



PSYCHOLOGICAL WELL-BEING OF THE ELDERLY IN THE TRESNA WERDA SOCIAL ASSOCIATION IN BENGKULU

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Abstract

This study examines the psychological well-being of elderly residents at the Tresna Werdha Social Institution (PSTW) Bengkulu using a six-dimensional framework: self-acceptance, positive relations, autonomy, environmental mastery, purpose in life, and personal growth. Employing a descriptive qualitative design, the research involved observations and in-depth interviews with eight elderly participants selected through purposive sampling. The findings show that the overall psychological well-being of the residents is relatively good, although it varies according to individual physical conditions, social experiences, and personal histories. In terms of self-acceptance, the elderly are generally able to embrace aging-related changes and reinterpret past experiences with gratitude. Most participants maintain positive relationships, supported by warm interactions with peers and staff, despite limited contact with family members. The dimension of autonomy appears stable, as residents can make daily decisions and participate in preferred activities, even though institutional rules sometimes restrict their freedom. Environmental mastery is reflected in their ability to adapt to the physical and social environment, participate in routine programs, and maintain personal spaces. The participants also retain meaningful life purposes, expressed through spiritual aspirations, hopes for health, and desires to reconnect with family. Personal growth remains evident as many continue learning, developing patience, and engaging in new activities that strengthen emotional and spiritual maturity. Despite these strengths, several challenges—such as declining health, loneliness, rigid regulations, and limited facilities still hinder optimal well-being. The study highlights the need for enhanced supportive services and more varied activities to further strengthen the psychological well-being of institutionalized elderly individuals.

Key words: *psychological well-being, elderly, social institution*

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INTRODUCTION

Welfare is a condition where basic needs are met, adequate health, and harmonious social relationships are maintained, enabling individuals to live meaningful lives. Law Number 11 of 2009 defines social welfare as a state in which citizens' material, spiritual, and social needs are met so they can live decently and carry out their social functions. The elderly population is a significant focus in welfare studies because they are entering a phase of life characterized by declining health, psychological changes, and limited social functioning, which can increase the risk of stress, anxiety, depression, and even economic powerlessness (Gunarsa, 2004).

According to UU No. 13 Tahun 1998, an elderly person is an individual aged 60 years or older. UU No. 36 Tahun 2009 concerning Health emphasizes the provision of elderly-friendly services such as community health centers, geriatric polyclinics, elderly integrated health posts (Posyandu), and nursing homes. Various supporting activities such as exercise, spiritual guidance, health education, and recreation have been proven to help strengthen physical condition and improve psychological well-being (Kholifah, 2016). In Ryff's framework (Ryff, 1989), psychological well-being includes self-acceptance, positive relationships, independence, purpose in life, and personal development, which relates to inner satisfaction and an individual's ability to manage stress (Siddiqui, 2015).

Some elderly people are no longer able to care for themselves and require family support. However, economic constraints and the burden of responsibilities often prevent families from providing optimal care. In these situations, social care institutions serve as institutions that provide basic needs, protection, psychological support, and a decent living, especially for neglected elderly people or those living alone without family.

According to the BPS (Badan Pusat Statistik, 2024), Indonesia has entered an aging population era since 2021. Data from the Central Statistics Agency (2024) shows that the proportion of elderly people reached 12.00 percent in 2024, an increase of almost four percent in a decade. The increase in life expectancy from 70.78 to 72.39 years has not been accompanied by an increase in the quality of healthy life, as indicated by the Healthy Life Expectancy (HALE) of only 60.7 years. This means that approximately 11 years of old age

are lived with illness or limitations. At the same time, 42.81 percent of elderly people report health complaints that impact daily activities, while social factors such as the loss of a partner and minimal family support often trigger loneliness, stress, and decreased psychological well-being.

