Iranian Evolutionary Educational Psychology Journal
IEEPJ
University of Hormozgan
Online ISSN: 2588 - 4395
Homepage: https://ieepj.hormozgan.ac.ir

Factors Influencing Resilience in the Elderly: A Systematic Review

Mostafa Zahirinia✉
Associate Professor, Department of Social Sciences, University of Hormozgan, Bandar Abbas, Iran, (Corresponding author),
zahirinia@hormozgan.ac.ir

Article Info

Article type:
Research Article

Article history:
Received 15 Jan. 2023
Received in revised form 22Mar. 2023
Accepted 11 Sep. 2023
Published online 01 December 2023

Keywords:
Resilience,
Elderly,
Systematic review

ABSTRACT

Objective: In contemporary society, the issue of aging and its investigation has gained significant importance due to the increasing elderly population. The myriad challenges faced by this demographic have brought the concept of resilience to the forefront. The growing body of literature in this area and the lack of comprehensive synthesis of studies underscore the necessity for a qualitative review method.

Methods: This research, conducted between October and November 2022, involved a thorough search of relevant articles on elderly resilience in Persian databases, including Magiran, Scientific Information Database, Noormags, and Iranian Research Institute for Information Science and Technology (IranDoc), as well as Google Scholar. The search utilized keywords such as resilience, elderly, aging, senior citizens, and the elderly. After screening based on inclusion and exclusion criteria, 31 relevant articles were selected for the article's composition.

Results: Through the examination of articles, identified themes were categorized into seven groups, including spirituality, mindfulness and acceptance, satisfaction, physical health promotion, mental health promotion, resilience education, and therapeutic education. The majority of articles focused on enhancing mental health resilience. Most studies were conducted in Tehran, with a concentration in the years 2021 and onwards. Overall, improving resilience in the elderly contributes to their life satisfaction and mental well-being. Therefore, interventions and resilience models need to be implemented to enhance the resilience of the elderly.

Conclusions: It is anticipated that forthcoming research on elderly resilience will encompass a diverse range of provinces, and the observed deficiency of qualitative studies on this topic necessitates investigations that explore the cultural, social, economic, and political dimensions of elderly resilience, in conjunction with individual and psychological factors.

Cite this article: Zahirinia. M. (2023). Factors influencing resilience in the elderly: a systematic review. *Iranian Evolutionary Educational Psychology Journal*, 5 (4), 325-348. DOI: https://doi.org/10.22034/5.4.325

© The Author(s).
Publisher: University of Hormozgan.
DOI: https://doi.org/10.22034/5.4.325

[Downloaded from ieepj.hormozgan.ac.ir on 2026-11-12]
[DOI: 10.22034/5.4.325]

Introduction

Aging represents a significant and delicate phase in the human lifespan, characterized by a myriad of physical, cognitive, and social transformations (Zamani et al., 2015: 83). Ensuring the comfort and well-being of this demographic is recognized as one of the paramount challenges faced by any nation; neglecting the concerns pertinent to the elderly can adversely affect society as a whole. Consequently, heightened sensitivity is warranted in addressing the myriad issues associated with aging (Nemati & Agha Bakhshi, 2012; 16).

The global elderly population is on the rise. The World Statistics Organization forecasts that the number of elderly individuals will ascend to 1.2 billion by the year 2025 (Kazemi et al., 2018). In the context of Iran, the elderly constitute six percent of the overall populace, a figure projected to escalate to 26 percent by the year 2050 (Khaja Bishek et al., 2014). The onset of old age is typically recognized as occurring between 60-65 years, or in countries where individuals qualify for pensions, this stage is categorized as old age (Esfahani et al., 2019). In fact, the United Nations classifies a nation as an elderly country if more than 7% of its population exceeds the age of 60 (Dadkhah, 2017: 167). This demographic shift necessitates a commitment to enhancing the quality of life for the elderly (Wills, 2012).

A multitude of factors can facilitate the enhancement of the quality of life for the elderly, among which resilience is particularly noteworthy (Greeno et al., 2017; Shahabifam-Voltifinia, 2019). In the past decade, resilience has garnered significant attention within the fields of psychology and sociology, with the volume of research conducted in this area increasing annually (Gadampour et al., 2015). Empirical evidence suggests that resilience in the later stages of life can serve a supportive function (Smith-Osborne & Felderhoff, 2016). This phenomenon can be attributed to the focus on positive outcomes when confronting life's adversities. The beneficial impacts of enhanced resilience contribute to improved mental health, greater life satisfaction, and a decrease in emotional difficulties (Samani et al., 2007). The American Psychological Association delineates resilience as the process of effectively adapting to adversity and surmounting challenging life events. Effective resilience fosters successful aging, prolongs lifespan, and bolsters mental health (Fontes & Neri, 2015). Individuals exhibiting resilience possess traits and skills that assist them in navigating threats (Seddick, 2017). These resilient individuals approach challenges with creativity and flexibility, engage in strategic planning, and are less susceptible to psychological and

[Downloaded from ieepj.hormozgan.ac.ir on 2026-11-12]

[DOI: 10.22034/5.4.325]

emotional distress (Chinveh and Daghlounejad, 2016). With this positive outlook on life, they attain a greater sense of tranquility (Barghi-Irany et al., 2017). Therefore, resilience is posited to play a crucial role in the aging process, aiding individuals in adapting to and managing challenges. The elderly experience various adversities and distressing situations, including but not limited to: transitioning into retirement, unemployment, diminished income, social isolation, inadequate social support, urbanization and industrialization, bereavement, separation from offspring, and ultimately, a decline in social and physical capabilities (Hosseini Zare et al., 2019: 370). The enhancement of resilience is instrumental in facilitating successful aging. Resilience is a variable that has been shown to predict life satisfaction among elderly individuals in Iran (Kochkinia & Dehghanzadeh, 2017).

