

## **Abstract**

The current research aimed to study the relationship of cognitive distortions, adjustment to aging and quality of life on old age people. It also studies the impact of cognitive distortions, adjustment to aging and quality of life among people of community and old age homes. The hypothesis of this current study were a) There would likely to be a relationship between cognitive distortions, adjustment to aging and quality of life in old people living in old age homes and community people b), There would likely to be a prediction of cognitive distortions on adjustment to aging c), There would likely to be a prediction of cognitive distortion on quality of life d) There would be gender differences present in cognitive distortions, adjustment to aging and quality of life in old people living in old age homes and community people e) There would likely to be difference of cognitive distortions, adjustment to aging and quality of life between people living in old age homes and community people. A sample of (N=200) old age people comprising both males and females with an age range of 50-100 years both from old age homes and community were recruited by using a non-probability purposive sampling technique and convenient sampling respectively. Data was collected physically and online. Pearson correlation was applied through SPSS version 21 to generate results that showed significant positive correlation between adjustment to aging and quality of life. A significant negative correlation of cognitive distortions and its subscale was also found with adjustment to aging and quality of life. Cognitive distortions and its subscale were significant negative predictors of both adjustment to aging and quality of life and their subscales. Females exhibited higher scores on cognitive distortions both in old age homes and community. Males of old age homes scored higher in adjustment to aging and males from community scored higher on quality of life. Results also showed that people of old age homes scored higher in cognitive distortions and people of community scored higher in both adjustment to aging and quality of life. These indigenous findings will have a significant implication for the better understanding of old age cognition, adjustment, clinical psychologists, and further research endeavors.

*Keywords: Cognitive Distortions, Adjustment to Aging, Quality of Life, Old Age Homes, Community*