

## INDEPENDENCE RELATIONSHIP WITH PSYCHOLOGICAL WELL-BEING ON LANSIA IN INSTITUTION WERDHA LOVE FATHER-MOTHER TANGERANG

Silmi Nursyifa Restu<sup>1</sup> & Galuh Kencono Wulan<sup>2</sup>  
Restusyifa66@gmail.com<sup>1</sup>, geika16@gmail.com<sup>2</sup>  
Professional Psychology Masters Study Program (PSMPP)  
Persada Indonesia University YAI Jakarta, INDONESIA

### ABSTRACT

This study aims to examine the relationship between independence and psychological well-being in the elderly at the Institution Werdha Love Father-Mother Tangerang. The population of this research is 24. The data collection method is with a Likert scale and the sampling method is carried out by using a saturated sampling technique (census). The instrument test in this study used two scales, namely, the independence scale consisting of 6 items, and a reliability coefficient of 0.747 was obtained a psychological well - being scale consisting of 12 items, and a reliability coefficient of 0.909 was obtained. The research sample of the variables of psychological well - being and religiosity were normally distributed. The results of the analysis of the bivariate correlation data using the SPSS 15.0 for windows program, showed that there was a relationship between independence and psychological well - being in the elderly at the Nursing Home of the Father-Mother in Tangerang with correlation ( $r$ ) = 0.599 with  $p = 0.002$  ( $p < 0.05$ ). The conclusion of this research is that there is a significant relationship with the positive direction of independence with psychological well-being of the elderly at the Institution Werdha Love Father-Mother Tangerang.

**Keywords:** Psychological Well - Being, Independence.

### PRELIMINARY

Basically all living things in the world who experience old age is a gift, growing old with all its limitations, someone will definitely experience it if he has a long life. Living things in this world undergo a process of change, both physically and psychologically. In Indonesia, the term for this age group is not standard, people have different designations. Some use the term elderly, some use the term elderly. Or old people with their English equivalent are called the aged, the elders, older adults, and senior citizens.

Living in a nursing home can create problems for the elderly. According to Rohmah (in Kaharingan, Bidjuni & Karundeng, 2015: 2) living in an orphanage can lead to negative perceptions from society, either indirectly shaping the elderly to become individuals who feel unworthy, lonely, and inferior.

In human life, many want their life to be successful even to old age. Having a successful and optimal old age is everyone's dream. Especially the elderly who are living it. Havighurst (1963, in Ouwehand, et al. 2007). Individuals change constantly at the beginning of an individual's life changing towards maturity, but in subsequent developments the individual does not develop evolutionarily anymore, but there is a regression of these changes called the aging process (Hurlock, 1993: 380).

It is still too difficult to formulate and unify an accurate and universal definition of elderly because there are no definite boundaries regarding old age. According to the State of Indonesia, it starts at the age of 55 years, except for individuals with certain functions and professions such as professors, lawyers, doctors or other professionals who usually retire when they are 65 years old.

The elderly have problems that can decrease the life expectancy of the elderly. Changes that are decreasing in nature can affect the psychological well-being conditions of the elderly (Papalia, 2008). Elderly people start to decline when their welfare is disturbed, individuals who have a good quality of life should ideally also have good psychological well-being in themselves. According to Ryff (1995: 57) psychological well-being is a situation where individuals can accept their strengths and weaknesses as they are, have positive relationships with others, are able to direct their own behavior, are able to develop self-potential in a sustainable manner, are able to regulate the environment and have purpose in his life.

Even though the elderly have decreased welfare, the elderly are considered independent, because from their youth they are used to living alone. Erikson (Desmita, 2009: 185) states that independence is an attempt to escape from one's parents with the intention of finding oneself through the process of seeking ego identity, which is a development towards a stable and independent individuality.

Elderly who have independence are no longer dependent on other people and pressure from others, with independence they can choose their own better way of life and develop steadily. According to Budiarto, et al. (1991: 201) independence is a tendency for individuals not to depend on other individuals in making a decision.