Therefore, it is of paramount significance to enhance and augment resilience among the elderly populace to facilitate their adaptive coping mechanisms in the face of challenges. Numerous review articles have been published in the domain of gerontology, several of which are referenced in the subsequent sections. An investigation into the quality of life among the elderly reveals that the Iranian geriatric population experiences a moderate quality of life, indicating a pressing need for interventions aimed at improving sexual function, and alleviating anxiety and depression to enhance overall well-being (Erfani-Khanghahi & Fard-Azar, 2017). Another review study that explores the correlation between social support and the quality of life in elderly individuals underscores the critical role of social support in augmenting the quality of life for elderly Iranians (Moradi, 2016). In a review article authored by Arabzadeh (2016), which investigates the determinants influencing the health of the elderly, it is noted that a myriad of individual, social, psychological, and demographic factors significantly impacts the mental health of older adults. One salient factor influencing death anxiety is identified as spirituality (Vaziri-Tabari et al., 2022). Collectively, review articles pertaining to the elderly have examined diverse subjects, including quality of life, the interplay between social support, health in advanced age, and factors influencing the spiritual dimensions of death anxiety. The phenomenon of aging and resilience has garnered scholarly attention in recent years. Consequently, in light of the plethora of studies in this particular field and the scarcity of comprehensive review articles, a systematic review and synthesis have become imperative. In contrast to Western nations, aging within Iranian society has transpired

[Downloaded from ieepj.hormozgan.ac.ir on 2026-11-12]

[DOI: 10.22034/5.4.325]

prior to the process of development. Western countries initially underwent a developmental trajectory before encountering the challenges of an aging population. Hence, the nature of the aging dilemma in Iran and Western nations may exhibit notable differences. Notwithstanding the significance of resilience among the elderly, the specific factors contributing to it remain inadequately delineated (Windel et al., 2008). A thorough investigation is warranted to consolidate the research conducted on the resilience of Iranian elderly individuals. Accordingly, the research inquiry seeks to elucidate the factors that influence the social resilience of Iranian elderly individuals, the elements that facilitate the enhancement of resilience in this demographic, and the manner in which Iranian elderly individuals conceptualize their social resilience.

Material and Methods

The current study was conducted with the aim of reviewing and examining the findings of important research in the field of resilience in aging. The research method used for this purpose is a systematic review, which is one of the common methods for reviewing past research. Systematic reviews present research conducted on a specific topic in a comprehensive and concise manner and, unlike traditional approaches to reviewing articles, follow precise and strict principles and standards. A systematic review seeks to establish and synthesize research and evidence that focuses on a specific question. This is done by resorting to organized, transparent, formal, clear, and retrievable procedures and processes. A systematic review is not limited to a review of the research background, and this review and revision can be used for different levels, areas, and purposes (Qazi Tabatabaei & Vedadhir, 2010: 63). The central question in this systematic review is: What are the most important factors affecting the social resilience of Iranian elderly people in the research under review? Each systematic review consists of four basic steps, which are: -1 Deciding on the type of texts to be reviewed; -2 Reading and understanding what the authors have brought in their works; -3 Evaluating the ideas, research methods, and results of each work; and -4 Summarizing the content of the reviewed texts, documents, and evidence (Ali Mohammadzadeh et al., 2013: 22). This approach is completely systematic and the method of conducting it is also specified based on pre-designed protocols for systematic reviews (Bahmani et al., 2018). The protocol derived from this method is based on the seven steps of Scaringella and Radzione (2018). These steps include 1) Initial search; 2) Studies to determine the scope and scope of the research;

[Downloaded from ieepj.hormozgan.ac.ir on 2026-11-12]

[DOI: 10.22034/5.4.325]

3) Searching for articles; 4) Selecting articles; 5) Tracking article references; 6) Analyzing the content of articles; 7) Analyzing variables. In the data analysis method, qualitative content analysis was used because it seeks to introduce factors affecting resilience to the aging community. In the qualitative approach of systematic review, descriptive statistical methods are used with an emphasis on content analysis. The aforementioned keywords were searched in the databases in Table 1.

Table 1. Systematic review of literature on the subject of resilience of the elderly

	Type 1 keywords	Type 2 keywords
Keywords	Resilience	Elderly, Getting old, Old, Aged, Ageing
Selected databases	Noor Specialized Journals Database Jihad Daneshgahi Scientific Information Database Iranian Scientific Information and Documents Research Institute Database National Publications Information Database	

Inclusion and Exclusion Criteria for Articles

In the next step, the inclusion and exclusion criteria for studies were determined in accordance with Table 2. This helps the researcher to evaluate the studies in a targeted manner.

Table 2. Inclusion and Exclusion Criteria for Selecting Studies

Inclusion criteria	Exclusion criteria
Time period Ten-year period 2012-2022	Notes, books, and internet resources, etc. of
Document type Articles	Non-Iranian elderly
Access Fully accessible and viewable	Case studies (due to limited generalizability)
Specialized field Psychology, Sociology	Samples under 60 years old

In the next step, before starting the search, the criteria for qualitative assessment of studies were considered, which are detailed in Table 3.

[Downloaded from ieepj.hormozgan.ac.ir on 2026-11-12]

[DOI: 10.22034/5.4.325]

Table 3. Method of qualitative assessment of studies

Method and qualitative criteria for selecting and excluding articles	Selection strategy	Review of article titles Review of abstracts and keywords of selected articles in stage one; Evaluation of the integrity of selected articles in stage two (problem-methodology matching and conclusion).
	Focus Criteria Exclusion Criteria	Priority will be given to articles that address the development of resilience based on sociology or psychology. In addition, articles .based on religious sciences were considered Resilience of the elderly based on urban and geographical sciences, architecture

In this regard, the systematic review of these articles has analyzed the social factors affecting the resilience of Iranian elderly people based on two methodological and cognitive axes. In the methodological axis, categories such as the method used, time and geography of the research location, statistical population and statistical sample, and other methodological specifications have been addressed, and in the cognitive axis, the variables, themes, and etiology of interest in the articles in the subject of analysis have been considered. The validation stage is carried out by an expert in this field. In this study, the final studies were provided to a researcher in the field of sociology to confirm the accuracy and quality of the studies.

Since the systematic review has a specific protocol, the reliability of this type of study always exists, all the steps taken are documented and can be repeated by others. A summary of the entire research process is shown in Figure 1.