In Bengkulu Province, the percentage of elderly people in 2024 reached 10.88 percent, with a higher distribution in rural areas (11.64 percent) compared to urban areas (9.37 percent). Young elderly (60–69 years) were the largest group at 7.13 percent, followed by middle-aged elderly (70–79 years) at 2.89 percent and older elderly (80+) at 0.86 percent. The 2024 Susenas data showed that 11.36 percent of elderly people lived alone, with significant gender disparity: 16.21 percent were women compared to 6.52 percent of men. This situation underscores the need for stronger social support, especially for elderly people who live alone and are more vulnerable physically, psychologically, and socially, so that some of them depend on social care services (Badan Pusat Statistik, 2024).

The Bengkulu Tresna Werdha Social Home (PSTW) is a social welfare institution under the Bengkulu Provincial Social Service which was established on October 5, 2017 and is located at Jl. Adam Malik No. 08, Bengkulu City. With a vision of providing a prosperous old age both physically and mentally, this home carries out missions in the form of social protection, providing decent housing, health services, a safe environment, and spiritual guidance. Services are provided to elderly people aged 60 years and over who are unable or neglected, with administrative requirements such as economic certificates, health certificates from the Community Health Center, recommendations from the Social Service, and family handover letters if available.

To improve the quality of life for residents, PSTW Bengkulu provides comprehensive services including comfortable housing, nutritious meals, regular health check-ups, fitness activities, recreation, and skills training in areas such as gardening, animal husbandry, and crafts. Psychological and spiritual support is provided through religious studies, social guidance, and religious activities. The home also provides research information services and obligatory religious services for elderly deceased persons.

The Bengkulu PSTW has a capacity of up to 90 people with a total of 72 residents, consisting of 43 men and 29 women. Based on

age, there are 27 young elderly (60–69 years), 28 middle elderly (70–79 years), and 17 elderly (80+ years). The operation of the home is handled by 30 workers including civil servants, doctors, paramedics, security officers, and cleaning staff. Available facilities include a main building, hall, prayer room, clinic room, skills room, public kitchen, and guest house. Life for the elderly in the home presents a diverse experience, ranging from a sense of security and comfort to the challenges of adaptation and loss of independence, but the home still strives to create an environment that supports physical, psychological, social, and spiritual well-being.

Ryff, Lee, and Keyes (Ryff et al., 1995) states that psychological well-being is not simply related to positive emotions, negative emotions, or life satisfaction, but is a concept composed of six main components. First, self-acceptance, which is the ability to accept oneself as a whole, including strengths and weaknesses, so that individuals are able to have a positive attitude towards themselves, appreciate previous life experiences, and achieve emotional maturity. Second, positive relations with others, which describes a person's ability to establish warm, caring, empathetic, trusting relationships and demonstrate concern that are the basis for healthy social bonds.

Third, autonomy, which is the ability to think and act according to personal values and principles, regulate behavior without relying on external pressure, and make life choices based on one's own beliefs. Fourth, environmental mastery, which is an individual's capacity to manage and adapt the environment to their needs, including controlling daily activities and taking advantage of existing opportunities so that life can be lived more purposefully.

Fifth, purpose in life, namely the belief that life has direction and meaning, which is reflected in the ability to understand past experiences, formulate goals, and have hope for the future, whether in the form of work, creativity, or emotional achievement. Sixth, personal growth, namely the willingness to continue learning, be open to new experiences, and develop one's abilities to be able to face challenges, adapt, and improve the quality of life in a sustainable manner.

Research conducted by Santi Saputri Kade (Kade, 2024) Research shows that the

level of psychological well-being of elderly people in nursing homes varies, influenced by daily activities, autonomy, self-acceptance, social relationships, and environmental management skills. Elderly happiness stems largely from skills-based activities, religious guidance, physical activity, and spiritual beliefs. In general, psychological well-being is determined by the ability to interpret life, the quality of social relationships, and spiritual aspects, with social support and independence being key factors. This study also emphasizes the need for community involvement in supporting the psychological well-being of elderly people in nursing homes.

