

ABSTRACT

ANALYSIS OF FACTORS THAT INFLUENCE SUCCESSFUL AGING IN ELDERLY WHO WORK AS FARMERS IN THE MIDDLE AND SOUTH PART OF LAMONGAN.

Cross Sectional Research

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Introduction: Successful aging is an important achievement for the elderly. Some of the elderly who works as farmers were in a successful aging condition where they were healthy, active, productive, and happy with their lives. However, there weren't many studies that explained the factors of successful aging in the elderly who works as farmers. The purpose of this research is to find out the factors influence of successful aging in elderly who work as farmers in the middle and south of Lamongan. **Method:** The design of this study was used correlational research with a cross-sectional approach. The population in this study were elderly who works as farmers in 11 sub-districts in the middle and south of Lamongan. The total sample was 110 samples obtained by probability sampling. The independent variables in this study were lifestyle factors, physical activity factors, psychological factors, social factors, and spiritual factors, while the dependent variable was successful aging. Data were obtained by questionnaire and analyzed by spearman's rho. **Result:** There were a correlation between lifestyle factors ($p = 0.002$), physical activity factors ($p = 0.026$), psychological factors ($p = 0.020$), social factors ($p = 0.003$), and spiritual factors ($p = 0.001$) with successful aging. **Discussion:** Lifestyle factors, physical activity factors, psychological factors, social factors, and spiritual factors influenced the successful aging of the elderly who works as a farmer in the middle and south of Lamongan. This study expects elderly will know and make efforts in achieving successful aging through a healthy lifestyle, doing physical activities, having a positive attitude in understanding life, being active in social life, and believe in God's intervention in his life.

Keywords: successful aging, lifestyle, physical activity, psychological, social, spiritual

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