



The Relationship Between Life Satisfaction and Psychological Resilience Among the Elderly in Jerusalem

العلاقة بين الرضا عن الحياة والصمود النفسي لدى كبار السن في القدس

BY

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The Relationship Between Life Satisfaction and Psychological Resilience Among the Elderly in Jerusalem Abstract:

This study aimed to explore the relationship between life satisfaction and psychological resilience among the elderly in Jerusalem, focusing on the importance of mental health for this age group in facing contemporary challenges. The descriptive correlational method was used in this study, which included the elderly residents of Jerusalem, with a sample of 198 individuals. The results showed average levels of life satisfaction and psychological resilience among the participants, emphasizing that life satisfaction plays a crucial role in enhancing the quality of life with aging. The study also indicated no statistically significant differences in the levels of life satisfaction and psychological resilience attributed to variables such as age, gender, and social status. The study revealed a positive direct relationship between life satisfaction and psychological resilience among the elderly in Jerusalem. The study emphasizes the role of life satisfaction and resilience in boosting elderly well-being in Jerusalem, regardless of age, gender, social status.

Keywords: Life satisfaction, psychological resilience, the elderly, Jerusalem.

المستخلص:

هدفت هذه الدراسة إلى استكشاف العلاقة بين الرضا عن الحياة والمرونة النفسية لدى كبار السن في مدينة القدس، مع التركيز على أهمية الصحة النفسية لهذه الفئة العمرية في مواجهة التحديات المعاصرة. تم استخدام المنهج الوصفي الارتباطي في هذه الدراسة، وشمل مجتمع الدراسة كبار السن المقيمين في مدينة القدس، بعينة شملت (١٩٨) فرداً. أظهرت النتائج وجود مستويات متوسطة من الرضا عن الحياة والمرونة النفسية بين المشاركين، مع التأكيد على أن الرضا عن الحياة يلعب دوراً حاسماً في تعزيز جودة الحياة مع التقدم في العمر. كما أشارت الدراسة إلى عدم وجود فروق دالة إحصائية في مستويات الرضا عن الحياة والمرونة النفسية التي تُعزى

لمتغيرات العمر، الجنس، والحالة الاجتماعية. وأظهرت الدراسة وجود علاقة إيجابية طردية بين مستوى الرضا عن الحياة والمرونة النفسية لدى كبار السن في مدينة القدس. الدراسة تبرز أهمية الرضا عن الحياة والمرونة النفسية في تحسين جودة حياة كبار السن بالقدس، مؤكدةً على ضرورة دعم هذين الجانبين دون تأثير ملحوظ من العمر، الجنس، أو الحالة الاجتماعية.

كلمات مفتاحية: الرضا عن الحياة، المرونة النفسية، كبار السن، مدينة القدس.

Introduction:

Amid the significant challenges faced by the elderly in Jerusalem, the importance of mental health emerges as a crucial element in achieving life satisfaction and enhancing psychological resilience. This emphasis is placed on aging, which brings challenges that require special care. According to the Palestinian Central Bureau of Statistics (2023), there are 313,000 elderly people in Palestine, representing 6% of the population, with expectations of an increase. This research discusses the impact of works by Diener (1985), with his life satisfaction scale, and Seligman (2011), who contributed to promoting positive psychology, on developing and improving the quality of life for the elderly by focusing on life satisfaction and psychological resilience.

Recent studies in psychology increasingly focus on the positive aspects of the human psyche, such as strength and virtues, relying on positive psychology. This approach, as discussed by Seligman and Csikszentmihalyi (2000), enhances self-understanding and helps overcome negative thinking. Life satisfaction, according to Lyubomirsky (2008), plays a crucial role in enhancing the quality of life, especially with aging. Abdel-Khalek (2008) affirms that life satisfaction is related to the personal assessment of life quality based on cognitive standards. Cognitive resilience, as indicated by Fu & Chow (2016) and Malkoç & Mutlu (2019), is considered a fundamental skill for adaptation and dealing with difficult situations. Jen et al.

