Conclusion
The present study has been conducted on the Bengali community living elderly people living in the city of Kolkata. In this study life satisfaction, level of activity and engagement with life has been used as measures of successful aging. Psycho-social factors studied in the present research are wisdom, generalized self efficacy, forgiveness, gratitude and quality of life. In the light of the findings and discussion done in the previous chapters some specific conclusions have been drawn from the study. These are enumerated below:

6.1. Specific Conclusions Obtained from the Study:

Specific conclusions obtained from the study are given below:

**Difference in gender with respect to Psycho-social Correlates of Successful Aging:**

1. There is significant difference between community dwelling male and female elderly adults with respect to successful aging as measured by Life satisfaction with female elderly participants having higher life satisfaction.

2. There is significant difference between community dwelling male and female elderly adults with respect to successful aging as measured by Level of activity with female elderly participants having greater level of preserved activity.

3. No significant difference was found between community dwelling male and female elderly adults with respect to successful aging as measured by Engagement with Life.

4. There is no significant difference between community dwelling male and female elderly adults with respect to wisdom as whole and different aspects of wisdom.

5. There is no significant difference between community dwelling male and female elderly adults with respect to generalized self efficacy.
6. There is no significant difference between community dwelling male and female elderly adults with respect to Forgiveness as whole and different components of forgiveness.

7. There is no significant difference between community dwelling male and female elderly adults with respect to Gratitude.

8. There is no significant difference between community dwelling male and female elderly adults with respect to psychological and social quality of life.

9. There is a significant difference between community dwelling male and female elderly adults with respect to physical health quality of life with male participants having higher expressed satisfaction in this domain of quality of life.

10. There is a significant difference between community dwelling male and female elderly adults with respect to environmental quality of life with female participants having higher expressed satisfaction in this domain quality of life.

**Inter-relationship of Different Psycho-social Factors to Measures of Successful Aging:**

**Life Satisfaction as Measures of Successful Aging:**

11. There is no significant relationship between wisdom as whole and life satisfaction in both male and female community living elderly adults.

12. There is no significant relationship between cognitive wisdom and life satisfaction in both male and female community living elderly adults.

13. There is no significant relationship between affective wisdom and life satisfaction in both male and female community living elderly adults.
14. There is a significant positive relationship between life satisfaction and reflective wisdom in both male and female community living elderly adults.

15. There is a significant positive relationship between generalized self efficacy and life satisfaction in both male and female community living elderly adults.

16. There is a significant positive relationship between forgiveness as a whole and life satisfaction in both male and female community living elderly adults.

17. There is a significant positive relationship between self forgiveness and life satisfaction in male community living elderly adults only.

18. There is no significant relationship between forgiveness of others and life satisfaction in both male and female community living elderly adults.

19. There is a significant positive relationship between situational forgiveness and life satisfaction in both male and female community living elderly adults.

20. There is a significant positive relationship between gratitude and life satisfaction in both male and female community living elderly adults.

21. There is a significant positive relationship between all the domains of quality of life (viz. Physical Health Psychological Social, Environmental domains) and life satisfaction in male community living elderly adults.

22. There is a significant positive relationship between (Social and Environmental domains of quality of life and life satisfaction in female community living elderly adults.
Activity Level as Measures of Successful Aging

23. There is a significant negative relationship between wisdom as a whole and activity level in the male community living elderly adults.

24. There is a significant negative relationship between reflective wisdom and activity level in the male community living elderly adults.

25. No significant relationship is found between activity level and affective wisdom in the male community living elderly adults.

26. No significant relationship is found between activity level and cognitive wisdom in the male community living elderly adults.

27. No significant relationship is found between activity level and wisdom as a whole as well as all the domains of wisdom in the female community living elderly adults.

28. There is a significant negative relationship between generalized self efficacy and activity level in the male community living elderly adults only.

29. No significant relationship is found between activity level and generalized self efficacy in the female community living elderly adults.

