

DETERMINANTS OF LIFE PURPOSE AND LIFE SATISFACTION OF ELDERLY PEOPLE IN GREECE

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A stylized silhouette of a mountain range in shades of teal, located at the bottom right of the slide.

136 individuals, aged 60 – 89 years were studied with Purpose in Life test (Crumbaugh & Maholick, 1964) and Satisfaction with Life scale (Diener, 1984) with the aim to explore how demographic factors impact a subject's life purpose and life satisfaction nowadays, especially among Greek elderly population.

The effects of the participants' gender, age, and level of education were investigated.

The results revealed that level of education, but not gender and age, was related to individual differences in subjective perception of life purpose and life satisfaction.

It was found that 60 – 89 year olds with higher education demonstrated significantly higher purpose of life and higher satisfaction with life in comparison to 60 – 89 year olds with primary or secondary education.

In addition, a positive correlation between purpose in life and life satisfaction was found.

Obviously, having a high level of education helps Greek senior adults maintain their purpose in life and life satisfaction, even in situations of severe life crises.