

Contented old age (old people):
Consideration of subjective and biographic elements for the attainment of a
spiritually fulfilled character in old age based on qualitative interviews

Fundamental to this work is the consideration of individual life histories relating to biographic experiences and dealing with events which lead to a spiritually fulfilled peaceful character in old age. In doing this theories on the process of ageing were described. In a further step methodical research principles were presented. With the help of the narrative interviews ten people from 75 years of age were questioned on elements of their life histories which have an effect on the spiritual fulfilment of their life in old age. In the concluding evaluation ten biographies were described and a qualitative contents analysis of the interviews was carried out.

Theoretical suppositions mostly do not pay sufficient attention to heterogeneity and individuality in old age (old people). Ageing is a multifunctional process and can be considered on the basis of life histories. In the evaluation of the interviews it became clear that spiritually fulfilled old people insist on an attitude learned throughout their whole life. From the educational science point of view opportunities, skills and also duties to the family and society were emphasised. A conscious approach towards life opens up a variety of possibilities for a socially responsible lifestyle. The basis for that is supplied by lifelong learning, stable social structures, dealing with one's own life, self-determination, spirituality and also a constructive approach to life.