

## **ABSTRACT**

*The loss of a spouse is a distressing life event for older adults, particularly men, who tend to be less expressive in communicating their emotions and coping with the grieving process. As a result, they are required to adjust in order to continue their daily lives. This study aimed to describe the self-adjustment of elderly men after the loss of a spouse. This study employed a qualitative approach using purposive sampling. Data were collected through semi-structured interviews and analyzed using qualitative data analysis. The trustworthiness of the data was ensured through source triangulation. The participants consisted of three elderly men aged 60 years and above who had experienced the loss of a spouse, with different backgrounds and durations of bereavement. The findings showed that the participants managed their grief and loneliness through physical and spiritual activities, such as working, farming, and engaging in religious practices, without experiencing excessive guilt or regret. They continued their daily activities and gradually assumed household responsibilities previously carried out by their spouses, while making independent decisions without disregarding family considerations. They also learned new skills through digital media to meet household needs previously handled by their spouses, and used the values and advice of their late spouses as guidance in continuing their lives, while accepting the physical limitations associated with aging. The study concludes that self-adjustment among elderly men after spousal loss is not merely accepting reality, but also rebuilding life through emotional regulation, independence, and meaning-making.*

**Keywords:** *elderly men, loss of spouse, self-adjustment*