

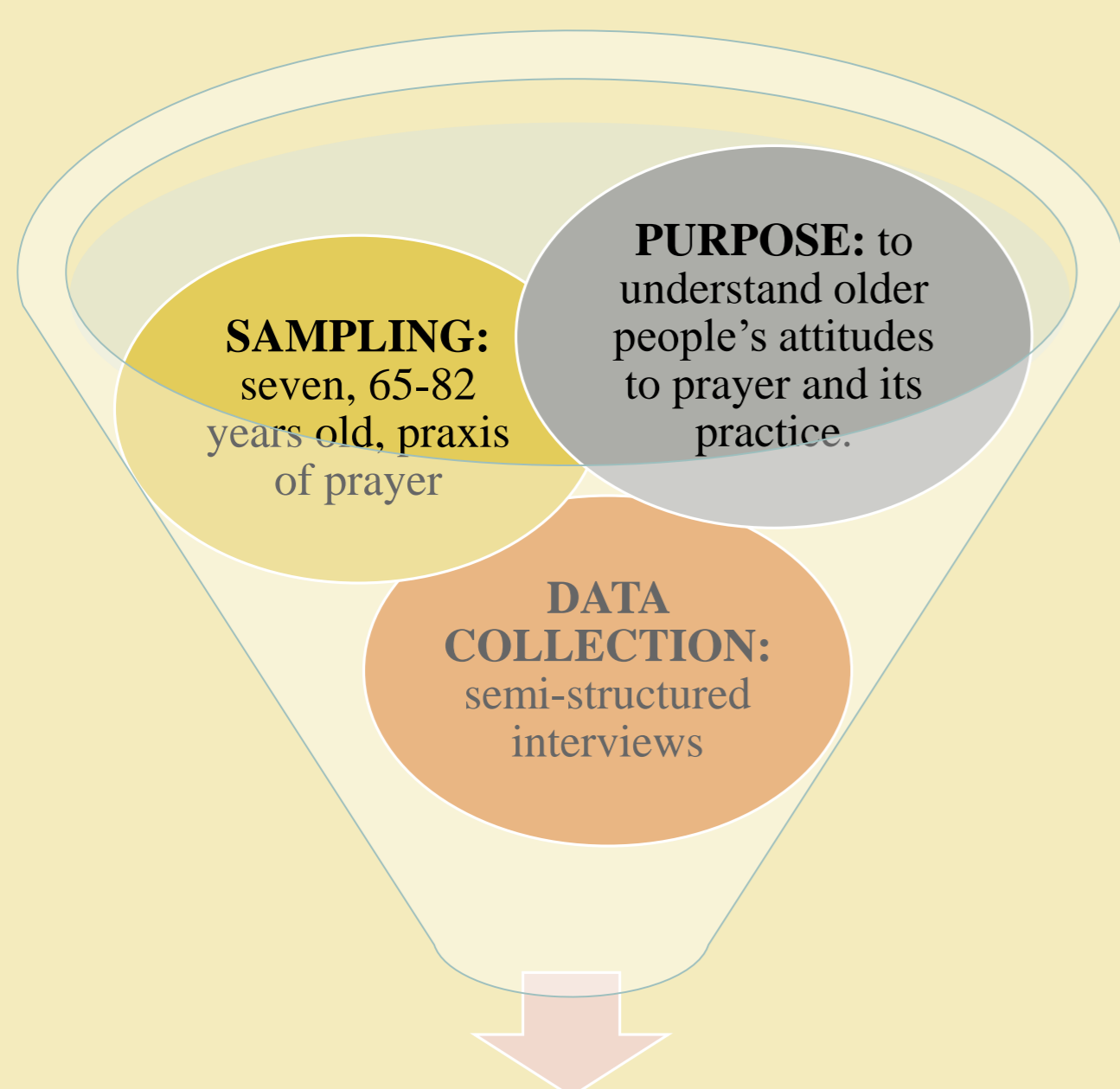
PORTRAIT OF PRAYER IN OLD AGE using MAXQDA2018



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Researchers perform studies on elderly people's quality of life and subjective well-being. However, little attention is paid to their existential needs and spirituality. The theory of Gerotranscendence (Tornstam, 2011) is a recent theory emphasizing a changed metaperspective and self-transcendence in the old age. A number of researchers argue that prayer helps older people to cope effectively with the traumatic events and difficult issues in their lives. Prayer promotes „a sense of peaceful acceptance” (Gottlieb, 1997, p. 28, as cited in Krause, 2009). It is therefore important to understand deeper the elderly people's attitudes to prayer and its practice.



