

Perbedaan psychological well being antara lansia pemilik dan lansia non pemilik hewan peliharaan = Differences of psychological well being between older adults pet owner and older adults non pet owner

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Abstrak

Penelitian ini dilakukan untuk membuktikan ada/tidaknya perbedaan psychological well-being antara lansia pemilik dan lansia non-pemilik hewan peliharaan. Psychological well-being diukur menggunakan adaptasi alat ukur Scale of Psychological Well-Being (Ryff, 1995). Partisipan pada penelitian ini adalah 62 lansia yang terdiri dari 31 lansia pemilik dan 31 lansia non-pemilik hewan peliharaan.

Hasil utama penelitian ini menunjukkan meskipun tidak terdapat perbedaan psychological well-being yang signifikan, terdapat perbedaan yang signifikan pada salah satu dimensinya, yakni purpose in life, antara lansia pemilik dan lansia non-pemilik hewan peliharaan ($t = 3,776$; $p = 0,000$, signifikan pada L.o.S 0,01). Artinya, kepemilikan hewan peliharaan diikuti dengan purpose in life yang lebih tinggi. Hasil penelitian ini dapat dijadikan masukan dalam pengembangan upaya upaya peningkatan psychological well-being pada lansia.

.....This research was conducted to examine the differences in psychological well-being between older adults pet owner and non-pet owner. Psychological well-being was measured using an adaptation of instrument named Scale of Psychological Well-Being (Ryff, 1995). The participants of this research were 62 older adults of 31 pet owners and 31 non-pet owners.

The main results of this research showed that while there is no difference in psychological well-being, there is significant diference in one of its dimensions, purpose in life, between older adults pet owner and non-pet owner ($t = 3,776$; $p = 0,000$, significant in L.o.S 0,01). That meant owning pet would be followed with higher purpose in life. This result may be taken for consideration when developing ways to promote psychological well being in older adults.