Research findings (Mia et al., 2022) A study of elderly people at the Al Marhamah Social Welfare Institution in Tarakan demonstrated that they were able to overcome psychological obstacles and achieve various aspects of psychological well-being, including self-acceptance and understanding past experiences. Personal maturity, social support, and religiosity were shown to play a significant role in improving their psychological well-being. This study confirms the importance of ongoing attention and support for elderly people in nursing homes to achieve optimal psychological well-being.

Another study by Amalia and Pebrianti (Amalia & Pefbrianti, 2023) In Causalita: Journal of Psychology, a study of elderly residents at the Kasih Sayang Ibu Batusangkar Social Home found that the residents' psychological well-being was high. This study concluded that the elderly residents of the home had good psychological well-being.

Overall, these three studies show that the psychological well-being of older adults is influenced by various aspects, both internal and environmental. Kade (2024) emphasized the importance of meaningful activities, spiritual development, and independence. (Mia et al., 2022) highlights the role of personal maturity, social support, and religiosity in helping older adults cope with psychological distress. (Amalia & Pefbrianti, 2023) found that the existence of quality nursing programs can promote high levels of psychological well-being. These three studies demonstrate that the psychological well-being of older adults is multidimensional and is greatly influenced by social interactions, spiritual support, and a conducive environment.

The above description demonstrates

that the psychological well-being of elderly people in social care facilities is becoming increasingly important as the number of elderly people in Indonesia increases. National data shows that Indonesia has entered an era of aging, with the proportion of elderly people continuing to grow annually. Although life expectancy has increased, the quality of healthy life has not fully followed suit, as evidenced by the still-low healthy life expectancy, indicating that most elderly people spend their later years with physical limitations and health problems. Amidst this situation, psychological aspects become a crucial issue as many elderly people experience anxiety, stress, loneliness, and decreased social functioning, especially those who no longer live with their families.

This situation is further complicated in Bengkulu Province, where a significant number of elderly people live alone and lack adequate family support. This situation increases the risk of physical, emotional, and social vulnerability, making the existence of social care institutions particularly valuable. However, the existence of institutions does not automatically guarantee that the psychological needs of the elderly will be met. They still require emotional support, warm social relationships, meaningful activities, and an environment that provides a sense of security and purpose in life. Therefore, it is important to understand how their psychological well-being is shaped within the care institution environment and the extent to which available services support Ryff's six dimensions of psychological well-being.

To date, research on the psychological well-being of older adults in social care institutions, particularly in Bengkulu, remains limited. Yet each institution has unique characteristics of services, facilities, activity patterns, and social dynamics that cannot be generalized. By examining the Bengkulu Social Welfare Institution (PSTW), this study can provide an overview of the psychological well-being of older adults and the factors that influence it. These findings are not only beneficial for the development of science but also crucial as a basis for evaluating and developing elderly care programs to make them more effective, humane, and tailored to needs.

METHODOLOGY

This study uses qualitative methods focused on understanding and interpreting the

meanings individuals and groups attach to social or humanitarian phenomena. The research approach used is descriptive, with the goal of presenting a clear and factual picture of the psychological well-being of the elderly at the Tresna Werdha Social Home in Bengkulu.

Data collection was conducted through three methods: direct observation, in-depth interviews, and documentation, which were combined to obtain comprehensive information. Informants were selected using purposive sampling, which is a selection based on specific criteria (Ramadan, 2021). In this study, eight elderly people were selected as informants because they were still able to communicate well, had lived in the nursing home for at least one year, and could provide relevant data related to their experiences.

The data analysis process refers to the Miles and Huberman interactive analysis model (Razali et al., 2023), which includes four stages: data collection, data reduction (through filtering, coding, and grouping), data presentation (in narrative, tabular, or graphical form), and conclusion drawing and verification. All stages are carried out continuously to ensure that the analysis results truly reflect the actual conditions. This model was chosen because it can organize diverse data systematically and makes it easier for researchers to understand and interpret research findings comprehensively.

