

Personality, Subjective Well-Being of Senior Citizens, and Their Living Arrangements

Selvi Agustin, Vivi Setiono, and Hartanti
Faculty of Psychology Universitas of Surabaya

It was doubtful that subjective well-being (SWB) of senior citizens who lived together with family was better than those who did not. It was assumed that there was correlation between SWB, personality, and a place where they live. Participants of this study were 30 senior citizens; 10 individuals lived with family, 10 individuals lived alone, and 10 individuals lived in foster home. Data was collected through The Big Five Inventory Personality Test combined with Satisfaction with Life Scale and The Affect Balance Scale. Hypothesis was tested with product moment correlation and one way ANOVA. Results show that only extraversion has a significant correlation with SWB ($p < 0.05$), and there is not any significant difference on SWB senior citizen based upon where they live ($p > 0.05$). Extraversion profile contributes 16.2% on SWB. Other factors' contribution is discussed further.

Key words: well-being, personality, living arrangement, senior citizen

Diragukan bahwa kesejahteraan subjektif (*subjective well-being* = SWB) pada lansia yang tinggal bersama keluarga lebih baik daripada yang tidak tinggal bersama keluarga. Diduga ada keterkaitan SWB, kepribadian dan tempat tinggal lansia. Partisipan penelitian adalah 30 lansia: 10 tinggal bersama keluarga, 10 tinggal sendiri, dan 10 tinggal di panti werdha. Data diperoleh melalui *The Big Five Inventory Personality Test* dan kombinasi *Satisfaction with Life Scale* dan *The Affect Balance Scale*. Pengujian hipotesis dengan korelasi *product moment* dan *one way ANOVA*. Hasil menunjukkan hanya profil *extraversion* berhubungan signifikan dengan SWB ($p < .05$), serta tidak ada perbedaan SWB lansia berdasarkan tempat tinggalnya ($p > .05$). Profil *extraversion* memberikan sumbangan 16.2% terhadap SWB. Dibahas lebih lanjut faktor-faktor lain yang menyumbang SWB

Kata kunci: kesejahteraan, kepribadian, tempat tinggal, lansia

To live an optimal and happy senior life is what everybody's obsession. Senior citizens who can go on living with physically, socially, and cognitively healthy are called to live a happy senior life (Faber, Wiel, Exel, Gussekloo, Lagaay, Dongen, Knook, Geest, & Westendorp, 2001). So, successful senior life consists not only physical but also psychological, social and well-being. According to Diener, Suh, & Oishi (1997), SWH is an evaluation on the way people think about their personal lives that consists of two aspects; namely the cognitive aspect dealing with life satisfaction, and the affective aspect dealing with positive or negative emotional experience. Among other things, the components of SWB are satisfaction, presence of frequent positive effect, and relative absence of negative affect (Diener, et.al, 1997).

Correspondence concerning this article should be addressed to Selvi Agustin, Faculty of Psychology Universitas Surabaya. Jalan Raya Kalirungkut, Surabaya 60293. E-mail: 5050833@gmail.com

Senior life is a period away from previous fruitful and enjoyable life (Hurlock, 1980). Santrock (2002) stated that it began from 60 years old and more. Bee (1996) classified period of senior lives into two stages; late adulthood (65 – 75 years old) and *late adulthood* (75 years old – pass away). Beginning from late adulthood, physical as well as cognitive aspects are slowing down followed by a dramatic change of function so that it needs some adjustment. Besides physical and psychological slowing down, there is a negative perspective from the society toward old generation (Yastroki, 2008) that makes people afraid of getting old. There is a tendency that old generation is considered as the out going generation which is socioeconomically unproductive and does not need to be taken care of (Achir, 1986). According to Hurlock (1991), negative social attitude as well as inconsiderate thought toward senior citizen make them minority group. Kuntjoro (2002) revealed many negative perspectives also caused