

Abstract

The aim of present research was to examine the relationship between life satisfaction and death anxiety among different age groups by using mixed method approach. The sample of this study comprised of 400 (200 women, 200 men) people ranges through 45 to 65 years of age. Approved Urdu translations of the measures were used to collect data from the participants. The measures included Satisfaction with Life Scale and Death Anxiety. Result of correlation analysis indicated that life satisfaction was significantly correlated with age and death anxiety. The result of *t*-test is non-significant regarding gender difference between all the variables. Furthermore, result of one way ANOVA indicated significant mean difference in life satisfaction and non-significant mean difference in death anxiety among different age groups. Linear regression indicated that age and death anxiety was significant predictor of life satisfaction. Result of MANOVA indicated significant effect of demographics variables on life satisfaction and death anxiety. Qualitative study was also conducted for in-depth exploration. Sample of the qualitative study comprised of 2 old adults. Men and women were given equal representation in the sample. A semi structured interview technique was used to collect the data. Eight superordinate themes (concept of life, ideology of life, death and its acceptance, core beliefs, dependence, religiosity, regrets and spirituality) were emerged during the analysis by following the guidelines of IPA. The study had important implications in the area of social and clinical psychology.