

Hubungan persepsi kedekatan dengan anak dan psychological well-being pada lansia yang tinggal bersama anak = A correlational study of perceived closeness with adult children and psychological well-being among older parents in coresidence living

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Abstrak

Data statistik menunjukkan sebagian besar lansia di Indonesia masih berperan sebagai kepala rumah tangga, dimana tanggung jawab yang berat sebagai kepala keluarga dapat menurunkan psychological well-being. Literatur-literatur sebelumnya menemukan dampak positif maupun negatif dari tinggal bersama coresidence anak dengan psychological well-being lansia, namun literatur yang meneliti mengenai faktor dalam hubungan lansia dan anak yang tinggal bersama masih terbatas.

Penelitian ini bertujuan untuk melihat hubungan persepsi kedekatan dan tingkat psychological well-being pada lansia yang tinggal bersama anak. Alat ukur Relationship Closeness Inventory RCI dan Ryff's Scale of Psychological Well-Being RSPWB diadministrasikan pada 102 orang partisipan lansia yang tinggal bersama anak.

Ditemukan bahwa semakin tinggi persepsi kedekatan dengan anak akan menurunkan psychological well-being lansia yang tinggal bersama $r = -.114$, $p > .05$. Selain itu, juga ditemukan bahwa tipe living arrangements akan memengaruhi persepsi kedekatan dan psychological well-being lansia.

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National statistics showed majority of older people in Indonesia still took the role as a head of family, which was burdening and could give detrimental effects for older people's psychological well being. Although previous studies had found both beneficial and detrimental effects of coresidence with adult children for older parents psychological well being, there were still limited findings on factors that could affect relationship between parents and their adult children in coresidence living.

Purpose of this study was to seek whether perceived closeness with their adult children would be correlated with older parents psychological well being. Relationship Closeness Inventory RCI and Ryff's Scale of Psychological Well Being RSPWB were administered to 102 older parents who had coresidence living with their adult children.

Findings of this study was the increasing of perceived closeness with adult children was followed by the decreasing of older parents' psychological well being, but not significant $r .114$, $p .05$. Furthermore, types of living arrangements were found as a factor which contributed to older people's perceived closeness and psychological well being.