Independence can be instilled from an early age, starting in life at home. Independence is best taught gradually, starting from scratch and slowly as the child becomes more competent and responsible. When children are young, there will be an unstoppable urge to become an independent person (Parker, 2006: 229). Independence is a condition where a person does not depend on authority and does not need direction. Independence includes the idea of the ability to take care of oneself and solve one's own problems. Psychological well-being according to Ryff (in Ama & Utami, 2013) is a term used to describe the psychological health of an individual based on fulfilling the criteria for positive psychological function. According to Ryff (1995: 57) psychological well-being is a situation where individuals can accept their strengths and weaknesses as they are, have positive relationships with others, are able to direct their own behavior, are able to develop self-potential in a sustainable manner, are able to regulate the environment and have purpose in his life. This is supported by the maturity of the elderly to accept themselves as they are.

Psychological well-being according to Warr (1987: 69) is a concept related to what individuals feel about their activities in everyday life. These feelings range from negative mental states such as dissatisfaction, anxiety, to a more positive view of the absence of happiness which is hereinafter known as positive mentality.

(Enung Fatimah, 2008: 143), also said that independence is an individual attitude that is obtained cumulatively during development, and individuals will continue to learn to be independent in dealing with various situations in the environment, so that individuals are ultimately able to think and act on their own. With independence, individuals can choose their way of life to develop better.

Independence is also expressed by Hetherington (in Yuni Retnowati, 2008: 202) states that independence is shown by the ability to take initiative, the ability to solve problems, be full of perseverance, gain satisfaction from his business and the desire to do something without the help of others.

Solaeman (in Mohommad Ali & Mohammad Asrori 2014: 109) states that the development of independence is a process that involves normative elements. This implies that independence is a directed process. Because the development of independence is in line with the essence of human extension, the direction of this development must be in line with and based on the purpose of human life.

## **LITERATURE REVIEW**

The concept of psychological well-being developed by Ryff is multi-dimensional because it contains six dimensions regarding positive mental health, by integrating the various opinions of Allport, Roger and Maslow regarding the positive qualities of the human person. The six dimensions of psychological well-being according to Ryff (1995: 720) are as follows:

- a. Self-Acceptance
- b. Positive Relationships with Others
- c. Autonomy
- d. Environmental Mastery
- e. Purpose in Life
- f. Personal Growth

Independence as an element of personality contains psychological and social aspects that exist in individuals, which involve the emotional, economic, intellectual and social fields. Therefore, Robert Havighurst (in Enung Fatimah, 2008: 143) adds that independence consists of several aspects, namely:

- a. Emotional independence
- b. Behavioral independence
- c. Independence of values

## **METHOD**

The operational definition of the variables to be examined in this study:

1. Psychological well-being is a concept of the need to feel good and prosper psychologically. Measured by a psychological well-being scale consisting of dimensions: self - acceptance (individual self-evaluation of life based on positive affective reactions to oneself and the past), positive relations with others (quality relationships with others), purpose in life (belief in a goal), personal growth (a feeling of growing and developing as a human being), environmental master (the ability to effectively regulate life and the world around it) and autonomy (a determination that shows determination).
2. Independence is an individual attitude that is obtained cumulatively during the development stage and the individual will continue to learn to be independent in dealing with various situations in the environment so that the individual is ultimately able to think, be able to control his actions, be able to take initiative, be able to solve problems independently. The independence scale used in this study uses aspects of independence consisting of: emotional independence, independent behavior and independence of values.

**Population**

According to Sugiyono (2009: 61) population is a generalization area consisting of objects or subjects that have certain qualities and characteristics that are determined by researchers to study and draw conclusions.

In accordance with the objectives of the study, individuals who are the subjects of the study are elderly people who have problems with psychological well-being and are independent. At the Institution Werdha Love Father-Mother Center with a population of 24 people.

**Sampling Method**

The sample is part of the number and characteristics possessed by the population. If the population is large and it is impossible for the researcher to study everything in the population, the researcher can use a sample taken from that population. What is learned from the sample, the conclusions will be applied to that population. For samples taken from the population, they must be truly representative according to Sugiyono (2009: 62).

Because the number of subjects to be used is not too much, the sampling technique used in this study is a saturated sampling technique, which is a sampling technique when all members of the population are used as samples (Sugiyono, 2009: 68). Another term for saturated sample is census, where all members of the population are sampled. So that the number of samples in this study were 24 people.