[Downloaded from ieepj.hormozgan.ac.ir on 2026-11-12]

[DOI: 10.22034/5.4.325]

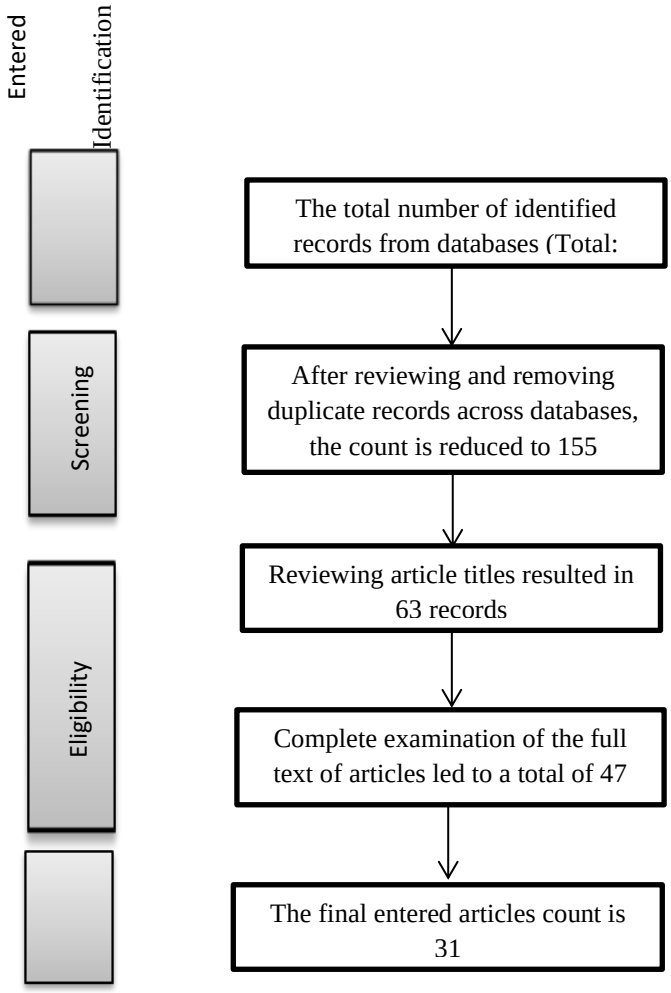

Fig. 1. Entry of Studies into Systematic Review

After screening and exclusion of articles, 31 articles were included in the study. These investigations encompass findings pertinent to the examination of resilience among the elderly population. A synthesis of the discussed elements reveals a positive and statistically significant correlation between resilience and various factors including spiritual well-being, mindfulness, optimistic cognition, and overall life satisfaction. Interventions such as training in emotional self-regulation, logotherapy, and yoga practices have demonstrated efficacy in enhancing resilience. Secure attachment styles, longevity, and positive affect have been identified as significant

[Downloaded from ieepj.hormozgan.ac.ir on 2026-11-12]

[DOI: 10.22034/5.4.325]

predictors of resilience within the elderly demographic. Resilience is associated with psychological constructs such as mental well-being and social adaptability, being notably higher in physically healthy elderly individuals compared to those suffering from chronic illnesses. These investigations underscore the critical importance of resilience in contributing to the psychological well-being of the elderly, highlighting its potential for enhancement through diverse therapeutic interventions.

Results

The findings derived from the classification of the studies indicated that the geographic distribution of the investigations across 14 provinces—namely Tehran (8), Isfahan (3), Gilan (3), Fars (3), and Alborz (3)—exhibited the highest frequency. The gender representation in this analysis encompasses both sexes (13 studies), exclusively women (6 studies), exclusively men (3 studies), and instances without gender delineation (10 studies). The residential status of the participants was categorized into nursing home dwellers (19 studies) and those residing at home (13 studies). The predominant methodologies employed were descriptive-correlation (43%), quasi-experimental (43%), and descriptive-analytical (12%). The resilience assessment instrument utilized in these publications was the Connor and Davidson CD_RSC. Despite the temporal constraints applied during the literature search, the peak frequency of research pertaining to resilience in geriatric populations was recorded in the year 2021.

Considering that several articles investigated multiple variables pertaining to resilience, 35 sub-themes were identified. Among these, certain themes were notably prevalent: life satisfaction (5 studies), quality of life (2 studies), spirituality (2 studies), coping strategies (3 studies), and mental health (2 studies). Ultimately, the sub-themes were systematically categorized into seven principal themes (Table 4).

[Downloaded from ieepj.hormozgan.ac.ir on 2026-11-12]

[DOI: 10.22034/5.4.325]

Table 4. Areas of studies conducted on resilience in the elderly

Sub-themes	Main themes
Spiritual Intelligence Religious Orientation Spiritual Therapy Religious Attitude Prayer and Spiritual Care Perception of God and the Meaning of Life	Spirituality and Religious Attitude
Four-factor model of mindfulness and self-compassion Mindfulness Mindfulness based on acceptance and commitment	Mindfulness
Satisfaction with life in the elderly Marital satisfaction Satisfaction with leisure time Quality of life Job satisfaction	Satisfaction
Physical health Sleep disorders Diabetes and blood pressure Health promoting behaviors in the elderly Health literacy	Physical Health
Hope Depression Death anxiety Attachment styles Psychological resilience Coping strategies Mental health Coping strategies Positive thinking Psychological well-being	Mental Health
Resilience training on social adaptation Resilience training on death anxiety and hope	Resilience Training
Self-compassion training Emotional self-control skills training Training based on Frankl's logo therapy Yoga training	Therapeutic Education

1 .Spirituality and religious attitude

Spirituality constitutes a critical determinant for the resilience exhibited by the elderly population. This determinant equips this demographic to confront challenges and adversities by instilling a sense of meaning and self-efficacy, which culminates in a positive and optimistic outlook. A significant contributor to resilience is the presence of support networks, and meta-spiritual connections (i.e., faith in a higher power) are recognized as a supportive element that thereby enhances the resilience of older adults (Moameddi et al., 2014). Spiritual intelligence serves to augment the resilience of the elderly by imbuing life with meaning and significance (Asadpour &

[Downloaded from ieepj.hormozgan.ac.ir on 2026-11-12]

[DOI: 10.22034/5.4.325]

Anvar, 2018). The comprehension of divinity within one's life influences a myriad of social, economic, and political challenges, in addition to shaping the emotions and beliefs of an elderly individual. An individual achieves life satisfaction through the establishment of equilibrium between current realities and aspirational ideals. Among the various dimensions of perceived divinity, benevolence exhibits the most robust correlation with the resilience of the elderly (Hajatnia et al., 2021).

