

Abstract

The current study aims to compare institutionalized and non-institutionalized elderly over Mindfulness, Religious Coping and Serenity and to investigate relationship between mindfulness, religious coping and serenity among elders. The sample comprised of 100 Elderly (50 Institutionalized with 25 men and 25 women, 50 Non-Institutionalized with 25 men and 25 women) with age of 60 to 85 from different institutions and homes of Lahore, Pakistan. Brief Serenity Scale by Kreitzer et. al., (2009), Mindful Attention Awareness Scale by Brown & Ryan, (2003), Religious focused Coping Strategies Scale by Munir and Kausar (2008) were the assessment measures used in the study. Data was analyzed by using T-test, ANOVA Pearson Product Moment Correlation and Multiple Regression. Results indicated that Institutionalized elders and elders with no significant stressors in life as well as single elders were high on the level of Mindfulness; religious coping was high among illiterate and females. Oldest institutionalized elders and elders with the more number of years of institutionalization were found to be more serene. Age, education, religious coping, nature of stressors, mindfulness and serenity was found to be correlated, and higher level of religious focused coping and mindfulness and increased age among elders were predicting serenity.

Keywords: Mindfulness, Religious Coping, Serenity, Institutionalized, Non-Institutionalized, Elders