.86	1.47
Helping three groups	1.82**	0.37	1.22	2.71	1.33	0.25	0.92	1.92
Helping over three groups	1.63	0.43	0.97	2.74	1.29	0.33	0.78	2.14
Help to friends								
No help	ref.				ref.			

One type of help	1.71***	0.22	1.33	2.21	1.51***	0.18	1.20	1.91
Two types of help	4.00***	0.73	2.79	5.73	1.61*	0.30	1.12	2.33
Pseudo R ²	0.068				0.064			

Notes: OR = odds ratio, SE = standard error, CI = confidence interval, lb = lower

bound, ub = upper bound, ref = reference category; control variables: gender,

partnership status, education, employment status, financial condition, health,

number of relatives, and number of

friends. * p < .05; ** p < .01; *** p < .001

Appendix Table 2. Predicting volunteering and charitable giving by practical help given to relatives and friends (n = 2,184)

	Volunteering				Charity			
	OR	SE	95% CI		OR	SE	95% CI	
			lb	ub			lb	ub
Help to children								
No	ref				ref			
Yes	1.24	0.14	0.99	1.54	1.17	0.11	0.97	1.41
Help to parents								
No	ref				ref			
Yes	1.00	0.15	0.75	1.34	0.62***	0.08	0.49	0.8
Help to siblings								
No	ref				ref			
Yes	1.12	0.15	0.86	1.46	1.17	0.14	0.92	1.48
Help to aunts/uncles								

No	ref				ref			
Yes	1.40	0.35	0.86	2.28	1.69*	0.44	1.01	2.82
Help to cousins								
No	ref				ref			
Yes	0.88	0.23	0.53	1.46	1.76*	0.46	1.05	2.93
Pseudo R ²	0.050				0.072			

Notes: OR = odds ratio, SE = standard error, CI = confidence interval, lb = lower bound, ub = upper

bound, ref = reference category; control variables: gender, partnership status, education, employment status, financial condition, health, number of relatives, number of friends and practical help to friends. * $p < .05$; ** $p < .01$; *** $p < .001$.

Appendix Table 3. Predicting volunteering and charitable giving by financial support given to relatives and friends (n = 2,184)

	Volunteering				Charity				
	OR	95% CI			OR	95% CI			
		SE	lb	ub		SE	lb	ub	
Support to children									
No	ref				ref				
Yes		1.22	0.14	0.98	1.52	1.14	0.11	0.94	1.37
Support to parents									
No	ref				ref				
Yes		0.72	0.31	0.3	1.69	0.91	0.34	0.44	1.88
Support to other kin									
No	ref				ref				
Yes		0.8	0.22	0.46	1.39	1.56	0.39	0.95	2.57

Appendix Table 4. Predicting volunteering and charitable giving by care given to relatives and friends (n = 2,184)

	Volunteering				Charity			
	OR	SE	95% CI		OR	SE	95% CI	
			lb	ub			lb	ub
Care to parents								
No	ref				ref			
Yes	1.28	0.21	0.92	1.77	0.74*	0.11	0.55	0.98
Care to siblings								
No	ref				ref			
Yes	1.52	0.35	0.97	2.38	1.45	0.32	0.94	2.23
Care to aunts/uncles								
No	ref				ref			
Yes	2.39**	0.65	1.41	4.07	2.87**	0.96	1.5	5.51
Care to cousins								

No	ref					ref			
Yes	0.73	0.34	0.29	1.84	2.93	1.68	0.95	9.04	
Pseudo R ²	0.071				0.065				

Notes: OR = odds ratio, SE = standard error, CI = confidence interval, lb = lower bound, ub = upper bound, ref = reference category; control variables: gender, partnership status, education, employment status, financial condition, health, number of relatives, number of friends and care to friends. * p < .05; ** p < .01; *** p < .001.