Spirituality can function as a mechanism to enhance resilience, serving as a coping strategy. Furthermore, as spiritual health and resilience are cultivated, the utilization of additional coping strategies is augmented, enabling individuals to deploy diverse strategies tailored to specific contexts. Among these strategies, problem-oriented approaches hold paramount importance. Thus, it is imperative to foster both spirituality and resilience, alongside the promotion of problem-oriented strategies (Bahrami et al., 2021). There exists a significant correlation between resilience and religious practices. Religion imparts lessons in patience and composure amidst challenges, thereby enhancing individuals' capacity to endure hardships (Amdadi et al., 2022). Religion can foster self-regulation within individuals, rendering them less susceptible to external influences and adverse conditions, thereby contributing to the maintenance of their health (Ghaiti & Rezakhani, 2022). Through engagement in religious rituals, prayer, or a profound spiritual connection, an individual becomes aware of their relationship with a transcendent entity. Engaging with God, prayer, and religious observances assists in alleviating stress while simultaneously fostering patience and resilience (Karimi-Moghaddam et al., 2018).

Spirituality therapy represents an intervention aimed at enhancing the resilience of the elderly. Participation in spiritual therapy group sessions, wherein beliefs and perspectives are exchanged, cultivates an awareness that life possesses inherent meaning, which can be discerned even amidst adversity (Sartibzadeh et al., 2012). The education of spirituality contributes to the alignment of the thoughts and behaviors of older adults. Consequently, society is influenced by its collective beliefs. Moreover, it aids the elderly in circumventing maladaptive thought patterns and confronting challenges with enhanced comprehension. The influence of spirituality education on resilience can be summarized as follows: it engenders improvements and transformations in individuals' perspectives on life; this is due to its capacity to assist individuals in reframing their interpretations of negative life events. It fosters a philosophical outlook towards confronting the

[Downloaded from ieepj.hormozgan.ac.ir on 2026-11-12]

[DOI: 10.22034/5.4.325]

unknown and daunting phenomena. Consequently, it mitigates the anxiety surrounding death among the elderly (Hajatnia et al., 2021).

As a consequence, spirituality-based therapeutic interventions serve as a significant source of support for the individual. Beyond fostering resilience, they exert indirect influences on death anxiety, hope, and the sleep quality of elderly individuals. Spirituality, regardless of the individual's age, can prove beneficial in enhancing resilience. Nevertheless, the efficacy of religious inclinations and personal convictions may surpass that of general spirituality (Karimi-Moghaddam et al., 2018). Resilience functions as a mediating variable between religious perspectives and psychological well-being. The synergistic effect of resilience and spirituality culminates in an enhanced quality of life, greater hope, acceptance, tolerance of suffering, and improved adaptability (Hajatnia et al., 2017).

2 .Mindfulness and acceptance

The findings of the investigation indicate a significant correlation between mindfulness and resilience among the elderly population (Kabirinasab & Abdollahzadeh, 2017; Asadi Bijanieh et al., 2018). Mindfulness, as it pertains to elderly individuals, encompasses the act of focusing on the present moment, exhibiting traits of openness, acknowledging diverse perspectives, maintaining focus devoid of judgment, and engaging in the current moment. This practice effectively alleviates the stress originating from thoughts pertaining to one's past experiences (Asadi Bijanieh et al., 2017). The four-factor framework of mindfulness and self-compassion therapy comprises the components of describing experiences, engaging with awareness, refraining from judgment, and resisting reactive tendencies towards internal experiences (Beer et al., 2006). An elderly individual who embodies mindfulness possesses the capacity to respond adeptly to potential challenges, thereby fostering resilience, as mindful individuals demonstrate enhanced capabilities, creativity, and improved coping mechanisms in relation to challenging thoughts and emotions (Asadi Bijanieh et al., 2021). Negative cognitive patterns associated with aging, often accompanied by feelings of depression, suffering, and adversity, lead individuals to internalize these thoughts as integral aspects of their identity. Such internalizations diminish resilience and tolerance; however, through the practice of mindfulness, these erroneous cognitive assessments can be recalibrated. The integration of mindfulness with acceptance and commitment strategies

[Downloaded from ieepj.hormozgan.ac.ir on 2026-11-12]

[DOI: 10.22034/5.4.325]

may facilitate psychological adaptation and alleviate physical suffering within this demographic. Acceptance-based therapeutic approaches focus on embracing values as aspirational goals, promoting flexibility that culminates in behavioral modifications and personal development (Kabirinasab et al., 2017; Jafari et al., 2017).

3 .Satisfaction

According to the findings derived from the reviewed literature, the variable of life satisfaction emerges as a critical determinant influencing resilience among the elderly. Life satisfaction is recognized as a multifaceted construct, with its most salient dimension being satisfaction within marital relationships. Contentment in marital life has the potential to enhance coping strategies and adaptive mechanisms in the context of aging, thereby fostering a sense of overall fulfillment. Marital satisfaction is regarded as a significant indicator of life satisfaction for the elderly, reflecting the positive and gratifying disposition of couples across various life domains, ultimately contributing to increased resilience (Izadi-Onji et al., 2010).

Furthermore, the constructs of spirituality and religiosity serve as potent predictors of life satisfaction (Azami et al., 2012). Another salient aspect of life satisfaction is the attention afforded to leisure activities. Khatami's study (2013) demonstrates that heightened satisfaction with leisure engagement positively correlates with resilience in older adults. This observation suggests that when individuals are afforded suitable conditions for leisure pursuits, they experience a corresponding increase in resilience. The six dimensions of leisure activities—educational, aesthetic, physiological, social, psychological, and restorative—exhibit a positive and significant association with resilience. The foremost priority for the elderly in their leisure pursuits pertains to education and learning, while their secondary focus lies in appreciating scenic landscapes and engaging in agricultural activities. It is imperative to recognize that the elderly population requires systematic planning, as they often experience unstructured periods devoid of objectives throughout their day.

4 .Physical health

The geriatric population is susceptible to a myriad of health conditions. Engaging in health-promoting behaviors among the elderly can significantly enhance their resilience (Pakpour et al., 2021). Health literacy serves to foster health awareness and treatment adherence, alongside promoting a healthy lifestyle within the elderly demographic, thereby augmenting their resilience

[Downloaded from ieepj.hormozgan.ac.ir on 2026-11-12]

[DOI: 10.22034/5.4.325]

(Esmailishad et al., 2021). Health literacy is defined as an individual's proficiency in obtaining, processing, and comprehending essential health information and services necessary for informed health decision-making. The mean levels of resilience and optimism in healthy elderly individuals surpass those observed in their diabetic and hypertensive counterparts. This disparity underscores the crucial role of health in influencing resilience (Baradri et al., 2019). Additionally, other factors, including physical health and sleep disturbances, have a profound impact on resilience (Amdadi et al., 2021).

