Abstract
As part of the educational intervention in social contexts to improve the quality of life of elderly people, to describe the state of this kind of people should be a priority to promote proper active and healthy aging. Therefore, the aim of this study was to analyze, in a sample of 328 participants of Madrid region, the association between psychological welfare, health status perceived and health habits that are directly related to the quality in this part of the life. For this purpose, an ad hoc survey was applied together with the Psychological Well-being Scale by Carol Ryff which sets a model with six dimensions: Self-acceptance, Positive relations with others, Autonomy, Environmental mastery, Purpose in life and Personal growth. The results show a tendency for people who say that their health is very poor, they tend to score higher on Self-acceptance and Purpose of life than those who consider their health as good or very good. Also those who do exercise during their free time get high scores on the scale of Self-acceptance. In this sense, those who do exercise regularly score higher on Self-acceptance and Environmental mastery. Finally, elderly people who do not go with other people are less likely to talk to other people about their problems and receive less praise. They get lower scores for almost all of the dimensions of psychological welfare.

Keywords
Adult education, ageing, psychological welfare, health, interpersonal relations.