

PSYCHOLOGICAL WELL-BEING IN THE ELDERLY SINDON VILLAGE NGEMPLAK BOYOLALI DISTRICT

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ABSTRACT

Psychological well-being can be had by everyone, including elderly people, even though at that age many people experience decline in various aspects. Psychological well-being is the result of a person's evaluation or assessment of himself which is an evaluation of his life experiences. There are many factors that support someone in old age who still has good psychological well-being, one of which is the religious factor. This research aims to understand and describe the psychological well-being of the elderly using a qualitative phenomenological approach. There were 7 informants in this study. The methods used in collecting this data were observation, structured interviews and documentation. The results of this research show that the seven elderly people have positive psychological well-being which can be seen from the aspect of high acceptance and good implementation of gratitude. In terms of independence and social relations, it is also good, as indicated by the elderly who still have gardening activities and build relationships with neighbours.

Keywords: *Psychological well-being, Elderly*

INTRODUCTION

A person's development during the elderly phase (elderly) is a phase that experiences a lot of decline in various aspects, including physical strength, sharp thinking and analysis as well as social aspects. During the elderly phase, it is not uncommon for individuals in that stage to experience many activity limitations. In an explanation (Ahmadi, 2002) stated that the decline in bodily functions and a reduced role in society in the elderly can make them tend to be emotionally unstable, easily angry or offended, feeling disappointed and vulnerable to psychiatric disorders such as depression and anxiety. Physical decline which causes various functional disorders and diseases in the elderly not only affects the physical condition but also affects the psychological condition. These psychological conditions include feelings of inferiority, isolation, abandonment, uselessness, helplessness, sadness, loneliness and so on, this will interfere with their activities. If this happens continuously without any effort to overcome it, it will result in depression in the elderly (Suardiman, 2011). In essence, this phase experiences many setbacks, but not all individuals feel isolated, low self-esteem, anxious and confused when they are in this phase.

Currently, one of the efforts that elderly people can make to maintain their happiness, productivity and self-confidence is to manage their psychological well-being.

Ryff (Snyder & Lopez, 2007) states that psychological well-being describes the extent to which individuals feel comfortable, peaceful and happy based on subjective assessments and how they view the achievement of their own potential. Difficulties experienced by the elderly due to physical and mental decline can reduce the effectiveness of the elderly in making adjustments, making it difficult for the elderly to achieve psychological well-being. Psychological well-being is a condition where individuals become prosperous by accepting themselves, having a purpose in life, developing positive relationships, being independent, and being able to control themselves in the social environment (Raudatussalamah, 2014). The same thing was also stated by (Jahanara, 2017) who explained that psychological well-being is a condition where individuals are able to have good self-acceptance, positive relationships, be independent, have good social involvement and have clear life goals

The psychological well-being of the elderly will usually be obtained through the ability to imbue the religious values in their lives, namely the meaningfulness of life and the sense of gratitude they have which can make the elderly very meaningful in carrying out their daily activities well. Psychological well-being in the elderly is not only limited to achieving happiness by wallowing in material things, being physically healthy, but must be psychologically healthy and able to give meaning to calm which leads to a feeling of gratitude in the soul (Kardas et.al, 2019). This picture is supported by a statement (Garcia, 2015) which states that the psychological well-being of the elderly emphasises the level of ability to accept themselves as they are, be independent of social pressures, increase spiritual abilities and have meaning in life (Garcia, 2015). All these images are painted in various areas, one of which is the Sindon Village area in Ngemplak District, Boyolali Regency. In Boyolali Regency, there are a lot of elderly people whose physical changes are very obvious, starting from wrinkles, their hair colour starts to turn white, and their eyes look slanted. They are very aware of their physical changes, and quite a few of them even feel grateful for these changes.

Based on the results of research on October 26 2023, one of the respondents with the initials PNM was carried out using observation and interview techniques. The respondent admitted that the respondent was generous in accepting her current or previous situation with full happiness and gratitude, even though the respondent had only been left by her husband for 3

months, the respondent did not feel lonely. This is because the respondent lives accompanied by his children and grandchildren.

METHOD

This research aims to understand the psychological well-being of the elderly using a qualitative phenomenological approach. The focus of this research is to understand the psychological well-being of the elderly. In this qualitative research, the model used by researchers is the qualitative phenomenological model. There were seven informants in this research. The data collection methods used in this research are observation, interviews and documentation methods.

RESULT AND DISCUSSION

There were 7 informants in this study, Subject I (PNM) was 70 years old, lived with his children and grandchildren, Subject II (ASH) was 73 years old, lived with his children and grandchildren, Subject III (PYM) was 85 years old, lived with his older brother who was Sick. Subject IV (DSY) is 78 years old and lives alone because his son works abroad. Subject V (N) is 60 years old and lives with his wife. Subject VI (S) is 68 years old and lives with his children and grandchildren. Subject VII (SP) is 70 years old and lives with his wife and children.

Tabel 1.

Aspects of Psychological Well-Being

No	Aspects of Psychological Well-Being	Question form
1	Self-acceptance	how to accept oneself as an elderly person
2	Positive relationships with other people	Questions about how to relate to his family
3	Independence	Questions regarding the extent and extent of independence in the subject's life
4	Environmental mastery	Questions about how the subject lives in the environment
5	Life goals	Questions regarding the life goals of the elderly subject
6	Personal growth	Questions about how the subject develops the skills the subject has

From the results of research and observations obtained in the field, it can be explained that the research phenomenon carried out in Sindon Village has a different psychological well-being phenomenon. Informant I (PNM) was generous in accepting her current and previous situation with full happiness and gratitude, even though her husband had only been left by the informant

for 3 months, the informant did not feel lonely. This is because the subject lives accompanied by his children and grandchildren. Informant II (ASH) looked very happy because his cute grandson did not complain even though the informant had a history of illness. The subject's relationship with his neighbours is also harmonious, even if there is a problem the subject prefers to remain silent. Informant III (PYM) is very willing to spend his old age by helping his older brother who is sick. The informant was also aware of getting attention from neighbours. What the informant does every day is only pray and worship so that when he dies he can be husnul khotimah and not bother his neighbours.

