Autoři tento výsledek vysvětlují v kontextu vývojových úkolů, které jsou specifické pro jednotlivá věková období. Pro starší věk je to především zvládání involučních změn, hlavně negativních kognitivních a zdravotních změn, pracovních, rodinných apod. Emoční stabilita může být protektivním faktorem, který pomáhá starším lidem konstruktivně se s těmito úkoly vyrovnat, nepodlenout negativním emocím z nového stavu a udržet si pocit smysluplnosti života.

ZÁVĚR

Jak se ukazuje na základě mnoha teoretických a výzkumných studií, prožívání smyslu v životě se dá považovat za jednu z významných součástí optimálního psychického fungování. Úspěšné zvládnutí této úlohy v jednotlivých životních obdobích je výrazně nápomocné při udržování duševní a psychologické pohody. Tento příspěvek se snažil upozornit na to, že hledání a udržování smyslu života ve vývoji člověka není nějaký statický fenomén, ale dynamický proces, který je významně ovlivněný vývojovými charakteristikami a úkoly jednotlivých životních období. V interakci těchto vývojových aspektů společně se sociálními a osobnostními charakteristikami vytváří konkrétní člověk jedinečnou interpretaci svého života a stanovuje si pro sebe životní cíle. Na hloubce a kvalitě smyslu života potom závisí i jeho schopnost adekvátně zvládat specifické nároky a úkoly jeho životní situace.

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