MINDFULNESS, SUCCESSFUL AGING AND LIFE SATISFACTION AMONG OLDER ADULTS

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03-275231-020

A thesis submitted in fulfillment of the
requirements for the award of the degree of
Master of Science (Clinical Psychology)

Department of Professional Psychology

BAHRIA UNIVERSITY lAHORE

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APPROVAL OF RESEARCH PAPER

Name: Rafay Ali

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Session: 2023-2025

Department: Professional Psychology Dear Student,

I am pleased to inform you that your research proposal on―Mindfulness, Successful Aging and Life Satisfaction Among Older Adults‖ has been approved. You may, therefore, continue your research on this theme and produce a quality thesis, as per the HEC requirements.

I take this opportunity to remind you that you must complete your thesis and defend it successfully, by summer 2025, this is the date which marks the end of the duration of your program. I wish you success.

Date:

Supervisor: Dr Khawer Bilal

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Date: March, 2025

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Name of student: Rafay Ali

DEDICATION

My Father, Mother and Wife

I am immensely grateful to my family, especially my beloved mother and father, whose unwavering love, encouragement, and prayers have been my greatest source of motivation throughout my academic journey. Without their endless support, I would not have been able to achieve this milestone. To my dearest mother, whose unconditional love, endless prayers, and constant encouragement have been the backbone of my success. My wife, your belief in me, even when I doubted myself, has been my greatest source of strength. Thank you for your unwavering support and sacrifices.

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I am immensely grateful to my family, especially my beloved mother and father, whose unwavering love, encouragement, and prayers have been my greatest source of motivation throughout my academic journey. Without their endless support, I would not have been able to achieve this milestone.

Abstract

The rapid increase in the global aging population has raised concerns about maintaining well-being in older adults. Successful aging, which encompasses physical health, cognitive function, and emotional stability, is crucial for life satisfaction. Mindfulness has been proposed as a potential intervention to enhance well-being, but its specific impact on successful aging and life satisfaction remains underexplored, particularly in the Pakistani context. This study aims to examine the relationship between mindfulness, successful aging, and life satisfaction among older adults in Pakistan.

A quantitative cross-sectional research design was used, with data collected from 300 older adults aged 50 and above in Pakistan. Participants were selected through purposive sampling from various community settings. Standardized self-report measures were used to assess mindfulness using Mindfulness Attention Awareness Scale (MAAS) (Brown and Ryan, 2003), successful aging with Successful Aging Scale (SAS) (Hilton et al. 2012), and life satisfaction with Satisfaction with Life Scale (SWLS), (Diener et al., 1985). Data was analyzed during independent sample t-tests, Pearson's correlation, and linear regression in SPSS.

The findings revealed a positive correlation between mindfulness and both successful aging ($r = 0.362$, $p < .001$) and life satisfaction ($r = 0.258$, $p < .001$), suggesting that higher mindfulness was associated with higher perceived successful aging and life satisfaction.

However, successful aging was positively correlated with life satisfaction ($r=0.415$, $p<.001$), indicating that individuals who perceived themselves as aging successfully reported greater life satisfaction. Regression analysis showed that successful aging significantly predicted life satisfaction ($\beta=0.370$, $p<.001$), while mindfulness had a smaller but significant predictive effect ($\beta = 0.124$, $p = .028$). Future research should employ longitudinal designs, structured

mindfulness interventions, and cross-cultural comparisons to further explore these complex relationships.