5. Mental health

Mental health is intrinsically linked to the resilience exhibited by elderly individuals (Amdadi et al., 2022). In the context of mental health, variables such as hope, positive cognition, self-esteem, and attachment styles are scrutinized. The findings from the current body of research indicate a significant correlation between positive thought patterns and resilience among the elderly participants assessed (Taherkhani et al., 2019; Pour-Ebrahim & Shahabi, 2019). Individuals possessing an optimistic outlook tend to perceive adverse events as temporary setbacks and confront challenges with a constructive and cheerful disposition (Taghipour & Shahabi, 2019). The application of contemporary psychotherapy techniques, such as those fostering positivity, may prove advantageous for enhancing the resilience of the elderly.

Based on the cognitive outcome analysis of the studies examined, one of the paramount factors exerting a direct and substantial influence on the resilience of older adults is life expectancy. Life expectancy encompasses a constellation of conditions wherein an individual experiences a sense of personal value and the capacity to realize their aspirations. Conversely, increased life expectancy is associated with heightened life satisfaction and diminished depressive symptoms among the elderly (Pakpour et al., 2010; Moradi et al., 2010).

A systematic review of the literature indicates that the necessity for intergenerational relationships constitutes one of the essential needs and factors contributing to resilience. Emotional and psychological bonds, as well as interpersonal relationships, including the abandonment of children or the loss of a spouse, solitary living, and cohabitation with individuals lacking vitality and enthusiasm for life, represent significant challenges that adversely impact mental health in advanced age. Consequently, a secure attachment style may serve as a favorable predictor of

[Downloaded from ieepj.hormozgan.ac.ir on 2026-11-12]

[DOI: 10.22034/5.4.325]

resilience and life expectancy in the elderly, while avoidant and ambivalent attachment styles negatively forecast resilience and life expectancy among this population (Movahed et al., 2019). Furthermore, a spiritual attachment to a higher power may enhance the resilience of elderly individuals (Bitarafan et al., 2017).

6 .Resilience training

Based on the empirical investigation conducted, resilience is predominantly associated with cognitive processes, which may serve as one of its significant predictors. Resilience training has the potential to assist the elderly in fostering adaptability, hopefulness, and a positive outlook (Qomri and Mir, 2017; Mohammadi & Sajjadian, 2019). In the research conducted by Shahabifam et al. (2017), resilience training demonstrated efficacy and advantage in enhancing quality of life, the adjustment of coping mechanisms, and the advancement of mental health. In the analysis performed by Qomri and Mir (2017), they also implemented the Henderson and Milstein therapeutic education framework, initially established in 1997 to cultivate secure educational environments in the United States, for the elderly population. In an additional investigation, they devised tailored training for the elderly encompassing three distinct resilience training programs: Kord Mirza Nikozadeh (2013), A Path to Resilience by the American Psychological Association (2014), and the Meichenbaum training initiative (2015). This training yielded positive outcomes concerning purposefulness and social adaptation. The establishment of robust goals aimed at fostering resilience in response to adversities is advantageous for individuals. Resilience endeavors to augment the inherent strengths of the elderly, rendering them more resistant to psychological distress. Consequently, the elements that enhance adaptation and resilience represent the foundational constructs within the exploration of this paradigm (Mohammadi & Sajjadian, 2019).

7 .Therapeutic education

Self-compassion training among the elderly can serve as a potent framework for fostering resilience. In elucidating this outcome, it is imperative to note that self-compassion methodologies instruct the elderly to engage in less severe self-judgment and to cultivate self-compassion, thereby facilitating a more graceful acceptance of painful and distressing life events as inherent aspects of existence. These methodologies impart the knowledge necessary for the elderly to share their emotional burdens and tribulations with others, thereby mitigating the weight of grief (Asadi Bijaieh, 2021). The cultivation of emotional self-regulation skills is demonstrably beneficial for

[Downloaded from ieepj.hormozgan.ac.ir on 2026-11-12]

[DOI: 10.22034/5.4.325]

enhancing resilience in older adults, with the competencies acquired through such training being applicable to bolster resilience. This training encompasses the recognition of emotions, the acknowledgment of internal feelings, and the acceptance of these emotions rather than their dismissal. The cognizance and judicious application of these emotional experiences can engender a transformative experience for individuals, thereby augmenting psychological well-being and resilience among the elderly (Heidari and Hemmati-Rad, 2012). The Frankl Logotherapy intervention, which comprises ten sessions that include elements such as the quest for meaning, discussions surrounding mortality, the cultivation of a new perspective, the navigation of conflicting intentions, and the transcendence of despair, aims to broaden the individual's outlook while concentrating on the significance and values inherent in challenges. This approach has proven effective in enhancing the resilience of older adults (Foruzandeh et al., 2010). Another modality that has demonstrated efficacy in fostering resilience among the elderly is yoga therapy. The benefits of yoga on overall health have also been substantiated (Kafi et al., 2012). Yoga transcends mere physical exercise; its primary objective is the release of internal energies and the establishment of equilibrium between the corporeal and the spiritual (Kamzarzin et al., 2012).

Discussion

The escalation of the elderly demographic represents a significant challenge for individual nations and the global community, necessitating governmental interventions to establish an optimal quality of life and address the associated issues characteristic of this demographic period. It is unequivocal that the enhancement of resilience and support mechanisms holds paramount importance during the advanced stages of life.

Empirical investigations within the domain of elderly resilience indicate that the implementation of diverse interventions can significantly contribute to the enhancement of resilience among this population group. The elderly encounter numerous adversities that resilience can assist them in navigating. These adversities encompass a decline in personal and social functioning, chronic health conditions, bereavement, parental estrangement, and retirement. In light of the increasing trajectory of the elderly demographic, it is imperative to direct attention towards the factors influencing resilience and spirituality.

[Downloaded from ieepj.hormozgan.ac.ir on 2026-11-12]

[DOI: 10.22034/5.4.325]

This research endeavor, through the systematic analysis of 31 scholarly articles, scrutinized and consolidated the prevailing evidence regarding the multifaceted factors influencing elderly resilience. The findings of this analysis culminated in the delineation of seven distinct categories of factors that impact resilience. These findings reveal that the majority of the extant studies have concentrated on the realms of spirituality and life satisfaction, with the highest concentration of published articles occurring in 2021. However, it is noteworthy that the majority of these investigations were predominantly conducted within the Tehran province and a limited number of other provinces, thus failing to comprehensively encapsulate the state of spiritual resilience across the entire nation.