This scale is structured using a Likert scale model which has five alternative choices, namely SS (very suitable), S (appropriate), N (neutral), TS (not suitable), STS (very unsuitable). As for the method of scoring used in the group of statements that are supported (favorable) with the group of statements that are not supported (unfavorable).

According to Saifuddin Azwar (1997: 45), in this study to determine the validity of the content using the Lawshe research model. In Lawshe's research model, the assessment assesses the following items: good, sufficient, and less. If 50% (CVR is greater than or equal to 0) of the evaluator thinks it is good, then that item has the extent of content validity. Items are declared valid in content if  $CVR > 0$  and declared drop or invalidated if  $CVR < 0$ . The Content Validity Ratio formula, namely:

$$CVR = 2MB/M - 1$$

Explanation :

MB = The number of reviewers said it was good  
M = Number of evaluators

**Reliability Test Results**

Instrument testing in the SPSS version 15.0 for windows program uses the alpha coefficient (alpha cronbach) and only uses valid statement items.

a. Reliability of the Psychological well-being scale

Based on 12 valid items from the psychological well-being scale, the reliability obtained was 0.909. This shows that the psychological well-being scale is at the level of 0.70-0.90 which means that it is very reliable according to Guilford & Frucher's rules.

b. Reliability of the Independence Scale

Based on the 6 valid items of the independence scale, the reliability obtained is 0.747. This shows that the independence scale is at the level of 0.70-0.90 which means that it is reliable according to the Guilford & Frucher reliability rules.

Reliability testing in this study used the Alpha Cronbach technique (Saifuddin Azwar, 2003: 78) with the help of a computer through the SPSS version 15.0 for Windows program.

To prove the truth of this research, it is necessary to test it with statistics. The purpose of data analysis is to simplify the data in an easy to read form. The data analysis method in this study uses Bivariate Correlation, which is to test the relationship between one independent variable and one dependent variable (Kuncono, 2005: 61).

Based on the background of the problem and research objectives, the method used to test hypotheses and analyze data is Bivariate Correlation. In this study, the Bivariate Correlation method was used to test (Ha) "There is a relationship between independence and psychological well-being in the elderly at the Institution Werdha Love Father-Mother Nursing Home in Tangerang". In processing the data analysis the researchers also used the help of the SPSS version 15.00 for windows program.

The research data analysis was carried out by 24 subjects to determine whether or not there was a relationship between independence and psychological well-being of the elderly at the Institution Werdha Love Father-Mother Nursing Home. Calculation of data analysis using bivariate correlation using the SPSS version 15.0 for windows application program.

The results of the data analysis showed that the correlation coefficient between psychological well-being and independence was  $r = 0.599$ , this means that Ha which reads "There is a relationship between independence and psychological well-being in the elderly at the Institution Werdha Love Father-Mother Tangerang" is accepted.

Based on the results of the analysis, it means that there is a relationship between independence and psychological well-being, while the direction is positive, which means that the higher the independence, the higher the psychological well-being he has.

The normality test aims to test whether the data comes from a population that is normally distributed or not. In this study, the method used to test the normality of the data was to use the Shapiro-Wilk technique, obtained 0.067 ( $p > 0.05$ ) for the independence scale and 0.079 ( $p > 0.05$ ) for the psychological well-being scale. Thus it can be concluded that the distribution of data on the scale of independence and psychological well-being scale is normally distributed.

Based on the categorization results obtained from the independence scale seen from the highest score (maximum score range) of 30, the lowest score (minimum score range) of 6, the theoretical mean of 18 while the mean of findings was 25.75 which is in the high category. While the psychological well-being scale is based on the categorization results obtained from the highest score (maximum score range) of 60, the lowest score (minimum score range) of 12, the theoretical mean of 36 while the mean of findings is 47.66 which is in the high category.

## CONCLUSION

Based on the results of the research data analysis, it can be concluded that there is a relationship between independence and psychological well-being in the elderly at the Father-Mother Love

Home, with a positive correlation, which means that the higher the level of independence obtained, the more positive psychological well-being is elderly and vice versa.

