

**PSYCHOLOGICAL WELL BEING PADA JANDA LANJUT USIA YANG
TINGGAL SENDIRI PASCA KEMATIAN SUAMI DI DESA IDANOTAE
KECAMATAN GUNUNGSITOLI IDANOI, KOTA GUNUNGSITOLI,
SUMATERA UTARA**

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ABSTRAK

Masa lanjut usia merupakan masa dimana seseorang mengalami berbagai penurunan produktivitas, baik fisik, kesehatan maupun psikologis. Psychological well being merupakan suatu hasil evaluasi atau penilaian atas pengalaman dalam kehidupan dan menjalaninya dengan bahagia. Penelitian ini bertujuan untuk mengetahui gambaran psychological well-being pada janda lanjut usia yang tinggal sendiri pasca kematian suami. Metode penelitian yang digunakan adalah kualitatif dengan pendekatan penelitian studi kasus dan menggunakan teori psychological well being Ryff (1989) sebagai acuan untuk mendeskripsikan Psychological Well Being. Subjek dalam penelitian ini terdiri dari tiga orang janda lanjut usia yang tinggal sendiri pasca kematian suami dan tiga Significant Other. Teknik pengambilan subjek penelitian dengan menggunakan purposive sampling yaitu berdasarkan kriteria yang telah ditentukan oleh peneliti. Pengambilan data dilakukan dengan teknik wawancara semi terstruktur, observasi, dan dokumentasi. Penelitian ini menggunakan Metode Analisis Data Miles and Huberman (1984). Hasil dari penelitian ini menunjukkan bahwa terdapat enam dimensi dari psychological well-being dimana ketiga partisipan mampu memenuhi dimensi-dimensi yang terkait dengan psychological well being tersebut. Ketiga partisipan mampu menerima kondisinya sebagai janda lanjut usia pasca kematian suami, mengatasi pengalaman buruknya di masa lalu, mampu menghayati keberfungsian hidupnya dalam menerima kelemahan dan kesulitan yang dihadapi sebagai lansia serta dapat mencapai tujuan hidup dengan mengembangkan potensi yang dimiliki, melakukan hubungan yang positif dengan orang lain.

Kata Kunci : *Kematian Suami, Lanjut Usia, Psychological Well-Being.*

**PSYCHOLOGICAL WELL-BEING IN ELDERLY WIDOWS WHO LIVE ALONE
AFTER THE DEATH OF THEIR HUSBAND IN IDANOTAE VILLAGE,
GUNUNGSITOLI IDANOI DISTRICT, GUNUNGSITOLI CITY,
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ABSTRACT

Old age is a time when a person experiences various decreases in productivity, both physical, health and psychological. Psychological well being is the result of an evaluation or assessment of experiences in life and living them happily. This study aims to determine the description of psychological well-being in elderly widows who live alone after the death of their husbands. The research method used is qualitative with a case study research approach and uses Ryff's (1989) psychological well being theory as a reference to describe Psychological Well Being. The subjects in this study consisted of three elderly widows who lived alone after the death of their husbands and three Significant Others. The technique of taking research subjects using purposive sampling is based on the criteria that have been determined by the researcher. Data were collected using semi-structured interview techniques, observation, and documentation. This research uses Miles and Huberman's (1984) Data Analysis Method. The results of this study indicate that there are six dimensions of psychological well-being where the three participants are able to fulfill the dimensions related to psychological well-being. The three participants were able to accept their condition as elderly widows after the death of their husbands, overcome their bad experiences in the past, were able to live the functioning of their lives in accepting the weaknesses and difficulties faced as elderly and were able to achieve life goals by developing their potential, making positive relationships with other people. other.

Keywords: *Husband's Death, Elderly, Psychological Well-Being.*