

Family's Social Support and Psychological Well-Being of the Elderly in Tembalang

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Happiness and success in old age through psychological well-being, is the desire of each individual who enters late adulthood. The strength of social support from family is important. The purpose of this study was to find the relationship between social support from families and psychological well-being of the elderly. Population of the study was the elderly in Tembalang, Semarang Selatan. A purposive random sampling technique was conducted ($N = 80$). Methods of data collection were the Self-Administered Questionnaire was used as data collection method. Correlation in this research was calculated through product moment technique and the contributions with regression analysis technique. Results show that respondents have a good psychological well-being and feel high social support from their families. Social support from family has a high contribution to psychological well-being, with emotional support and appreciation provide a higher contribution than the other two dimensions of social support.

Keywords: social support from family, psychological well-being, elderly.

Kebahagiaan serta kesuksesan di masa tua melalui kesejahteraan psikologis, merupakan dambaan setiap individu yang memasuki masa dewasa akhir. Kekuatan dukungan sosial dari keluarga merupakan hal yang penting. Penelitian ini bertujuan melihat hubungan antara dukungan sosial keluarga dan kesejahteraan psikologis pada para lanjut usia (lansia). Populasi penelitian adalah sejumlah lansia di Tembalang, Semarang Selatan. Sampel ($N = 80$) diperoleh dengan *purposive random sampling*. Metode pengumpulan data adalah *Self-Administered Questionnaire*. Korelasi dihitung dengan *product moment* dan kontribusi dengan teknik analisis regresi. Hasil penelitian menunjukkan bahwa responden merasakan dukungan sosial yang tinggi dari keluarganya dengan kesejahteraan psikologis yang cukup tinggi. Dukungan sosial dari keluarga memberikan kontribusi yang tinggi terhadap kesejahteraan psikologis lansia, lalu dukungan emosional dan dukungan penghargaan memberikan kontribusi yang lebih tinggi dibandingkan kedua dimensi dukungan sosial lainnya.

Kata kunci: dukungan sosial keluarga, kesejahteraan psikologis, lansia.

The elderly population is getting larger in number along with increased life expectation. In 1980, the elderly population was only 7.7 million or 5.2% of the whole population, while in 1990 the elderly population became 11.3 million or 8.9% of the whole population. In 2000 it became 7.2% or 15.1 million, and in 2020 it is estimated that the number would become 29 million or 11.4%. These increasing numbers of elderly people is going along with increased life expectation. According to Biro Pusat Statistik, the expectation in 1968 was 45.7 years, in 1980: 55.3 years, in 1985: 58,19 years, in 1990: 61.12 years, and in 1995: 60.05 years while in 2000: 64.05 years of age (2000).

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Happiness and success in old age is what everybody is looking for. Happiness and success in the elderly could be achieved with psychological well-being (Poulin & Silver, 2007).

According to Ryff (cited in Cavanaugh & Blanchard, 2006) human beings that have positive attitude towards themselves and other human beings are those who can accept every aspects in themselves, good or bad and have self-acceptance and positive relations with others, able to perform and direct behavior by themselves, able to do something for other human beings, to always develop themselves up to their own abilities, and to take active role to meet the needs of the environment.

In a crossculture study (Norwegian, Afro-Americans, Chinese-Americans, European-Americans), it was revealed that late adult individuals were able to control