## SUGGESTION

After conducting research and analyzing research data and concluding the data obtained, the researchers made several suggestions:

### 1. Theoretical Suggestions

The results of this study are expected to be useful and provide useful input for the development of psychology, particularly in the field of developmental psychology, and can be used as a reference material for other researchers who want to use the variables of independence and psychological well-being.

### 2. Practical Suggestions

Based on the results of the study, it is known that independence is at a high level, so that every elderly person should maintain it by spending free time with his friends at the Nursing Home, doing activities together and having a feeling of solidarity.

## REFERENCES

- Art Therapy for Increasing Subjective Well Being in the Elderly*. Indonesian Psychology Journal 2012, Vol IX, No.2 67-74 ISSN.0853-3098, Francesa Tjubandrio, Soerjantini Rahaju & Sutyas Prihanto Faculty of Psychology, University of Surabaya.
- Bee, H. (1996). *The Journey of Adul tood*. New York Prentice-Hall (LANSIA).
- Citra, A.K., (2010). *Psychological well-being of Students in High School Dipenogoro Tulung Agung*. Thesis (unpublished). Faculty of Psychology at the State Islamic University of Maulana Malik Ibrahim.
- Ministry of Social Affairs of the Republic of Indonesia. (1997, March). *Guidelines for the Implementation of Social Welfare Businesses for the elderly through Traditional Social Care Institutions*. Jakarta.
- Enung Fatimah., (2008). *Developmental Psychology (development of students)*. Bandung: CV Pustaka Loyal.
- Hurlock E., 1997. *Developmental psychology of an approach throughout the life span of* Jakarta: Erlangga.
- Kuncono Teguh., 2008. *Construction Measuring Instruments*. Computer. Lecture dictates and practicum guides. Jakarta: Faculty of Psychology, Persada Indonesia University.
- Kountur, Ronny., 2004. *Research Methods for Writing Thesis and Thesis*. Jakarta: PPM Publisher.
- Made Yudishthira Dwipayama., (2007). *Personality description and Psychological Well-Being is reviewed based on blood type*. Journal of the faculty of health.
- Mohammad Ali, Mohammad Asrori., (2014). *Adolescent psychology: the development of students* Jakarta: PT. Bumi Aksara.
- Noorkasiani & Tamher, S. (2009). *Elderly Health with Nursing Care Approach*. Jakarta: Salemba Medika.
- Papalia, et.al., (2002). *Adult development and aging (2nd ed)* new york: Mcgraw-hill.
- Papalia D.E, Olds, S.W, Feldman R.D (2009). *Human deveploment* (10ad ed) new York: Megraw-Hill.
- Ryff, C.D (1995). *Psychological well-being in adult life*. Current Direction in Psychological Science 4,99-104.
- Ryff, C.D. 1989. *Happiness is Everything or is it? Explorations on the Meaning of Psychological Well Being*. Journal of Personality and Social Psychology, 57, 1069-1081.

- Ryff, C.D & Keyes, C.L. 1995. *The Structure of Psychological Well Being Revisited*. Journal of Personality and Social Psychology, 69, 719-727.
- Saifuddin Azwar. 1997. *Reliability and Validity Third Edition*. Yogyakarta: Student Library.
- Saifuddin Azwar. 2005. *Reliability and Validity*. Yogyakarta: Student Library
- Saifuddin Azwar. 2007. *Reliability and Validity*. Yogyakarta: Student Library.
- Sugiyono. 2009. *Techniques - Sampling Techniques*. Jakarta: Gramedia.
- Sumadi Suryabrata. 2000. *Research Methods*. Jakarta: PT. Raja Grafindo Persada.
- Sutrisno Hadi., 1994. Winerungan, W. Risnawaty, & Ninawati., 2010. *The Role of Social Support*. Arkhe Scientific Journal of Psychology, Vol. 15, No.1.
- Warr Peter., 1987. *A Study of Psychological Well Being*. Thursan Hakim. 2004. *Overcoming Insecurity*. Jakarta: Puspa Swara.
- Yuni Retnowati., (2008). *Single parent communication patterns in shaping children's independence (case in the city of Yogyakarta)*. Journal of Communication Science Vol.6 no.3 September-December 2008.