

**THE EFFECTS OF AESTHETICS NOSTALGIA ACTIVITIES PROGRAM ON
SUCCESSFUL AGEING AMONG OLDER ADULTS LIVING IN CARE
INSTITUTIONS**

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ABSTRACT

The main purpose of this study was to explore the effects of aesthetics nostalgia activities program on successful ageing among older adults living in care institutions. Nonequivalent pretest-posttest control group design was used in this study, and we recruited a convenience sample including 30 elders to carry out experiment. During experiment period, 15 elders participated in nostalgia activities program, another 15 elders participated in a control group. These participants completed measures of successful ageing. The obtained data were analyzed by MANCOVA to examine effects. Results showed effects of nostalgia activities program on elders' successful ageing was significant. Based on these results, the recommendations for the promotion of successful ageing among older adults living in care institutions were submitted.

Keywords: Nostalgia activities program, successful ageing, older adults, living, care institutions.