Keywords: Mindfulness, Successful Aging, Life Satisfaction, Older Adults, Pakistan, Well-being

Table of Contents

APPROVAL OF RESEARCH PAPER 1

DECLARATION 2

PLAGIRISM UNDERTAKING 3

DEDICATION 4

ACKNOWLEDGMENT 5

Abstract 6

List of Tables 12

CHAPTER 1 1

Introduction 1

1.1 Background of the Study 1

1.2 Research Gap/Rationale 3

1.3 Problem Statement 4

1.4 Research Questions 4

1.5 Objectives of the Study 5

1.6 Hypotheses 5

1.7 Significance of the Study 5

CHAPTER 2 7

Literature Review 7

2.1 Emotional Resilience and Mindfulness in Aging 8

2.2 Neurobiological Impact of Mindfulness on Cognitive Aging 8

2.3 Physical Well-being Benefits of Mindfulness for Older Adults 9

2.4 Social Engagement and Mindfulness Among Older Adults 10

2.5 Individual Differences and Mindfulness Outcomes 11

2.6 Long-Term Effect of Mindfulness on Well-being & Life Satisfaction in Older Adults 11

2.7 Cultural Contexts in Mindfulness Practice and Aging: 12

2.8 Practical Relevance 12

2.8.1 Mindfulness and Successful Aging 13

2.8.2 Mindfulness and Cognitive Functioning 14

2.8.3 Mindfulness and Emotional Regulation 15

2.8.4 Mindfulness and Physical Health 16

2.8.5 Mindfulness and Social Engagement 17

2.8.6 Summary of Mindfulness as a Predictor of Successful Aging 18

2.9 Mindfulness and Life Satisfaction 18

2.9.1 Operationalization of Mindfulness and Life Satisfaction 19

2.9.2 Relationship Between Mindfulness and Life Satisfaction 20

2.9.3 Mechanisms Linking Mindfulness with Satisfaction with Life 21

2.9.4 Mindfulness Based Interventions (MBIs) and Life Satisfaction 23

2.10 Life Satisfaction and Successful Aging 23

2.10.1 Life Satisfaction Predictor of Successful Aging 24

2.10.2 Factors Influencing Life Satisfaction in Older Adults 25

2.10.3 Role of Meaning and Purpose in Life Satisfaction 25

2.10.4 Life Satisfaction and Successful Aging: A Comprehensive View 26

2.10.5 Theoretical Perspectives on Life Satisfaction and Successful Aging 26

2.10.6 Empirical Studies on Life Satisfaction and Successful Aging 27

2.10.7 Key Findings and Implications for Successful Aging 29

2.10.8 Practical Implications for Improving Life Satisfaction and Successful Aging 30
2.11 Theories about Older Adulthood after the Age of 50 30
2.11.1 Lifespan Development Theory 31
2.12 Conceptual Framework 33
CHAPTER 3 34
Methodology 34
3.1 Research Design 34
3.2 Population and Sampling 35
3.3 Data Collection 37
3.4 Assessment Measures 38
3.4.1 Mindfulness Attention Awareness Scale 38
3.4.2 Successful Aging Scale 38
3.4.3 Satisfaction with Life Scale 39
3.5 Data Analysis 41
3.5.1 Descriptive Statistics 41
3.5.2 Inferential Statistics 42
3.6 Ethical Issues 42
3.6.1 Informed Consent 42
3.6.2 Confidentiality and Anonymity 43
3.6.3 Cultural Sensitivity 43
3.6.4 Minimizing Participant Burden 43
3.6.5 Protection of Vulnerable Populations 44
3.6.6 Institutional Approval 44

3.6.7 Participant Debriefing 44

CHAPTER 4 45

Results 45

CHAPTER 5 50

Discussion 52

5.1 Practical Implications 55

5.2 Limitations of the Study 56

5.3 Recommendations for Future Research and Practice 57

5.4 Conclusion 59

References 60

List of Tables

Table No.	Title	Page No.
3.1	Split Half Reliability for English Scale	39
4.1	Demographic Characteristics of Participants	44
4.2	Descriptive Statistics and Psychometric Properties of Scales (N= 300)	45
4.3	Gender Differences on The Mindful Attention Awareness Scale, Successful Aging Scale, Satisfaction With Life Scale	46
4.4	Correlation among the Mindful Attention Awareness Scale, Successful Aging Scale, Satisfaction With Life Scale	47
4.5	Predicting Satisfaction with life from The Mindful Attention Awareness Scale and Successful Aging Scale	48