The present study entitled "A Study of Depression in Relation to Loneliness, Optimism and Life Satisfaction" aims to investigate the relationship of depression with the variables like loneliness, optimism and life satisfaction. Depression was considered as a dependent variable while loneliness, optimism and life satisfaction as independent variables. Out of all independent variables, optimism had its two dimensions namely optimism and pessimism. Old age people were found best suitable as a sample to test the hypothesis for the study.

Four hundred old age people aged from 60 to 85 were selected randomly from different living areas of Delhi and Aligarh city. Further participants were divided into different groups on the basis of demographic variables. There were 167 males and 233 females; 195 participants were living in rural areas while 205 participants were living in urban areas; 226 participants were having their spouses alive while 174 participants were living their life without spouses (spouse not alive). Sample consisted of 209 participants who were dependent financially on their family members and 191 were such who were independent and earning by their own or getting regular income from government or non-governmental sources. There were 260 participants who were living with their families and 140 were living without their families. Out of all the participants 107 were illiterate who were not educated at all (they did not receive any formal education), 165 participants were less educated (they were the people who were literate but not at a higher level. Participants who were educated up to 12th, were kept in this category) while 128 participants were highly educated (participants who were educated above 12th and who had gotten education from reputed organization or university were categorized in this group).

Beck Depression Inventory II (Beck et al., 1996), UCLA Loneliness Scale (Russell, 1996), Optimism-Pessimism scale (Dember et al., 1989) and Satisfaction with Life Scale (Diener et al., 1985) were used to measure depression, loneliness, optimism and life satisfaction respectively.

Stepwise Multiple Regression was applied to find which independent variable was found as significant predictor of depression while t-test and ANOVA analyses
were used to see whether the groups differ on depression, loneliness, optimism-pessimism and life satisfaction or not. The main findings of the study are as follows:

- Loneliness, pessimism and life satisfaction were significantly related to depression among old age participants. Loneliness and pessimism were positively related to depression while life satisfaction was negatively related to depression among old age participants.

- Life satisfaction and loneliness were significant predictors of depression among male old age participants whereas loneliness, pessimism and life satisfaction were significant predictors of depression among female old age participants.

- Loneliness and life satisfaction were significantly related to depression among old age respondents living in rural areas while pessimism and life satisfaction were significantly related to depression among old age respondents living in urban areas.

- Loneliness, optimism-pessimism and life satisfaction were significant predictors of depression among old age people with spouse alive while pessimism and life satisfaction were significant predictors of depression among old age people with spouse not alive.

- Loneliness, optimism, pessimism and life satisfaction were significant predictors of depression among old age participants who were financially dependent on their family; on the other hand only optimism and pessimism were significant predictors of depression among financially independent old age participants.

- All four predictors loneliness, optimism, pessimism and life satisfaction were significant as predictors of depression among old age participants who were living with their family while pessimism and life satisfaction were significant as predictors of depression among old age participants who were living without their family.
The relationship of loneliness, pessimism and life satisfaction with depression was significant among illiterate and less educated old age people whereas among highly educated old age people optimism-pessimism and life satisfaction were significant predictors of depression.

There was an insignificant difference between male and female old age respondents on the variable depression and optimism. A significant difference was found between the two groups with regard to loneliness, pessimism and life satisfaction. Female old age people were lonelier, more pessimistic and more satisfied with their life.

Old age participants living in rural areas and old age participants living in urban areas were differed significantly on the variables depression, loneliness, optimism-pessimism and life satisfaction. People living in urban areas were more depressed, lonelier, pessimistic and more satisfied with their life. While people living in rural areas were more optimistic than the people living in urban areas.

A significant difference was found between old age people with spouse alive and old age people with spouse not alive with regard to depression, loneliness, optimism and pessimism. Old age respondents with spouse not alive were higher on depression, loneliness and pessimism while lower on the variable optimism. No significant difference was found between the two groups with regard to life satisfaction.

There was a significant difference between old age participants financially dependent on their family and financially independent old age participants with regard to depression, loneliness, optimism-pessimism and life satisfaction. Financially dependent old age people were more depressed, lonelier and more pessimistic while old age people who were financially independent were more optimistic and more satisfied with their life.

Old age people living with their family were significantly differed from old age people living without their family with regard to depression, loneliness, optimism-pessimism and life satisfaction. Participants who
were living with their family were more depressed and having more pessimistic attitude while old age participants living without their family were lonelier, more optimistic and more satisfied with their life.

- There was a significant difference between illiterate, less educated and highly educated old age people on the variable depression, loneliness, optimism, pessimism and life satisfaction. Illiterate old age respondents were highly depressed, most lonely and most pessimistic group while highly educated old age respondents were most optimistic and most satisfied with their life.