



A study on psychological well-being during middle and late adulthood periods

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ABSTRACT

Well-being is said as a good or satisfactory condition of existence; a state characterized by health, happiness, and prosperity. Psychological well-being refers to how people evaluate their lives. It is the combination of feeling good and functioning effectively. Recent psychological research has shown a shift from an emphasis on disorder and dysfunction to a focus on well-being and positive mental health. Since, in adult age many changes occur which may eventually induce psychological disturbances among them; the present study has been undertaken to assess the psychological well-being during middle and late adulthood periods. A total number of 120 samples were selected for the study. Ryff's scales of Psychological Well-being (Ryff, 1989 and Ryff and Keyes, 1995) was administered to collect the data. The results of the study revealed that the psychological well-being during middle and late adulthood periods was in average range and a significant difference in psychological well-being adults during middle and late adulthood periods were found.