RESULT AND DISCUSSION

Psychological well-being, as proposed by Ryff, Lee and Keyes (Ryff et al., 1995), composed of six interrelated dimensions: self-acceptance, positive relationships with others, independence, environmental mastery, life purpose, and personal growth. In this study, eight elderly people became informants with an age range of 63 to 87 years, consisting of one informant aged 63 years, two people aged 67 years, one person aged 68 years, two people aged 73 years, and one informant each aged 77 and 87 years. All informants had lived in social institutions for between one and five years. The research activities were carried out over a period of two weeks.

1. Self-Acceptance

The results of the study showed that all informants had a good level of self-acceptance. The elderly were able to view themselves positively and accept their current condition,

including changes resulting from the aging process. Almost all informants expressed self-meaning through phrases such as "I am grateful for my current condition," "I have learned from the past," or "I have accepted my shortcomings." These expressions indicate that self-acceptance is a relatively stable and solid aspect of their psychological well-being. This acceptance also reflects the long process of emotional reconciliation they have gone through, enabling them to view life experiences with wisdom.

Six informants expressed pride in various past accomplishments, such as successfully raising children, working hard for their families, serving the community, and helping others while still in their productive years. This pride demonstrates that a positive self-identity is formed from life experiences deemed meaningful and contributing to their social environment. Memories of past roles and accomplishments serve as a source of psychological strength that helps them maintain a sense of worth in old age.

However, the study also found significant emotional dynamics. Five informants admitted to still feeling lonely, especially when family visits infrequently or are difficult to contact. For some older adults, family remains a primary source of emotional support, so the lack of interaction creates feelings of emptiness or deep longing. Furthermore, three informants mentioned that declining physical conditions, such as fatigue, frequent illness, or limited mobility, make them feel less strong than they once were. This condition sometimes gives rise to feelings of anxiety, sadness, or disappointment about their declining abilities.

However, these negative emotions do not significantly undermine the elderly's self-acceptance. They continue to demonstrate the ability to reconcile with the current situation through adaptive mechanisms such as strengthening themselves with religious values, expressing gratitude, and focusing on what they can still do. Thus, the elderly's self-acceptance is not simply an attitude of resignation, but a form of psychological resilience formed through reflection, long life experiences, and the ability to interpret every change from a positive perspective.

This result is in line with research (Malahati, 2023) which explains that self-acceptance in the elderly is influenced by social

and emotional support, positive mindsets, self-concept, and the process of healthy aging. These factors include both internal and external elements. (Layon Herin, 2024) Research also shows that involving older adults in religious-based community activities can help them accept their limitations, increase their self-confidence, and create a sense of community and emotional support. Thus, self-acceptance in older adults is not only influenced by individual factors but is also strengthened by a conducive social and spiritual environment.

2. Positive Relationships With Others

All informants were able to foster positive social relationships, albeit with varying degrees of closeness. Of the eight informants, six had close friends with whom they shared stories and spent time. This suggests that social interactions between residents were not merely formal or simply greeting each other, but developed into quite deep emotional relationships. Furthermore, all informants feel able to establish harmonious relationships with other residents, which is reflected in attitudes of mutual respect, sharing experiences, and providing support when a friend is sick or experiencing difficulties.

The interaction and attention from the nursing home staff also play a crucial role in strengthening the social relationships of the elderly. Seven informants reported feeling valued, cared for, and treated sincerely by the staff. This attention included engaging them in conversation, assisting with certain activities, and even providing assistance when needed. This warm relationship fosters a sense of security, appreciation, and acceptance.

On the other hand, three informants admitted to rarely receiving family visits. This lack of visits has left some elderly people feeling deprived of the emotional support they previously received from their families at home. In fact, half of the informants stated that contact with family is no longer routine or occurs only at certain times, such as holidays or when there are administrative needs. This situation reflects that kinship relationships are no longer the primary source of support for some elderly people as they once were.

One interesting pattern that emerged was a tendency toward caution in building trust with others. Four informants stated that they were not easily trusting and had to first

"see the other person's character" before opening up. This cautious attitude appears to stem from diverse life experiences, including unpleasant experiences in the past, such as family conflict, deception, or mistreatment by others. However, this caution does not mean they are completely closed off; rather, it serves as an adaptive mechanism for maintaining comfort and security in new environments.

