

# Hubungan antara psychological well being dan self perception of aging pada lansia yang memiliki penyakit kronis = A correlational study of psychological well being and self perception of aging on older adults with chronic illness / Kirana Andyan Pinasthi

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Abstrak

**ABSTRAK**

Penelitian ini dilakukan untuk memperoleh gambaran mengenai hubungan antara psychological well-being dan self-perception of aging pada lansia dengan penyakit kronis. Psychological well-being didefinisikan sebagai kesejahteraan yang terdiri dari selfacceptance, personal growth, purpose in life, positive relations with others, environmental mastery, dan autonomy (Ryff & Keyes, 1995), sedangkan self-perception of aging merupakan pandangan individu terhadap penuaan yang mereka alami dan persepsi serta sikap subjektif lansia terhadap penuaan mereka sendiri (Lawton, 1975 dalam Kim, Jang & Chiriboga, 2012). Banyak penelitian sebelumnya yang berasumsi bahwa self-perception of aging merupakan salah satu prediktor dari psychological well-being. Namun, belum ada penelitian yang melihat hubungan antara keduanya pada lansia dengan penyakit kronis, khususnya di Indonesia. Penelitian dilakukan pada 110 lansia dengan penyakit kronis dengan menggunakan alat ukur Ryff's Scale of Psychological Well-Being (RSPWB) dan sub skala Attitudes Toward Own Aging dari Philadelphia Geriatric Center Morale. Dalam penelitian ini ditemukan adanya hubungan positif signifikan antara psychological wellbeing dan self-perception of aging ( $r = 0,203$ ) pada LoS 0,05.

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**ABSTRACT**

This study aims to investigate the relationship between psychological well-being and selfperception of aging on elderly with chronic illness. Psychological well-being is defined as welfare that consists of self-acceptance, personal growth, purpose in life, positive relations with others, environmental mastery, and autonomy (Ryff & Keyes, 1995), whereas selfperception of aging is an individual perspective towards the aging process they experience and the subjective attitude of elderly regarding their own aging process (Lawton, 1975 in Kim, Jang & Chiriboga, 2012). Previous studies assumed self-perception of aging as one of the predictor of psychological well-being, but there is not much of attention to see the correlation between them especially in Indonesian older adults with chronic illness. 110 older adults with chronic illness are involved in this study using Ryff's Scale of Psychological Well-Being (RSPWB) and Attitudes Toward Own Aging sub scale of Philadelphia Geriatric Center Morale and it is found that psychological well-being and self-perception of aging correlates positively and significantly ( $r = .203$ ;  $p < .05$ ).