(2019) see it as helping achieve a balance between desires and needs, studying life satisfaction as an indicator of affective happiness. This highlights the importance of the self-comparison of individual inquiries with their goals and others' achievements. Research conducted by Younis (2018), Jaradat & Abboud (2016), and Shaaban (2013) shows that life satisfaction indicates psychological health and contributes to an enthusiastic life orientation. It also shows that psychological adaptation and satisfaction among the elderly are affected by economic and social factors, emphasizing the importance of social integration and avoiding isolation to enhance psychological well-being (Al-Haj 2018).

Previous studies related to life satisfaction among the elderly have yielded significant results, highlighting the interaction between psychological and social aspects in this age group. A study by Metwali et al. (2023) revealed a negative relationship between the feeling of psychological loneliness and life satisfaction, indicating the role of demographic and social variables as mediating factors in determining satisfaction levels. Similarly, a study by Hawashin et al. (2022) emphasized the importance of community participation in enhancing life satisfaction, underscoring the value of social engagement for the elderly.

Furthermore, studies by Elmståhl et al. (2020) and Li et al. (2022) discussed the multifaceted impacts of gender, age, health status, and vulnerability on life satisfaction, highlighting how satisfaction declines with age and the increase of chronic diseases. In a related context, a study by İnal et al. (2007) shed light on the importance of participation in regular recreational and physical activities as a vital element in achieving high levels of life satisfaction.

Other research, such as that conducted by Al-Quda et al. (2020) and Al-Momani & Samour (2015), examined the effectiveness of intervention programs in improving standards such as life satisfaction, positive life meaning, and healthy behavior, emphasizing the long-term value of these interventions. Additionally, a study by Proyer et al. (2014) indicated that positive psychology interventions were beneficial for various age groups, emphasizing the significant potential of providing these interventions online to improve life satisfaction among the elderly.

Studies related to psychological resilience highlight several key research findings that shed light on the importance of psychological resilience and its relationship with various factors affecting the lives of the elderly. A study by Shabani et al. (2023) revealed a positive relationship between resilience, spirituality, and life satisfaction, emphasizing that spirituality and psychological resilience can act as mediators in the direct and indirect impact of anxiety on life satisfaction, especially among the elderly with chronic diseases. Wilson et al. (2022) discussed the gender stability of the resilience scale for the elderly, pointing out its importance in research and clinical contexts.

Akatsuka & Tadaka (2021) affirmed the reliability of the resilience scale for the elderly, indicating a strong positive relationship between resilience and measures of life satisfaction and self-efficacy. Al-Ajmi et al. (2021) highlighted that the level of health commitment and cognitive resilience were high among the sample, with a strong positive correlation between them.

The results of a study by Subh et al. (2020) showed a positive relationship between psychological resilience and social support, and statistically significant differences in the level of psychological resilience according to the gender variable in favor

of males, as well as differences according to the variable of residence in favor of the elderly living with their families. In another study by Subh et al. (2019), the research found that the level of psychological resilience among the sample was average, and there were no statistically significant differences in the level of psychological resilience according to the variables of gender and duration of stay in the care home, while there were significant differences in the level of psychological resilience according to the variable of social status.

Study Problem:

The study's problem focuses on exploring the relationship between life satisfaction and psychological resilience among the elderly in Jerusalem, where the city's unique conditions may affect the quality of life for this age group. Considering the unique challenges imposed by the social and political environment in Jerusalem, it becomes necessary to conduct a thorough analysis of how these factors affect the mental health and well-being of the elderly. The study aims to determine the levels of life satisfaction and psychological resilience among this age group and to explore the relationship between these levels, taking into account variables such as age, gender, and social status. Thus, the study's problem is formulated in the following main question: Is there a relationship between life satisfaction and psychological resilience among the elderly in Jerusalem? From this main question, the following sub-questions arise:

- 1- What is the level of life satisfaction and psychological resilience among the elderly in Jerusalem?
- 2- Does the level of life satisfaction and psychological resilience among the elderly differ according to age, gender, and social status?