Interestingly, although some informants' relationships with their families tended to be strained or minimal, this did not completely hinder the formation of positive social relationships in the nursing home. Social support from fellow residents and nursing staff provided a sense of belonging that was crucial for their emotional well-being. Understanding close friends, caring staff, and a warm social atmosphere compensated for the lack of family support. Thus, the presence of a supportive social environment in the nursing home served as a psychological buffer that strengthened the well-being of the elderly.

These results are in line with research (Oktavia et al., 2025) at the Widhi Asih Nursing Home in Surakarta, which found that social and symbolic interactions play a crucial role in shaping the independence, sense of self, and social identity of older adults. Factors such as family support, social atmosphere, personal motivation, and the nursing home environment contribute to strengthening their social relationships and self-perception. These findings confirm that emotional closeness, warm relationships, and support from close friends help older adults feel valued and stay emotionally connected. Meanwhile, research at the Hargo Dedali Nursing Home in Surabaya also demonstrated the importance of shared spaces as a forum for interaction. The facilities and physical condition of the nursing home influence the comfort and intensity of social activities, although limited facilities and past experiences make some older adults cautious about interacting (Maula Deva & Tito Haripradianto, 2018).

3. Autonomy

In terms of autonomy, 7 out of 8 informants demonstrated a good level of autonomy. The elderly reported that they were still able to manage themselves, make personal choices, and make small decisions in their daily lives. This was reflected in their statements that they could manage daily activities without

always relying on others for help. The ability to maintain personal opinions also remained strong, for example, when they chose how to carry out activities, manage rest time, or set specific priorities in their daily routines.

The forms of autonomy identified in this study were quite diverse. Many informants had personal health practices, such as regular light exercise, a controlled diet, personal hygiene, and a regular sleep schedule. They were also free to choose activities based on their interests, such as gardening, morning exercise, attending religious studies, knitting, or simply resting in their room when they felt tired. Furthermore, the elderly still demonstrated the ability to manage their behavior and emotions independently. Some of them mentioned that when they felt sad or remembered the past, they tried to calm themselves through prayer, talking with close friends, or engaging in light activities.

Although this autonomy was maintained, all informants revealed that the nursing home's rules often restricted their freedom of movement. Five informants explicitly stated that meal schedules, mandatory bedtimes, restrictions on certain areas, and rules for using facilities made them feel "a little stressed," "less free," or "not able to do as they please at home." For some older adults, these regulatory structures sometimes led to feelings of a loss of personal autonomy.

Interestingly, however, the informants demonstrated a good ability to adapt to these rules. They understood that regulations were not designed to restrict, but to maintain order, comfort, and public health. The elderly accepted these rules as part of communal life in the nursing home, which does require a consistent schedule. This attitude demonstrates that their acceptance of the rules does not indicate dependence or a loss of independence, but rather a mature psychological adjustment.

Thus, even though older adults live in a more structured environment than before, they are still able to maintain their independence within existing boundaries. Their ability to adapt, understand the purpose of rules, and maintain self-management are indicators that their level of independence is relatively good.

This finding is in line with research (Risfi & Hasneli, 2019) which reveals that elderly independence encompasses emotional, behavioral, and value aspects. Elderly

individuals are able to manage their emotions without relying on others, make their own decisions, and adhere to life principles that take family circumstances into account. This confirms that independence extends beyond physical activity to emotional regulation and personal values. Furthermore, research by (Dewi Norratri et al., 2021) found that the majority of older adults have a high level of independence, with 95% able to carry out daily routines autonomy. These findings reinforce the idea that older adults can maintain independence as long as their physical, mental, and environmental conditions support their involvement.

