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Positive Aging: Effectiveness of an Intervention with the Elderly

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During the last decades, there has been an increase in positive psychological intervention in the elderly. However, there is some lack of clarity in the appropriation of psychological techniques to older adults. Empirical evidence claims the need to further the study of positive psychological intervention to examine its effect on older people. In this sense, the present study aims to evaluate the effectiveness of a program of psychological intervention for institutionalized elderly people. The program contains 16 group sessions, divided into three modules, and covers five variables of positive psychology: subjective happiness, psychological well-being, satisfaction with life, quality of life,

and positive and negative effects. The sample consisted of 23 individuals aged between 61 and 93 years ($M = 80.70$, $DP = 7.70$). A quasi-experimental study methodology of the pre- and post-test type with a control group was adopted to evaluate the impact of the intervention program "Positive Aging". The intervention had positive effects in the intervention group regarding the variables quality of life, psychological well-being, and satisfaction with life. The findings are confronted with prior research, and limitations and suggestions for future studies are presented.

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