

OLDER ADULT'S ADJUSTMENT TO AGING AND SPIRITUALITY: A MULTIPLE CORRESPONDENCE ANALYSIS

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Purpose: To analyze the indicators of adjustment to aging (AtA) and to investigate the latent constructs that can work as major determinants in spirituality for a cross-national older community-dwelling population.

Methods: Questionnaires were completed, assessing participants' background information. Interviews were performed, addressing one core area: indicators of AtA. Complete data were available for 154 older adults, aged between 75-103 years ($M = 86.6$, $SD = 6.98$) from two different nationalities. Data was subjected to content analysis. Representation of the associations and latent constructs were analyzed by a Multiple Correspondence Analysis (MCA).

Results: The most prevalent response of the interviewed participants for indicators of AtA was 'spirituality' (43.2%) whereas 'financial stability' was the least referred indicator of AtA (10.3%). 'Spiritual activities' was the most reported response regarding 'spirituality' (20.0%). Spirituality for older adults was explained by a three-factor overall model: 'spiritual and existential meaning', 'limit-related awareness' and 'community embeddedness'.

Conclusions: The findings presented in this paper emphasized the need to explore the potential of spirituality to AtA and the need for improving the spiritual dimension of health care for the older population.