In a significant proportion of these investigations, the Connor and Davidson (2003) resilience questionnaire was employed as the measurement instrument for elderly resilience; this instrument was constructed within the context of Western societal paradigms and may not yield valid outcomes in societies characterized by differing belief systems and values, such as Iranian society. This underscores the necessity for the evaluation and localization of resilience assessment tools.

The interconnectedness of spiritual life and mental health emerges as critical variables underscored in the reviewed literature. A spiritual orientation and belief in the significance of spirituality can afford the elderly a more optimistic perspective and broader outlook on life. Experiences of support and a connection to the divine engender feelings of personal fulfillment, individual growth, and a sense of purpose. Engagement in religious observances and rituals not only exerts a constructive influence on the organization and structuring of leisure activities and the pursuit of meaning in the lives of the elderly but also plays a substantial role in enhancing their socio-psychological resilience.

Moreover, a significant correlation exists between mindfulness and resilience. Mindfulness encompasses the act of directing attention and concentrating on the present moment, as well as the capability for strategic mental planning to effectively and purposefully utilize currently available opportunities, thereby alleviating the burdens imposed by past reflections. Aging often brings with it adverse contemplations regarding the future. Nevertheless, through the practice of mindfulness, individuals can exert control over negative thought patterns. It is observed that with advancing age, there is a decline in life satisfaction.

[Downloaded from ieepj.hormozgan.ac.ir on 2026-11-12]

[DOI: 10.22034/5.4.325]

Marital satisfaction, occupational satisfaction, and the establishment of suitable leisure activities can contribute to enhanced resilience in the geriatric population. A focus on behaviors that foster both physical and mental well-being demonstrates a substantial correlation with resilience. Older adults who maintain good health exhibit greater resilience than those suffering from various ailments. This observation underscores the critical role of physical health in determining resilience. Factors such as optimistic thinking, self-worth, attachment styles, and hopefulness serve as significant psychological determinants in the enhancement of resilience. Consequently, it is imperative to incorporate medical care and psychotherapeutic interventions tailored for the elderly. The presence of secure attachments is essential during this developmental phase. Additionally, a spiritual attachment to a higher power may fulfill an individual's needs and alleviate feelings of loneliness. The domains of learning and cognition exhibit a robust association with resilience. Training in resilience can facilitate the elderly's capacity to adapt, foster hope, and maintain a positive outlook. By reinforcing the strengths inherent in older adults, they can develop a greater resistance to psychological distress. Other modalities of training, such as emotional self-regulation and compassion cultivation, contribute to the psychological health and resilience of the elderly. Implementing yoga therapy for older adults can prove to be highly beneficial. Yoga therapy aids in the release of internalized negative energies.

Thus, there is a pressing need to undertake more extensive investigations encompassing practical inquiries within the realm of elderly resilience across diverse provinces. A notable shortcoming and a significant critique of the research conducted on Iranian elders is the researchers' dependence on the Connor and Davidson resilience scale, which is rooted in the cultural context of Western societies, coupled with the scarcity of qualitative studies addressing elderly resilience in Persian literature. It is recommended that, given the dearth of research concerning resilience in the aging population within the evolving Iranian society, forthcoming studies should employ qualitative methodologies and a diverse range of assessment items. Among the limitations of this study was the overarching perspective of the articles reviewed regarding resilience, which limits the potential for in-depth analysis. Therefore, a noteworthy advantage of this study resides in its comprehensive summary of the factors influencing resilience.

[Downloaded from ieepj.hormozgan.ac.ir on 2026-11-12]

[DOI: 10.22034/5.4.325]

A thorough evaluation of the literature and studies analyzed reveals that the Iranian elderly participants exhibited a level of resilience that fell short of expectations in confronting various adversities (such as illness, familial abandonment, bereavement, and retirement) and expressed discontent with the inadequacies of social support policies.

Data availability statement

The original contributions presented in the study are included in the article/supplementary material, further inquiries can be directed to the corresponding author.

Ethics statement

The studies not involving human participants but were reviewed and approved by ethics committee of University of Hormozgan.

Author contributions

M.Z contributed to the study conception and design, material preparation, data collection and analysis. All authors contributed to the article and approved the submitted version.

Funding

The authors did (not) receive support from any organization for the submitted work.

Conflict of interest

The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.

[Downloaded from ieepj.hormozgan.ac.ir on 2026-11-12]

[DOI: 10.22034/5.4.325]

References

Arabzadeh, M. (2016). Meta-analysis of Effective Factors in Mental health of aged people . *Research in Psychological Health*,10 (2) :42-52. (in Persian).

Asadi bijaeyeh, J., Mojtaba Amiri Majd, M., Ghamari, M., Fathi aghdam, GH. (2021).The Effectiveness of the Self-Compassion Training on Life Satisfaction and Resilience of the Elderly Women, *Psychology of Aging*, 7(1), 55, 67. (in Persian).

Asadi bijaeyeh, J., Mojtaba Amiri Majd, M., Ghamari, M., Fathi aghdam, GH. (2022) Effectiveness of the four- factor Model of Mindfulness and Self-Compassion training on Life satisfaction and Resilience of Elderly Women, *Applied Family Therap*, 3(1), 612-631. (in Persian).

Asadpour, I., Anvar, M. (2018). The Relationship between Spiritual Intelligence, Resilience, and Life Satisfaction in the Elderly. National Conference on Innovative Ideas in Psychology and Educational Sciences with an Emphasis on Recent Scientific Research, Tehran. . (in Persian).

Azami, Y., Motamedi, A., doostian, U., jalalvand, M., farzanwgan., M.(2012) The Role of Resiliency, Spirituality, and Religiosity in Predicting Satisfaction with Life in the Elderly, *Counseling and Psychotherapy*, 3(12), 1-20. (in Persian).

Baer RA, Smith GT, Hopkins J, Krietemeyer J, Toney L. (2006). Using Self-Report Assessment Methods to Explore Facets of Mindfulness. *Assessment*. 13(1):27-45.

Bahrami L, Mohammadi-Shahboulaghi F, Rahgoy A, Biglarian A.(2022). Predicting Coping Strategies based on Spiritual Health and Resilience in the Elderly in Tehran. *IJPN*, 9 (1) :56-65. (in Persian).

Baradari, E., Kasir, S., Amani, K., Senobar, A.(2020). Comparing Psychological Capitals between the Healthy Elderly and Those with Diabetes and Hypertension. *MEJDS*. (in Persian).

