

Is 'positive aging' possible?

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Positive ageing is explored in a series of papers emanating from five different countries in the latest issue of the e-journal of *Applied Psychology*, released today.

Guest-edited by Swinburne University of Technology health psychologist Professor Susan Moore and PhD candidate Kerrie Shandley, four of the six papers look at what is understood by successful, active and healthy ageing.

"In doing so they elucidate many of the [negative stereotypes](#) that have been associated with experiencing one's senior years," Moore said.

"They also present many positive constructions on ageing, acknowledging its benefits and capacity to empower."

Two further papers concern the psychosocial aspects of ageing. One relates to [sexual health](#) and well-being among older individuals, a much neglected area.

The other provides a very different perspective, a counter-point to positive ageing, in its description of the day-to-day experiences of destitute older people in a Zimbabwean institution.

The e-journal of *Applied Psychology* is an international journal, published on the Swinburne website and edited by members of the Psychology Science and Statistics group.

Access to the journal is free to readers.

Moore is currently researching social and psychological aspects of modern grandparenting and is interested in research on [seniors](#) because she is one.

View the current edition [here](#).

Provided by Swinburne University of Technology

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