

GERONTOPSYCHOLOGICAL PERSPECTIVES OF AN ACTIVE LONGEVITY

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Introduction: The global population aging comes with a series of challenges regarding the quality of life on long-lived older persons. Factors that are beneficial to active aging and maintaining a functional capacity, facilitate health and peaceful living in the last part of life. **Objectives:** Within the Laboratory of Social Gerontology and GerontoPsychology of the National Institute of Gerontology and Geriatrics "Ana Aslan", during 2019-2022 continued the data collection using the GeRoPsi Evaluation Sheet with the aim of describing, correlating and interpreting the favorable factors for an active longevity for older people admitted to the Institute. **Methods:** The quantitative and qualitative analysis on a sample of 217 persons, aged between 85-95 years, provided us an overview of their cognitive and emotional adaptive capacities, facing the aging process and its limitations. **Results:** The obtained data indicate the presence of significant correlations between preserved cognitive capacities and the flexibility of emotional responses. **Conclusions:** The psychoemotional dynamics as well as normal cognitive functions contribute on maintaining an active longevity. The results of this study reinforce the importance of psychological adaptation to environmental factors.

Keywords: cognitive capacities, psychoemotional dynamics, favorable factors, older persons, active longevity