Barghi Irani, Z., Bagian koole marz, M. J., hazari, N.(2017). The Effectiveness of resilience training program on improving nurses' quality of life, *Quarterly Journal of Nursing Management*:(3,4)5,18-9. (in Persian).

Bitarafan, Kazemi., Mahmoud, & Yousefi Afrashteh. (2018). The Relationship Between Attachment Styles to God and Resilience with Death Anxiety in the Elderly. *Journal of Aging: Iranian Journal of Aging*, 12(4), 446-457. (in Persian).

[Downloaded from ieepj.hormozgan.ac.ir on 2026-11-12]

[DOI: 10.22034/5.4.325]

Chinaveh, M., Daghlavi Nejad, R.(2016). The Resiliency as a Mediator for Attachment Styles and Perceived Stress, *Journal of Psychological Methods and Models*, 7 (26): 19-34. (in Persian).

Dadkhah, A.(2007). Review of aged rendered services in USA and Japan and Guidelines for Iran aging strategic plan. *Journal of aging*. 2(3),166. (in Persian).

Emdadi, P., Pashmdarfard, M., Manouchehri, M., Shokri, K. (2022). Predicting the resilience of the elderly in Tehran based on religious orientation, mental strength, physical health and sleep disorder. *Bimonthly scientific-research journal of rehabilitation medicine*. 12(6) 1114-1125. (in Persian).

Erfani Khanghahi M, Ebadi Fard Azar F.(2018). Systematic Review and Meta-Analysis of the Quality of Life in Iranian Elderly People Using LEIPAD Questionnaire. *payavard*, 11 (5) :588-597. (in Persian).

Esfahani, p., Afshin, M., mohammadi, F., Arefnezhad, M., Prevalence of depression among Iranian elderly: A Systematic review and Meta-analysis, *gerontology*, 5(4) :66-77. (in Persian).

Esmaeilishad, B., Arshadi, K., Yaghoubi,.A.(2021) The relationship between health literacy and resilience with the mediating role of self-acceptance in the elderly, *Navidno*, 24(80), 56-65. . (in Persian).

Fontes AP, Neri AL.(2015). Resilience in aging: literature review, Ciencia & saude coletiva, 20, 1475-1495..

Frouzandeh, Z., Mami, S., Amani, O.(2020) The Effectiveness of Group Logotherapy on Resiliency, Depression and Quality of Life in Elderly. *Joge*, 5 (1) :19-29. (in Persian).

Gerino, E., Rolle, L., Sechi, C., & Brustia, P(2007). Loneliness, resilience, mental health, and quality of life in old age: AStructural equation model, *Frontiers in Psychology*, 8.

Ghadampour, E., Rahimipour, R., & Salimi, A. (2015). Investigating the Effectiveness of Spiritual Group Therapy Approach on Increasing Resilience in Female Middle School Students in Isfahan, *Psychology and Religion*, 32(8), 61-80. (in Persian).

Ghamari, M., Mir, F., & Ashrafalsadat. (2018). The Effectiveness of Resilience Training on Death Anxiety and Hope for Life in Elderly Women Residing in Elderly Homes. *Journal of Aging Psychology*, 3(4), 253-262. (in Persian).

[Downloaded from ieepj.hormozgan.ac.ir on 2026-11-12]

[DOI: 10.22034/5.4.325]

Ghayati, M., Rezakhani, S.(2022). The mediating role of resilience in the relationship between religious attitude and locus of control with psychological well-being in elderly women. *Rooyesh*, 11 (9) :91-102. (in Persian).

Ghodrati Mirkohi, S., Ghodrati Mirkohi, M.(2020) Relationship between resilience and hope with depression in the elderly residing in Khorramabad. *cjhaa* , 5 (1) :62-70.

Hajatnia, B., Pashang, S., Tajeri, B.(2022). The Effectiveness of Spiritual Therapy on the Quality of Sleep, Resilience, and Death Anxiety of the Elderly. *MEJDS*, 12 :264-264.

Hemati, S., Hemati, R., Moltafet, H., Izadi Iairan, A. (2019). Systematic Review of Studies on Slums (1996-2017). *refahj*. *18*(71), 85-133. (in Persian).

Heydari, S., Hemmati Rad, G.(2021). Effect of Training of Emotional Self-control Skills on Resilience in the Elderly of Karaj. *Cjhaa*, 6 (1) :63-73. (in Persian).

Hosseinizare, S. M., Tajvar, M., Abdi, K., Esfahani, P., Geravand, B., Pourreza, A.(2020). Leisure Spending Patterns and their Relationship with Mental Health in the Elderly in Iran. *Salmand: Iranian Journal of Ageing*, 15 (3) :366-379. (in Persian).

Izadi-Avanji, F., Hajibagheri, A., Azizi Fini, E (2019) Predict of marital satisfaction based on resilience and mental health among elderly, *Shahid Sadoughi University of Medical Sciences*, 27(3), 1361-1371. (in Persian).

Jafari, J., Motamedi, A., Mehradsadr, M., Olamaie Kopaei, M. (2017) The Effectiveness of Acceptance and Commitment Therapy (ACT) on Resilience in Elderlies, *Psychology of Aging*, 1(8), 21-29. (in Persian).

Kabirinasab, Y., Abdollahzadeh, H.(2018). Effects of training mindfulness-based acceptance and commitment on cognitive flexibility and resilience of the elderly in Behshahr City. *Advances in Cognitive Sciences* ,19 (4) :20-27. (in Persian).

Kafi H, molayi H, Manzari Tavakoli V. (2022). The effect of yoga therapy techniques on resilience and death anxiety of elderly women. *Joge*, 8 (4) :1-9. (in Persian).

Kamarzarin, H., Shoushtari, M., Badripour, M., & Khosravani, F. (2013). The Impact of Yoga on Resilience and Psychosocial Well-being Components in Women in Isfahan City. *quarterly journal of health psychology*, 1(3), 69-76. (in Persian).

[Downloaded from ieepj.hormozgan.ac.ir on 2026-11-12]

[DOI: 10.22034/5.4.325]

Karami, J., Moradi, A., Hatamian, P.(2017) The Effect of Resilience, Self-Efficacy, and Social Support on Job Satisfaction Among the Employed, Middle-Aged and Elderly, *Salmand: Iranian Journal of Ageing*, 12 (3) :300-311. (in Persian).

