
Psychological models of successful aging (a review of foreign studies)

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The article presents a review of foreign psychological models of successful aging. Comparison of multifactor models is given (J.W. Rowe & R.L. Kahn, E.A. Phelan, G.Y. Iwamasa & M. Iwasaki). The article reveals the content of the physical, psychological, social, cognitive, spiritual and material components of successful aging. It presents the psychological models of successful aging that take into account the emotional and personal factors (J.F. Nussbaum, P. Baltes & M. Baltes, E. Kahana & B. Kahana, L.L. Bryant). Subjective well-being stands as the main criterion of successful aging in the biopsychosocial model (M. Kanning & W. Schlicht).

Key words: aging, successful aging, normal aging, subjective well-being.

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