

MAGYAR GERONTOLÓGIA

15. ÉVFOLYAM KONFERENCIA KÜLÖNSZÁM

2023. 15. évf. Konferencia Különszám

On-line verzió: ISSN 2062-3690

[www.https://ojs.lib.unideb.hu/gerontologia](https://ojs.lib.unideb.hu/gerontologia)

Not languishing but flourishing: The message of positive psychology on ageing

Ágota Kun¹

¹Budapest University of Technology and Economics Faculty of Economic and Social Sciences
Department of Ergonomics and Psychology, Hungary

Keywords: positive ageing, positive psychology, flourishing

Traditional psychology approaches the psychological functioning of ageing primarily in terms of problems and difficulties, focusing on the deterioration of abilities, the onset of mental disorders, inactivity and the decline of relationships. However, with the emergence of positive psychology, a different way of thinking emerged, along which the concept of positive ageing was born.

The positive psychology of ageing can be seen as a psychological resource model of ageing. Rather than focusing on languishing or losses to compensate for, positive ageing focuses on the potential and existing strengths of older people. Positive ageing is concerned with flourishing and fulfilment in old age. While most efforts are still focused on improving older people's lives in some way and supporting them to stay the same, the positive psychology approach goes a step further and asks the question "How can we support older people to develop, grow and flourish?".

The presentation will focus on the reinterpretation offered by the positive psychology approach, showing that ageing is not necessarily about decline, mental health problems or dissatisfaction,

but about flourishing, fulfilment, happiness and discovering new opportunities and strengths to live a full life in old age.

The presentation will discuss how the approach and toolkit offered by positive psychology can be used to promote mental health in later life so that ageing can be as positive and flourishing as earlier in life.

The author:

The Invited keynote speaker of the Gerontology Days 2023 International Scientific Conference, Hungary:

Dr. Ágota Kun

Budapest University of Technology and Economics, Hungary

Faculty of Economic and Social Sciences

Department of Ergonomics and Psychology

kun.agota@gtk.bme.hu