

## **Abstract**

The present study investigated the relationship between meaning in life, emotion regulation, spirituality and quality of life in elderly living with families and institutionalized elderly. The study was based on the correlational survey research design. A sample of 250 participants (150 elderly living with families and 100 old age homes residents) with the age range 60-90 year. Purposive sampling technique was used to gather the data. Meaning in life was measured by Meaning in Life Questionnaire (Steger et.al., 2006), emotion regulation was measured by Emotion Regulation Questionnaire (Gross & John, 2003), spirituality was measured by Spirituality Assessment Inventory (Hall & Edwards, 2002) and quality of life by WHO-Quality of Life-BREF-Scale (Skevington, et.al., 2004). Data were analyzed in SPSS version 21. Reliability analysis indicated that meaning in life, spirituality and quality of life have moderate to high level of reliability while emotion regulation shows moderately low reliability coefficient. The correlation analysis showed a significant correlation between meaning in life, emotion regulation, spirituality and quality of life. Results of t-test indicated significant mean differences in term of elderly living with families and institutionalized elderly on quality of life, emotion regulation, meaning in life and spirituality. The results of regression analysis indicated that presence of meaning, age and life perspective are significant predictors of quality of life among elderly living with families and elderly living in old age homes. This study will help to build psychological recommendations and social networks in the future, which will improve the elderly's quality of life.

**Keywords.** Meaning in life, emotion regulation, spirituality, Quality of life, elderly living with families and living in old age homes.