



# The Significance of Joy of Life for Seniors

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Table 1. The age of the informants of the survey

	Years old						Total
	30-39	40-49	50-59	60-69	70-79	80-89	
Women	1	2	3	14	6	1	27
Men	1	1	2	1	1	1	7
Total	2	3	5	15	7	2	34



## **Questions in the questionnaire**

1. Describe what joy of life is to you and how it feels.
2. Give one or more examples of situations where you feel or have felt joy of life?

## **A feeling in the body**

- ❖ *Joy of life is when I feel happiness and peace flowing through my body. (Woman, 60-69)*
- ❖ *Harmony and peace also when life is hard. (Woman, 70-79)*
- ❖ *To live in harmony with my circumstances and be pleased with what I have. (Woman, 60-69)*
- ❖ *Balance, well-being and a happy feeling in my body. (Woman, 50-59)*
- ❖ *It feels like something soft In my body. (Woman, 80-89)*

# Feeling safe and having expectations for the future

❖ *Joy of life is to feel safe and to be curious of the future.  
(Woman, 70-79)*

❖ *Exciting things are waiting around the corner, new experiences that I will make and new things that will happen to me. (Woman, 60-69)*

❖ *Joy of life has to do with my feeling safe in my daily life but also reconciliation with the past and confidence in the future. (Man, 60-69)*



## **Joy of life is deeper and more lasting than joy or being glad**

❖ *This inner joy is something stronger than just being glad. (Man, 80-89)*

❖ *Maybe you could say that joy of life is more lasting than joy, or maybe something deeper that is not just there for the moment. (Woman, 70-79)*

## **The joy of being alive**

- ❖ *An intense feeling of living that can come after a sad event for example when someone dies. (Man, 40-49)*
- ❖ *The joy of being alive. (Woman, 60-69)*
- ❖ *When it feels good to live and I enjoy life. (Man, 30-39)*
- ❖ *The feeling that life is worth living. (Woman, 60-69)*
- ❖ *Not to give up and die before it's time. (Woman, 60-69)*



## **Being active, healthy and independent**

- ❖ *I feel joy if life when I can work with something I like. If I have succeeded with a certain task I am happy and glad and proud of myself. (Man 70-80)*
- ❖ *When I have many pleased customers, when I have done a very good job and money is coming in. (Man, 30-39)*
- ❖ *When I can take care of myself, financially, physically and mentally. (Woman, 70-79)*
- ❖ *When I wake up in the morning well rested after a good night's sleep. (Woman, 60-69)*
- ❖ *No financial problems, pain or anxiety. Have a living of my own. (Man, 70-79)*

## Enjoying Nature

- ❖ *To sit by the sea, watching the water. (Woman, 60-69)*
- ❖ *Walking on the shore. (Man, 80-90)*
- ❖ *Long walks alone. (Woman, 60-69)*
- ❖ *To walk in the woods. To struggle with the nature, for example climbing a mountain or kayaking when there is a heavy wind. (Man, 80-90)*
- ❖ *Enjoying beautiful scenarios. (Woman, 50-59)*
- ❖ *Beautiful winter days and sunny summer mornings in the garden. (Woman, 60-69)*

## **Connect with God**

- ❖ *Gratefulness to God, that I can feel in my whole body. Energy and peace at the same time. (Woman, 50-59)*
- ❖ *To listen to music, for example in a church. (Woman, 60-69)*
- ❖ *Praying quietly in a church. (Woman, 50-59)*

## Family

- ❖ *I am happy when my kids are well. (Man, 70-79)*
- ❖ *When I do something special together with my grandchildren. (Woman, 60-69)*
- ❖ *When a hand slips into my hand. (Woman, 50-59)*
- ❖ *Every time I have some magical moments with my kids, even if it is just looking at how beautiful they are when they are sleeping. (Woman, 40-49)*

## Friends and meeting interesting and happy people

- ❖ *Together with old good friends and when I feel their consideration for me. (Woman, 60-69)*
- ❖ *To meet new interesting people. (Woman, 70-79)*
- ❖ *When I am in a country I have never been to before and see a relationship between people, for example an adult and a child, and I realize that it works in about the same way as with me and my grandchild. When I am happy for a child's happiness. (Woman, 70-79)*
- ❖ *When my eyes meet happy eyes. (Woman, 50-59)*

## **Purpose, meaning and belonging**

- ❖ *When I feel appreciated. (Woman, 70-79)*
- ❖ *When I feel that I have meant something to somebody else. (Woman, 50-59)*
- ❖ *When I help people. (Man, 70-79)*
- ❖ *To belong. (Woman, 60-69)*
- ❖ *To have a meaning in life and to have a positive attitude. (Man, 50-59)*

## **Question in the questionnaire**

3. What would you like to do or what would have to happen to increase your joy of life?

## Health

- ❖ *As long as I am healthy I can try to increase my joy of life when I feel I need it. (Woman, 60-69)*
- ❖ *First of all I want to get well so that I have the strength to do interesting things, such as travel, socialize more with people and do voluntary work. (Woman, 70-79)*



## **Accepting and being accepted and having a positive attitude**

- ❖ *To be pleased with myself. (Woman, 60-69)*
- ❖ *Better accept my body that I have never been pleased with.. (Woman, 60-69)*
- ❖ *I would need more variation in life. Do more uncommon things. (Woman, 60-69)*
- ❖ *That I live the way I really want, that I don't get stuck and stressed over wanting to do more or feeling that I should do more. (Woman, 50-59)*
- ❖ *To reach and reconcile with the past and realize the specific with living at the end of life. (Man, 60-69)*
- ❖ *At my age you feel joy of life if there are not too many changes (Woman, 70-79)*

## **Good relationships**

- ❖ *See my children more often. Meet people with whom I can share new experiences. (Woman, 60-69)*
- ❖ *Meet a soul-mate. (Woman, 60-69)*
- ❖ *Keep in touch with children and friends. Get new friends, somewhat younger maybe, if I live long! (Woman, 60-69)*
- ❖ *Achieve my goals and make a difference for my family and in the world. (Woman, 40-49)*

Table 2. The importance of joy of life according to the informants

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*How important is it for you to feel joy of life?*      *How much joy life do you feel today?*

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	Number		Number
Very important	29	Very much	9
Fairly important	3	Fairly much	14
Important	2	Some	7
Not very important		Not very much	2
Not at all important		Not at all	1
		No answer	1

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## Conclusion

Joy of life is a choice that gives us a perspective from which we can view life as a whole. It is an internal feeling. You can feel it in your body as something soft or as a feeling of harmony, balance and peace. Joy of life is something more, deeper and longer lasting than happiness and joy, it has no objective and it includes a wish to live.

**Thank you for listening!**