Karimi Moghadam, H., Abolfathi Motez, G., Ghasrsaz, Q., Azmoon Kavvan, M., Mehrangiz, M., ... & Golaleh. (2020). Investigating the Relationship between Prayer and Spiritual Care with the Level of Resilience in the Elderly in Nursing Homes in Kurdistan Province in 2018. *Zanko Medical Sciences Journal*, 21(69), 47-56. (in Persian).

Kazemi, N., Sajjadi, H., Bahrami, G.(2019). Quality of Life in Iranian Elderly. *Salmand: Iranian Journal of Ageing*, 13 (5) :518-533. (in Persian).

Khajeh Bishek, P., Piyaho, L., , Asghari Jafarabadi, M., & Kabir Alavi, M. (2013). Investigating the relationship between the quality of life of the elderly and depression and the level of daily physical activity in Tabriz city. *Bimonthly scientific-research journal of rehabilitation medicine*, 2(2), 39-46. (in Persian).

Khatami, M.(2023) The Relationship Between Satisfaction with Leisure Time and Resilience of Elderly, Case Study: Elderly in Tehran, *Tourism and leisure*, 8(15), 39-57. (in Persian).

Kuchakinia, M., Dehghanzadeh, SH.(2015).Role of perception of God and meaning of life in predicting resilience of elderly residents in sanatoria, *Psychology of Aging*, 3(4), 263- 370. (in Persian).

Mancini, A.D., Bonanno, G.A.(2009). Predictors and parameters of resilience to loss: Toward an individual differences model. *Journal of personality*,77(6):1805-1832. (in Persian).

Moetamedi, A., Pajouhinia, S., Fatemi Ardestani, M. H.(2015). The Impact of Spiritual Wellbeing and Resiliency in Predicting Death Anxiety among Elderly People in Tehran. *Shefaye Khatam*, 3 (2) :19-2. (in Persian).

Mohammadi, l., Sajjadian, I.(2019) The Effectiveness of Resiliency Training on Social Adjustment and Purposeful Life in the Elderly Male Living in Nursing Homes, *Psychology of Aging*, 5(2), 89-100. (in Persian).

Moradi, A. (2017). A Meta-Analysis of Researches on the Relationship between Social Support and Quality of Life in Iranian Elders. *HSR*,12 (4) :406-413. (in Persian).

Moradi, S., Ghodrati Mirkohi, M.(2020). Comparing the role of hope and resilience in predicting life satisfaction in older adults. *Joge*, 5 (2) :71-81. (in Persian).

[Downloaded from ieepj.hormozgan.ac.ir on 2026-11-12]

[DOI: 10.22034/5.4.325]

Mouhadd, V., Imanirad, Gh., Salariyeh, L., & Masoumi, M. (2019). The Relationship between Attachment Styles, Resilience, and Hope for Life in the Elderly in Golbahar City. *Psychological Studies and Educational Sciences (Iran New Educational Development Center)*, 5(1), 165-173. (in Persian).

Nematy, D., & Aghabakhshi, H. (2013). Tehran, the Elderly-Friendly City: Initial Steps Toward the Realization of the World's First Elderly Capital" (On the Occasion of the Elderly Year), *Social Research*, 18(6), 15-44. (in Persian).

Pakpour, V., Sadeghi, R., Salami, S., Sarbakhsh, P., Malek Mirzaei, E.(2021). the predictive role of resilience and self-worth in health-promoting behaviors among the elderly. *nursing and midwifery journal*, 19 (6) :470-482. (in Persian).

Pourebrahim, T., Shahabi, M. (2019). The Effect of Positive Thinking on Resilience and Depression in a Group of Tehran Older Adults Resident in Sanatorium, *Cultural psychology*, 1(3), 95-106. (in Persian).

Pourreza, A., Abdi, K., Tajvar, M., Esfahani, P., Geravand, B. (2020). Leisure time activities and mental health among Tehran older people. *Iranian Journal of Ageing*. (in Persian).

Samani, S., Jokar, B., & Sahragard, N. (2007). Resilience, Mental Health, and Life Satisfaction, *Iranian Journal of Psychiatry and Clinical Psychology*, 13(3), 295-305. (in Persian).

Sartipzadeh, A., Golparvar, M., Aghaei, A.(2020). The Effectiveness of Spiritual-based Existential Therapy and Positive Existential Therapy on Resiliency of Elderly Women. HSR,16 (2) :93-10. (in Persian).

Shahabifam, L., Lotfinia, H. (2022) The Effectiveness of Resilience Training on Quality of Life, Coping Strategies and Mental Health of the Elderly Living in Mehr Tabriz Nursing Home, *Modern Psychological Researches*, 17(65), 175-181. (in Persian).

Sidheek, K. F, Satyanarayana,V. A, Sowmya H R & Chandra P. S.(2017). Using the Kannada version of the Connor Davidson resilience scale to assess resilience and its relationship with psychological distress among adolescent girls in Bangalore India, *Asian Journal of Psychiatry*. 30,172-169

[Downloaded from ieepj.hormozgan.ac.ir on 2026-11-12]

[DOI: 10.22034/5.4.325]

Smith-Osborne, A., & Felderhoff, B. (2016) Formal and family caregiver protective factors in systems of care: a systematic review with implications toward a resilience model for aging veterans, *Traumatology*, 22, 29–39.

Taherkhani, Z., Kaveh, M., Mani, A., GhahremanIi, L. (2019) .A Survey on the Positive Relationship, Resilience and Life Satisfaction in Elderly People in Shiraz, *Behavioral and movement sciences*, 2(3), 261-255. (in Persian).

Vaziritabar, H., Ahadi, M., Ahadi. H. (2022). Socio-Religious Factors related to Elderly Death Anxiety in Iranian Studies A Meta-Analysis Study, *slamic Studies in the Field of Health*. 6(3) . (in Persian).

Windle, G., Markland, D.A., Woods RT.(2008). Examination of a theoretical model of psychological resilience in older age. *Aging and Mental Health*. 12(3):285-92

Zamani, S.N., Bahrainian, S.A., Ashrafi, S., Moqtaderi, S.H. (2015). Effect of spiritual intelligence on quality of life and psychological well-being among elderly living at nursing homes in Bandar Abbas, *Journal of Geriatric Nursing*, 1(4):82-94. (Persian).

[Downloaded from ieepj.hormozgan.ac.ir on 2026-11-12]

[DOI: 10.22034/5.4.325]