

People Who Feel They Have A Purpose In Life Live Longer

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NPR:

We know that happiness and social connection can have positive benefits on health. Now research suggests that having a sense of purpose or direction in life may also be beneficial.

To find out if having a sense of purpose has an effect on aging and adult development, Patrick Hill, an assistant professor of psychology at Carleton University in Ottawa, Canada, looked at data from the Midlife in the United States (MIDUS) study, which is funded by the National Institute on Aging.

Hill and his colleague Nicholas Turiano of the University of Rochester Medical Center looked to see how more than 6,000 people answered questions like “Some people wander aimlessly through life, but I am not one of them,” and other questions that gauged positive and negative emotions.

Read the whole story: [NPR](#)