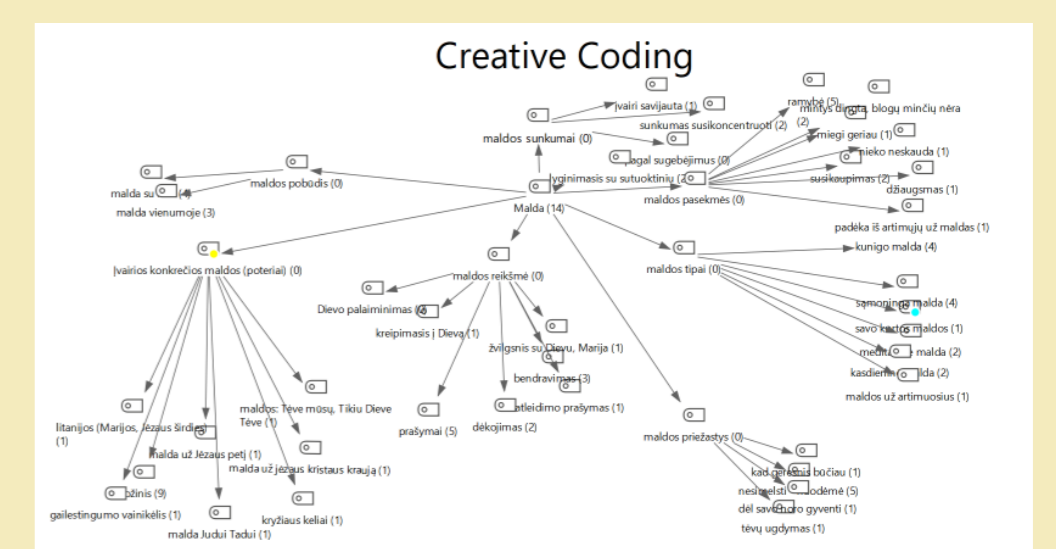
QUALITATIVE RESEARCH -
DEEP EXPLORATION OF A
PHENOMENON

THEMATIC ANALYSIS (Braun & Clarke, 2006)

- Familiarising with the data;
- generating initial codes;
- searching for themes;
- reviewing themes;
- defining and naming themes;
- producing the report.

BENEFIT OF MAXQDA2018

- To generate a code system;
- to sort the different codes into potential themes;
- to review and to name themes by creative coding;
- to compare themes between cases by using a summary grid.



Code System	Ne...	Agne pa	Egle	Jurga	Jurgis	Nijole	Ona	Tomas
Malda								
maldos nauda								
maldos motyvacija								
maldos reikšmė								
maldos tipai								
maldos sunkumai								
maldos pobūdis								

Code System	1 188
Malda	10
maldos nauda	12
maldos motyvacija	11
maldos reikšmė	17
maldos tipai	27
maldos sunkumai	11
maldos pobūdis	9

It seems that my eyes meet with God's, with Mary's. It seems that in prayer we are in each other's sight. That's such communication. It brings peace and strength immediately. Agne

Speak with your heart.
Eglė

Thank you for everything, the good God, what You bring to our lives. Egle
That gratitude is already grown into my bones. Jurga

It feels so good, so calm and no pain. Seems like everything is gone. Even thoughts disappear, no stupid questions arise. Such a spiritual peace. Agne



Nature:

- alone
- with others
- in the church



Types:

- daily prayer
- priest's prayer
- meditative prayer
- own created prayer
- concrete religious prayers



Motivation:

- desire to live
- to be better
- help for loved one
- habit
- parenting
- priest's preaching



Meanings:

- God's blessing
- communication
- living relationship with God
- trust in God
- gratitude
- reconciliation
- various requests



Benefits:

- no thoughts, no bad thoughts
- joy
- better sleep
- peace
- concentration
- no pain
- thanks from relatives for prayers



Difficulties:

- comparison with other
- lack of time
- difficult to concentrate
- various moods
- tiredness
- unconsciousness

Conclusions. For the elderly prayer is a way to adapt and feel inner integration in old age.

References

- Braun, V. and Clarke, V. (2006) Using thematic analysis in psychology. *Qualitative Research in Psychology*, 3 (2), 77-101.
Krause, N. (2009). Lifetime Trauma, Prayer, and Psychological Distress in Late Life. *International Journal for the Psychology of Religion*, 19(1), 55-72.
Tornstam, L. (2011). Maturing into gerotranscendence. *Journal of Transpersonal Psychology*, 43, 166-180.