30. There is no significant relationship between forgiveness as a whole along with its components and level of activity in both male and female community living elderly people.

31. There is no significant relationship between gratitude and level of activity in both male and female community living elderly people.

32. There is no significant relationship between all the domains of quality of life and activity level in male community living elderly people.
33. There is no significant relationship between Physical, social and environmental
domains of quality of life and activity level in female community living elderly
people.

34. There is a significant negative relationship between psychological domain of quality
of life and activity level in female community living elderly people.

**Engagement with Life Measures of Successful Aging:**

35. There is no significant relationship between wisdom along with its cognitive and
affective components to engagement with life in male community living elderly
people.

36. There is a significant positive relationship between wisdom as a whole and
engagement with life in female community living elderly people.

37. There is a significant positive relationship between cognitive wisdom and
engagement with life in female community living elderly people.

38. There is a significant positive relationship between reflective wisdom and
engagement with life in both female community living elderly people.

39. There is no significant relationship between affective wisdom and engagement with
life in female community living elderly people.

40. There is a significant positive relationship between generalized self efficacy and
engagement with life in male community living elderly people.

41. There is no significant relationship between generalized self efficacy and
engagement with life in female community living elderly people.
42. There is a significant positive relationship between forgiveness as a whole and engagement with life in both male and female community living elderly people.

43. There is no significant relationship between self forgiveness and engagement with life in male community living elderly people

44. There is no significant relationship between forgiveness of others and engagement with life in male community living elderly people

45. There is a significant positive relationship between situational forgiveness and engagement with life in male community living elderly people

46. There is no significant relationship between forgiveness components and engagement with life in female community living elderly people

47. There is a positive significant relationship between gratitude and engagement with life in both male and female community living elderly people.

48. There is a significant positive relationship between psychological as well as social quality of life and engagement with life in both male community living elderly people.

49. There is no significant relationship between physical and environmental quality of life and engagement with life in both male community living elderly people.

50. There is no significant relationship between physical psychological and social quality of life and engagement with life in both female community living elderly people.

51. There is a significant positive relationship between environmental quality of life and engagement with life in female community living elderly people.
Contributory Effect of Different Psycho-social Factors on Measures of Successful Aging:

52. Generalised self efficacy, forgiveness as a whole, along with psychological domains of quality of life has emerged as positive predictor of engagement with life in male community living elderly people while physical domain of quality of life has emerged as negative predictor of quality of life in the same group.

53. Reflective wisdom and cognitive wisdom has emerged as a positive predictor of engagement with life in female community living elderly people.

54. Generalised self efficacy has emerged as the positive predictor of activity level in male community living elderly people.

55. Environmental domain of quality of life has emerged as the positive predictor of activity level in female community living elderly people while psychological domain of quality of life has emerged as the negative predictor of quality of life in the same group.

56. Psychological and social quality of life along with situational forgiveness has emerged as positive predictors of life satisfaction in male community living elderly people.

57. Generalised self efficacy and social quality of life has emerged as positive predictor of life satisfaction in female community living elderly people.
6.2. **Limitations of the study:**

The present study has certain limitations. Due to some practical constraints it was not possible to overcome these constraints. These limitations are:

1. The sample has been selected through purposive method of sampling
2. Oldest old group (i.e. above 75 years) has not been considered in the study
3. Working retired male elderly people has been compared with female elderly people who have been homemakers for life time.
4. The study has focused only on the Bengali population living in Kolkata.

6.3. **Implication obtained from the study:**

The present study provides an insight into successful aging in the Indian context especially for the regional sub-population on which the study has been conducted. The study shows that character strengths of wisdom forgiveness and gratitude along with self efficacy beliefs as well as participants’ own evaluation of quality of life are indeed important for aging successfully. Enhancement of these factors through community programmes for the elderly and change of social policies on the basis of the current findings may help them to an active and satisfied old age.