

Individual Well-Being of the Elderly in Surabaya–Indonesia and Hangzhou–China

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Various researches indicate that the increase of age is not in parallel with the increase of well-being, similarly cultural pattern influences individual life quality. The problem revealed in this study was whether there is a (significant) difference between the well-being of elderly individuals in Surabaya-Indonesia and Hangzhou-China. The sample of this research ($N = 193$: Indonesia = 102, China = 92) is 60-year-old or over seniors, both men and women living in Surabaya and Hangzhou, collected by the incidental sampling technique. The collection of data was using Psychological Well-Being Scale (Diener et al., 2009). The result of this study shows that there is a significant difference of well-being between respondents in Surabaya and Hangzhou. In general, there is a bigger opportunity to achieve the self-potentials of respondents in Hangzhou, making their well-being level higher than the respondents in Surabaya. Furthermore, the differences of the results are further discussed.

Keywords: well-being, the elderly, Surabaya-Indonesia, Hangzhou-China

Berbagai penelitian menunjukkan bahwa peningkatan usia tidak sejalan dengan peningkatan *wellbeing*, demikian pula pola-pola budaya memengaruhi kualitas hidup individu. Permasalahan yang diungkap dalam penelitian ini adalah apakah ada perbedaan *wellbeing* antara individu lanjut usia (lansia) di Surabaya-Indonesia dan di Hangzhou-Cina? Sampel penelitian ini ($N = 193$: Indonesia = 102, China = 92) lansia berusia 60 tahun atau lebih yang tinggal di Surabaya-Indonesia dan di Hangzhou-Cina, yang diambil dengan teknik *incidental sampling*. Pengumpulan data menggunakan *Psychological Well-Being Scale* (Diener et al., 2009). Hasil penelitian menunjukkan ada perbedaan *well-being* antara lansia di Surabaya-Indonesia dan di Hangzhou-Cina. Secara umum, dengan budaya yang berbeda lansia di Hangzhou mempunyai pengalaman dan cara yang berbeda dalam memenuhi kebutuhan, merealisasikan potensi maupun memberikan penilaian terhadap kualitas hidupnya. Selanjutnya dibahas perbedaan-perbedaan dalam hasil tersebut.

Kata kunci: *wellbeing*, lansia, Surabaya-Indonesia, Hangzhou-Cina

The decrease of fertility number, the improvement of health, and the increase of life expectancy are the factors contributing to the dominant number of the elderly. According to Pirkel (2009) for the first time in history, the number of 65-year-old or over individuals exceeds the number of children under five years old. Pirkel stated that in 2009, the global population of 60-year-old or over individuals was 680 million or 11% of the total of world population. It is predicted that in

2050 individuals aged 60 or over will increase from 680 million to two billion, increasing from 11% to 22% of the world population.

According to Pirkel, (2009) currently Japan has the highest elderly population in the world. This number of population will increase from 27% to 44% in 2050. China will have an increase of population aged 60 or over for 30%, from 109 million to 350 million. Tira (2012) said that Indonesia with a life expectancy of 72 years is predicted to have a high increase of the elderly population to 40 million in 2025, moreover in 2050 the number of the elderly is predicted to reach 71.6 million people.

The research conducted by Lee, Baretto, and Frazier (2004) shows that there are differences of life

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