Study Hypothesis:

The study hypothesizes that there are no statistically significant differences in the levels of life satisfaction and psychological resilience among the elderly in Jerusalem based on age, gender, and social status. It also assumes that there is no statistically significant relationship between the levels of life satisfaction and psychological resilience in this group.

Study Objectives:

- 1- To identify the level of life satisfaction and psychological resilience among the elderly in Jerusalem.
- 2- To examine the variation in the averages of life satisfaction and psychological resilience among the elderly according to age, gender, and social status.

Method and Procedures:

Research Method:

The study adopted a correlational research method, specializing in examining phenomena, events, or contemporary issues. This method enables the collection of information to answer research questions without any intervention. It aims to precisely describe the phenomenon under study, analyze its data, interpret the relationships between its components, and understand the opinions, processes, and consequences related to the phenomenon.

Population and Sample:

The study population includes all elderly residents of Jerusalem. The study sample consisted of 198 elderly individuals. Table 1 shows the detailed distribution of the study sample members.

Study Tools:

First, the Life Satisfaction Scale: To measure the level of satisfaction among the elderly in this study, the Life Satisfaction Index (LSI) was used. This choice was made after reviewing and

evaluating various research studies related to measuring life satisfaction among the elderly. The work of Inal et al. (2007) was among the influential research in choosing this scale. Second, the Psychological Resilience Scale: The Psychological Resilience Scale was adopted as a fundamental tool in this study after reviewing a wide range of research conducted in this field. The scale of Akatsuka & Tadaka (2021) was used for this purpose.

Sample Variables Description:

Table 1 shows the distribution of study sample members by age, indicating that 79.3% are between 65-75 years old, and 20.7% are 76 and older. The gender variable shows that 16.7% are male, and 83.3% are female. The social status variable shows that 58.1% are married, 4% are single, and 37.9% are divorced or widowed.

Table 1: Distribution of the Study Sample According to Study Variables.

Variables	Levels	Frequency	Percent %
Age	٧٥-٦٥	157	79.3
	More than 76	41	20.7
Gender	Male	33	16.7
	Female	165	83.3
Social Status	Married	115	58.1
	Single	8	4.0
	Divorced/Widowed	75	37.9

Validity and Reliability of the Tool:

To ensure the validity of the questionnaire, its initial version was presented to a group of experienced judges who evaluated it based on criteria such as language clarity and comprehensiveness and provided suggestions for improvement. Based on their comments, the questionnaire was modified to its final form. The tool's validity was also verified using Pearson's

correlation coefficient, which showed statistically significant indications for all the questionnaire items, indicating good internal consistency. Regarding reliability, it was measured using the Cronbach's alpha equation, which showed reliability coefficients of 0.711 for the Life Satisfaction scale and 0.833 for the Psychological Resilience scale among the elderly in Jerusalem. These results indicate high and suitable reliability for the purposes of the study. The following table presents the reliability coefficient for each domain and the total score of the tool.

Table 2: Reliability Coefficients for the Domains and the Total Score of the Tool

Domains	Number of Items	Reliability Coefficient
Personal and Self	10	0.742
Social Interaction	8	0.701
Past Experiences	7	0.703
Total Score for Life Satisfaction	20	0.711
Total Score for Psychological Resilience	25	0.833

Study Procedures:

The study was conducted by applying the tool to the sample members, where questionnaires were distributed. After completing the collection of questionnaires, which the sample members filled out accurately, the process resulted in 198 valid forms for statistical analysis. Responses in the study were recorded using a five-point Likert scale. Based on this, response levels were classified as low (1 to <2.33), medium (2.34 to <3.67), or high (3.68 to 5).

Statistical Processing:

After collecting the questionnaires and verifying their validity, the data were coded in preparation for statistical analysis using SPSS software. Statistical processing included calculating averages and standard deviations, applying the t-test

and analysis of variance (ANOVA), in addition to using Pearson's correlation coefficient and Cronbach's alpha equation for measuring reliability.

Results of Study Questions:

To answer the study question related to the level of psychological resilience and life satisfaction among the elderly in Jerusalem, the arithmetic means and standard deviations of the responses of the study sample members were calculated.

