

ABSTRACT

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Discovering Meaning of Life in Effort to Achieve Successful Aging of Older People; Widya Risnawaty, M. Psi., Psikoterapis; Undergraduate Program in Psychology, Tarumanagara University, (i-ix; 76 Pages; R1-R4; Appdx 1-11)

Older people are usually associated with lost physics, low cognitive condition and no longer social relationship by society. But there are older people who can go through old age successfully such as: avoid of disease, high physics-mental function, active engagement. It become discussion because older people who don't have those characteristics will be classified as unsuccessful. "Meaning in life is the first motivator in life and helps someone to face the difficulties" (Frankl, 2004, p.7). Older people need to find meaning in life so they have hopes and spirits in the middle of loss and face the death. The method called in-depth interview was conducted towards five older people (aged from 65 to 75 years old) who had high scores of subjective well being in Elderly Hostel X. This study lasted for three months, started from March 2013 until June 2013. The results of the analysis indicated that five subjects have found meaning in their life and feel happy. Older people who have lost in physics are also in process to achieve the meaning in life. Other findings that support to achieve successful aging are social support and spiritual aspect.

Keywords : Successful Aging, Meaning in Life, and Late Adulthood