

IMPROVING QUALITY OF LIFE IN ELDERLY

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Introduction: In quality of life research psychological well-being constitutes an important dimension. Remarriage is one of the most important determinants of physical, mental well-being and ability of performing ADLS among older widows and widowers. Content: A comprehensive review of our knowledge on remarriage in old age is presented, based on findings of articles published in the past few decades from different countries especially based on medical science. The Main motive for remarriage in the old people is the wish not to be alone. Throughout the life cycle the happiness of married persons, whether remarried or continuously married remains significantly higher than others. Remarriage has the same positive effect on happiness as a first marriage. Factors influencing remarriage are age, social status, ethnic and religious integration and previous experiences of married life. According to the findings of most studies, Remarriage has positive effects on Social QoL in old age which enhances their well-being and individual potential. Conclusion: With regard to the estimated success of remarriage in old age and its positive effects on their participate in the social and economic life and their physical, mental QoL, we suggested the need for more attention to motivation of old adults, education and study about elder remarriage.