Table 3: Means and Standard Deviations of Responses Regarding the Level of Psychological Resilience and Life Satisfaction Among the Elderly in Jerusalem

Domain		M	SD	Score	Percent(%)
Domains of Psychological Resilience	Personal and Self	3.65	0.63	Medium	73.1
	Social Interaction	3.64	0.72	Medium	72.9
	Past Experiences	3.44	0.48	Medium	68.9
Total Score	Psychological Resilience	3.59	0.53	Medium	71.9
Total Score	Life Satisfaction	3.19	0.42	Medium	63.9

From Table 3, showing the arithmetic means and standard deviations of the responses regarding the level of psychological resilience among the elderly in Jerusalem, it is observed that the arithmetic mean for the total score was 3.59 with a standard deviation of 0.53. This indicates that the level of psychological resilience among the elderly in Jerusalem is classified within the medium range, with a percentage of 71.9%. The Personal and Self domain received the highest arithmetic mean value of 3.65, followed by the Social Interaction domain with an arithmetic mean of 3.64, and then the Past Experiences domain with an arithmetic mean of 3.44. As for life satisfaction, it recorded an arithmetic mean of 3.19 and a standard deviation of 0.42.

Results Related to the First Hypothesis:**

There are no statistically significant differences, at the significance level ($\alpha \geq 0.05$), between the averages of the life satisfaction level among the elderly in Jerusalem attributed to the age variable. To examine the first hypothesis, "t-test" results and arithmetic means for the responses regarding the averages of the life satisfaction level among the elderly in Jerusalem, considering the age variable, were calculated.

Table 8 t-test results for psychological Life Satisfaction, based on by Age Variable.

Age	N	M	SD	T value	p value
٧٥-٦٥	157	3.20	0.42	0.94	0.34
More than 76	41	3.13	0.40		

From the data analysis presented in Table 4, it is noted that the t value for the total score was 0.944 and the significance level was 0.346, indicating no differences in the averages of life satisfaction levels among the elderly in Jerusalem associated with the age variable. For the results of the second hypothesis, which suggests no statistically significant differences at the significance level ($\alpha \geq 0.05$), between the averages of the life satisfaction level among the elderly in Jerusalem attributed to the gender variable, the examination used t-test results and arithmetic means for the responses of the sample members regarding the averages of life satisfaction level related to the gender variable.

Table 8 t-test results for psychological Life Satisfaction, based on by Gender.

gender	N	M	SD	T value	p value
Male	33	3.27	0.43	1.15	0.24
Female	165	3.17	0.42		

The analysis of the data in Table 5 indicates that the t value for the total score is 1.15 with a significance level of 0.24, suggesting there are no differences in the averages of life satisfaction levels among the elderly in Jerusalem associated with the gender variable.

For the results of the third hypothesis, indicating there are no statistically significant differences at the significance level ($\alpha \geq 0.05$) between the averages of life satisfaction levels among the elderly in Jerusalem attributed to the social status variable, the examination was conducted by calculating the arithmetic means and standard deviations of the responses of the study sample members regarding the averages of life satisfaction level associated with the social status variable.

Table 8 one way Anova results for psychological Life Satisfaction, based on by Social Status.

Social Status	N	M	SD	F value	p value
Married	115	3.23	0.43	2.32	0.10
Single	8	3.32	0.33		
Divorced/Widowed	75	3.11	0.39		

The analysis shows that the F value for the total score reached 2.32 with a significance level of 0.10, which is above the specified significance level ($\alpha \geq 0.05$), indicating no statistically significant differences in the averages of life satisfaction level among the elderly in Jerusalem related to the social status variable, across all domains.

For the results related to the fourth hypothesis, which states there are no statistically significant differences at the significance level ($\alpha \geq 0.05$) between the averages of psychological resilience level among the elderly in Jerusalem attributed to the age variable, the examination used t-test results and the arithmetic means of the responses of the study sample

members regarding the averages of psychological resilience level among the elderly in Jerusalem considering the age variable.