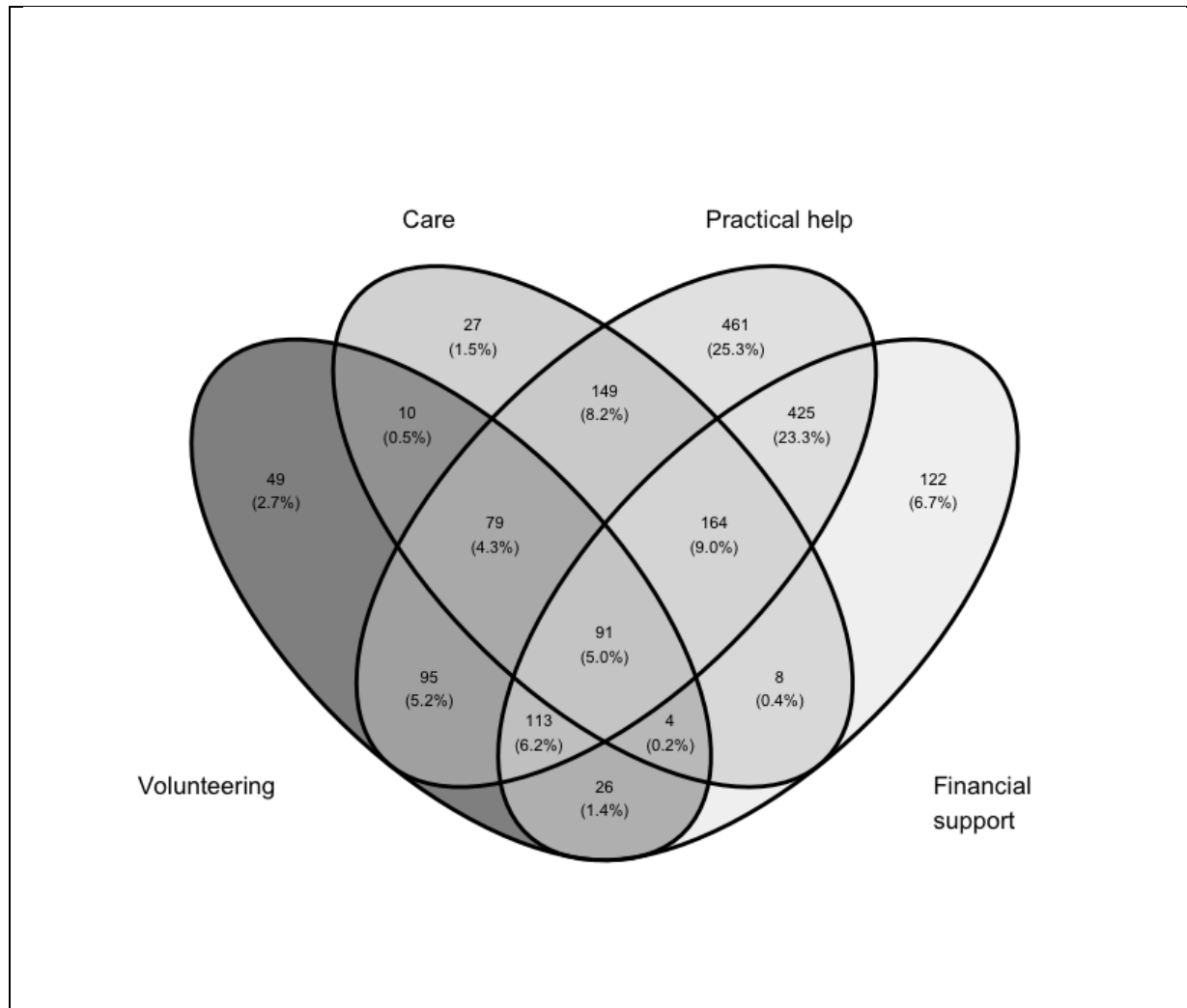


Figure 1. Combinations of volunteering and different types of informal support provided.

Participants engaging in at least one prosocial activity (n = 1,823).

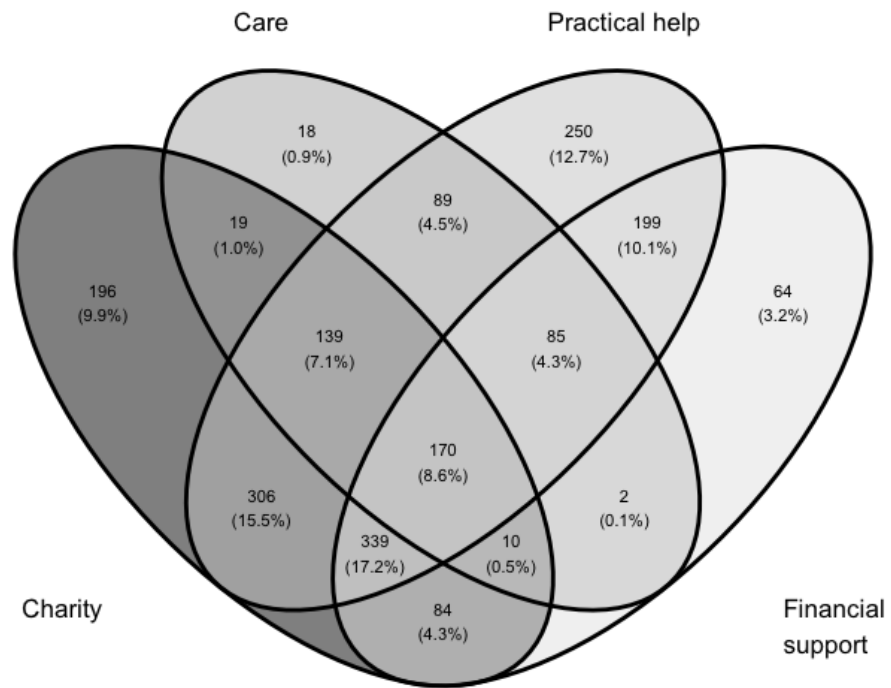


Figure 2. Combinations of charity and different types of informal support provided.

Participants engaging in at least one prosocial activity (n = 1,970).