
ABSTRACT

Impact of a Purpose in Life Program on the subjective well-being of older female offenders

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Effective psychological interventions for the rehabilitation of older offenders are needed. The aim of this study is to develop such a program. A Purpose in Life Program was offered to older female offenders with the objective of increasing their subjective well-being. Ten participants, aged 60 to 72, were assigned to the intervention, which consisted of 90-minute weekly group sessions plus homework for nine weeks. Participants also completed inventories, which were used to measure subjective well-being and cognitive function. After the intervention, participants exhibited significantly greater improvement on most indicators of subjective well-being when compared to pre-intervention: will, hope, positive relationships with others, self-acceptance, and purpose in life. Results are discussed in terms of the implications of the effectiveness of this program on participants' efficacy in achieving their purpose in life. The process of the intervention indicated that seeking a purpose in life based on trust was an essential factor in the implementation of an effective education program for older offenders.

Key Words: life purpose, subjective well-being, psychological intervention, elderly offenders