Table 8 t-test results for psychological resilience, based on by Age Variable.

variable	Age	N	M	SD	T value	p value
Personal and Self	٧٥-٦٥	157	3.65	0.63	0.06	0.95
	More than 76	41	3.66	0.61		
Social Interaction	٧٥-٦٥	157	3.63	0.76	0.44	0.65
	More than 76	41	3.68	0.539		
Past Experiences	٧٥-٦٥	157	3.46	0.49	1.131	0.26
	More than 76	41	3.36	0.44		
Total Score	٧٥-٦٥	157	3.59	0.54	0.065	0.94
	More than 76	41	3.58	0.47		

Table 7 reveals that the t value for the total score equals 0.06 with a significance level of 0.94, indicating no differences in the averages of psychological resilience level among the elderly in Jerusalem due to the age variable, across all domains.

For the results related to the fifth hypothesis, which indicates there are no statistically significant differences at the significance level ($\alpha \geq 0.05$) between the averages of psychological resilience level among the elderly in Jerusalem attributed to the gender variable. To verify this hypothesis, t-test results and the arithmetic means of the responses of the study sample members regarding the averages of psychological resilience level among the elderly in Jerusalem were considered with the gender variable in mind.

Table 8 t-test results for psychological resilience, based on by gender.

variable	Gender	N	M	SD	T value	p value
Personal and Self	Male	33	3.83	0.55	1.74	0.08
	Female	165	3.62	0.64		
Social Interaction	Male	33	3.82	0.58	1.92	0.11
	Female	165	3.60	0.74		

Past Experiences	Male	33	3.55	0.37	1.45	0.14
	Female	165	3.42	0.50		
Total Score	Male	33	3.75	0.44	1.90	0.05
	Female	165	3.56	0.54		

From Table 8, it is noted that the t value for the total score is 1.90 with a significance level of 0.05, suggesting there are no differences in the averages of psychological resilience level among the elderly in Jerusalem associated with the gender variable, applicable to all domains.

For the results related to the sixth hypothesis, indicating no statistically significant differences at the significance level ($\alpha \geq 0.05$) between the averages of psychological resilience level among the elderly in Jerusalem attributed to the social status variable, the evaluation was performed by calculating the arithmetic means and standard deviations of the responses of the study sample members regarding the averages of psychological resilience level among the elderly in Jerusalem, taking the social status variable into account.

Table 9 shows means and standard deviations for psychological resilience, based on social status.

variable	Social Status	N	M	SD	F value	p value
Personal and Self	Married	115	3.69	0.62	1.42	0.24
	Single	8	3.87	0.54		
	Divorced/Widowed	75	3.56	0.65		
Social Interaction	Married	115	3.64	0.71	0.19	0.82
	Single	8	3.79	1.07		
	Divorced/Widowed	75	3.63	0.69		
Past Experiences	Married	115	3.45	0.48	1.40	0.24
	Single	8	3.69	0.37		
	Divorced/Widowed	75	3.40	0.50		
Total Score	Married	115	3.61	0.516	1.02	0.35
	Single	8	3.80	0.62		
	Divorced/Widowed	75	3.54	0.54		

For the results related to the seventh hypothesis, which states, "There is no statistically significant relationship at the significance level ($\alpha \geq 0.05$) between the average ratings of life satisfaction and psychological resilience among the elderly in Jerusalem." To examine this hypothesis, Pearson's correlation coefficient and statistical significance analysis between the average ratings of life satisfaction and psychological resilience among the elderly in Jerusalem were used.

Table 10 Pearson's Correlation between life satisfaction and psychological resilience

Variables		Personal and Self	Social Interaction	Past Experiences	Total Score
Psychological Resilience	Pearson Coefficient	0.413**	0.392**	0.405**	0.471**
	Significance Level

From Table 10, the Pearson correlation coefficient for the total score is 0.471, with a significance level of 0.00, indicating a statistically significant relationship showing a positive correlation between the level of life satisfaction and psychological resilience among the elderly in Jerusalem. This means that an increase in the level of life satisfaction among the elderly in Jerusalem leads to an increase in their level of psychological resilience, applicable across different domains as well.