Informant IV (DSY) is very grateful, even though he lives alone, the informant always leaves the house to chat with other neighbours. The informant did this so he wouldn't feel lonely. The informant is also still actively working in the fields to entertain himself so he can get rid of boredom. Informant V (N) is always grateful, whatever the conditions, the subject is very friendly and harmonious with each other in the community. The informant, a kale farmer, is always in the fields planting or harvesting kale every day. Informant VI (S) is a generous person, every day Informant has neighbours playing at his house, his closeness with the residents makes Informant heart comfortable, calm and happy in his old age. The informant is always grateful for what Allah SWT has given him, the trials that befell him a long time ago made the subject not give up and continue to be enthusiastic. The informant's daily life is only in the fields but only in the morning, this is because the subject's energy is no longer strong. Informant VII (SP) was very grateful because the subject could still meet his only grandchild. The informant's activity is just staying at home accompanying his grandson to play, who used to work as a water spinach farmer.

From the description of the results described above, all informants have a sense of self-acceptance which is manifested by a deep sense of gratitude, so they are able to interpret the meaning of the life they have gone through. A picture like this is in accordance with Ryff's theory in Kovalenko (2018) which explains that there are six elements in psychological well-being, but in the elderly there are 3 elements that really play a role, namely; 1). Self-acceptance, this element can be linked to self-confidence. Elderly people who can accept themselves will tend to have positive perceptions and attitudes such as accepting all aspects of themselves, including viewing the past as something good. 2). Autonomy: Elderly people who have autonomy are able to manage themselves, are independent and have desires according to their abilities. 3). Goals in life, elderly people who have good goals in life consider that current and past life experiences will

provide direction in their lives. The description of the elderly phenomenon in Sindon Village shows the meaning of good self-acceptance marked by gratitude. This is what makes the elderly in the village have relatively good psychological well-being.

Talking about self-acceptance will involve the meaning of self-esteem, the elderly look with gratitude at the self-esteem they have by living with good neighbours, communicating well with the surrounding environment, not feeling isolated, lonely, humiliated and cornered. In an explanation provided by (Levy et al., 2016), self-esteem in the elderly is a determining factor in their psychological well-being. This is related to the phenomenon of the elderly in Sindon Village, where they always view self-esteem with positive self-acceptance so that they have no feelings of regret and more gratitude. The factor of religiosity and gratitude makes the elderly have psychological well-being that can be managed well. This is in line with what was conveyed by (Kardas et.al, 2019) that psychological well-being in the elderly is not only limited to achieving happiness by wallowing in material things, being physically healthy, but must be psychologically healthy and able to give meaning to calm which leads to feelings of gratitude in life. soul

CONCLUSION

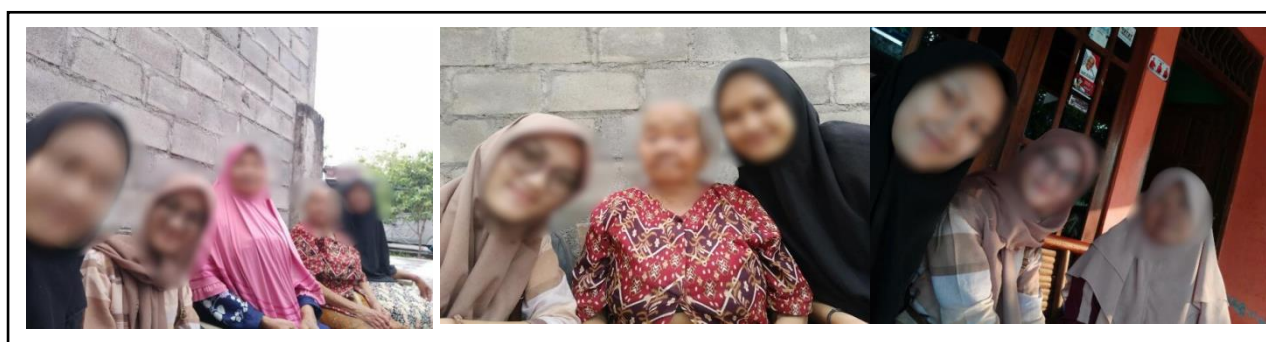
From the results of qualitative research using interview and observation data, it can be concluded that the seven informants, namely the elderly in Sindon Village, have good and positive psychological well-being. This is because all informants have good aspects of self-acceptance with good implementation of gratitude as well. With deep gratitude and clever understanding of their lives, seniors feel they have a comfortable, calm, peaceful and prosperous life. The elderly do not feel lonely, have low self-esteem, are isolated and feel disappointed. Apart from having a good sense of self-acceptance, the seven informants also have the aspect of being able to establish good relationships with their environment, such as socialising with neighbours, establishing positive relationships with family and relatives.

The aspect of independence is also carried out by the elderly, although not all of them carry out gardening activities. Some elderly people are still active in gardening or farming, this indicates that the informants still have a purpose in life which is to maintain the economy or food security in their family even though the results are not large. The independence that is maintained also makes a valuable contribution in keeping aspects of psychological well-being maintained. A form of independence carried out by some elderly people.

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