Discussion of Results:

The current study reveals that psychological resilience and life satisfaction among the elderly in Jerusalem are at medium levels, highlighting the significant importance of the personal and self domain and social interaction. These results align with previous studies, such as those conducted by Metwali and colleagues (2023), which emphasized the link between

social support and life satisfaction, and the study by Subh et al. (2019), which found the level of psychological resilience among the sample to be average. However, differences with other studies, such as Akatsuka & Tadaka (2021), which found high levels of psychological resilience, suggest that varying cultural and social contexts can significantly influence psychological resilience and life satisfaction among the elderly. This highlights the need for specially designed support programs to meet the needs of the elderly in Jerusalem.

The results also indicate no statistically significant differences in life satisfaction among different age groups, uncovering an important fact about life satisfaction as a variable not significantly affected by age in this specific geographic and social context. This underscores the importance of environmental and social factors in enhancing the well-being of the elderly. These findings are in line with the study by Lyubomirsky (2008), which found that factors such as social support and meaningful activities might have a more significant impact on life satisfaction compared to age. On the other hand, a study conducted in Japan by Akatsuka & Tadaka (2021) suggests that community support programs and a culture that values self-worth and aging can contribute to higher levels of psychological resilience and life satisfaction.

Furthermore, the results did not show statistically significant differences in life satisfaction levels between men and women among the elderly in Jerusalem, providing strong evidence that gender does not significantly affect feelings of life satisfaction in this age group within this geographic and social context. This hints at other factors playing a more crucial role in determining the life satisfaction of the elderly in Jerusalem. The absence of gender differences in life satisfaction among the

elderly in Jerusalem reflects the homogeneity in life experiences and challenges faced by the elderly in this context, contributing to similar levels of life satisfaction regardless of gender. These findings align with the study by Lyubomirsky (2008), suggesting that psychological and social factors might be more important than gender in determining life satisfaction.

The results also indicate no statistically significant differences in the level of life satisfaction among the elderly in Jerusalem when considering the social status variable, whether married, single, divorced, or widowed. This shows that social status alone does not significantly contribute to determining life satisfaction in this age group within the specific context of Jerusalem. It seems that life satisfaction for the elderly in Jerusalem is influenced by more complex and profound factors than just social status. Factors such as the quality of personal relationships, social support, satisfaction from daily activities, and a sense of security and belonging may have greater impacts, especially in an environment filled with conflicts and social challenges, where social relationships and psychological support may become more important than social status in determining life satisfaction. These findings are consistent with the studies conducted by Lyubomirsky (2008) and Akatsuka & Tadaka (2021), emphasizing the strong impact of social connections and a sense of belonging on life satisfaction.

Regarding psychological resilience, the findings confirm the absence of differences in psychological resilience between different age groups of the elderly in Jerusalem, indicating that resilience may be relatively independent of age. This demonstrates the importance of life experiences and social support in developing resilience, where the results suggest that the social environment and shared challenges might contribute uniformly to enhancing psychological resilience, highlighting the

importance of social support and positive social interactions in improving adaptability among the elderly in this specific context. The results also reveal no differences between men and women among the elderly in Jerusalem in terms of psychological resilience, indicating an equal distribution of this trait across genders in this context. This can be explained by the importance of cultural and social factors over biological ones in developing resilience, emphasizing the role of social support and community in enhancing it. This result differs from the study by Subh et al. (2020), which indicated a preference for males, and shows that psychological resilience among the elderly in Jerusalem is not affected by social status, highlighting the importance of social networks and emotional support in its development. In a city with unique challenges, these challenges contribute to enhancing resilience as a response to stress, and related studies emphasize the role of social support and community activities in strengthening psychological resilience, affirming the benefit of support programs for the elderly regardless of their social status. This result differs from the study by Subh et al. (2019), which found differences in the level of psychological resilience according to the social status variable.

Finally, the results show a positive relationship between life satisfaction and psychological resilience among the elderly in Jerusalem, meaning that an increase in life satisfaction is associated with increased psychological resilience. This indicates that emotional well-being may enhance adaptability, aiding in more effectively dealing with stress.

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