4. Environmental Mastery

Most of the elderly were able to adapt well to the nursing home environment. All informants stated that the nursing home environment felt comfortable, safe, and calm, helping them feel at home and protected. The clean, orderly physical environment and easy access to facilities made it easier for the elderly to establish daily routines. Furthermore, six informants actively participated in routine activities organized by the nursing home, such as morning exercise, Koran reading, gardening, handicrafts, and regularly scheduled light recreation. Involvement in these activities gave them a sense of connection to their surroundings and provided a more structured daily life.

All informants also demonstrated the ability to independently maintain cleanliness and organize their rooms. They could organize personal belongings, clean the room, and create comfort according to their individual preferences. These abilities indicate that older adults are not only socially adapted but also able to master their physical living environment well. This is important because a sense of ownership over personal space has been shown to increase psychological comfort and self-control.

Activities facilitated by the orphanage also play a significant role in strengthening their sense of community. Informants reported that activities like exercise help maintain health, religious study strengthens spiritual and social bonds, and gardening or crafting provides a sense of empowerment and productivity. Through these routines, seniors feel they have something to do every day, preventing their time from feeling empty.

Structured activities provide a sense of consistency and rhythm to their lives, while also reinforcing their ability to contribute to the social environment at the orphanage.

Despite this, some challenges persist. Three informants reported certain inconveniences, such as noise from other residents who sometimes quarrel, loud voices at certain times, or sudden changes in the shelter's rules. These issues can disrupt comfort in the short term. However, the informants emphasized that these disturbances are not persistent and do not affect their overall comfort.

In general, these disruptive factors did not hinder their ability to master their social and physical environments. The elderly appeared able to adapt to changes, understand the dynamics of communal living, and accept that these conditions were part of living together in the nursing home. Therefore, it can be concluded that the elderly's environmental mastery was at a good level, supported by a conducive environment, structured activities, and strong adaptability.

This is in line with research on Environmental Management of the Budi Mulia 3 Tresna Werdha Social Home (Qonitan et al., 2022), which shows that interventions in the physical environment such as waste management, ornamental plant arrangement, and improving air quality have a positive impact on the health and well-being of older adults. These efforts strengthen older adults' sense of control and involvement in their living environment, which is part of environmental mastery. Furthermore, research by (Fitriani & Hidayat, 2018) emphasizes that interior design and accessibility, such as wide corridors, level floors, and handrails, support seniors' sense of security and independence. Senior-friendly interior elements help them move more comfortably and safely, while also enhancing their sense of control over their physical environment.

5. Purpose Of Life

This dimension indicates that older adults retain a sense of direction and hope, even as they reach an advanced stage of life. All informants still hold hopes and future orientations they consider important, such as the desire to stay healthy, live a long life, or not be a burden to others. These hopes reflect their continued sense of purpose in life, guiding

them through their daily lives. The desire to maintain health and independence also demonstrates their awareness of their constantly changing physical condition, yet they strive to maintain an optimal quality of life.

Additionally, six informants expressed the hope of reuniting with their families, especially their children or grandchildren. Simple desires like seeing their grandchildren grow up, experiencing togetherness on important days, or sharing stories with family remain important sources of motivation. This hope also indicates that emotional connections with family remain a significant part of their life's meaning, even though some rarely receive visits.

Spiritual motivation is one of the most prominent aspects of the purpose of life dimension. Seven informants demonstrated a strong spiritual drive, whether in the form of gratitude, a desire to deepen their worship, a renewed sense of belonging, or a hope to perform the Hajj or Umrah. Spirituality is the primary foundation for developing an attitude of acceptance, contentment, and meaning in life. Deep religious values help older adults positively interpret life experiences, including the difficulties they have faced. For many informants, life expectancy is often linked to spiritual closeness and preparation for the afterlife.

In addition to spiritual factors, five informants found meaning in life through the daily activities they carried out at the orphanage. Activities such as gardening, knitting, attending religious studies, or helping others provided a sense of productivity and meaning. These activities made them feel they still had a role in their social environment and could benefit others. This demonstrates that meaning in life doesn't always stem from grand achievements, but can emerge from simple routines that provide a sense of empowerment and appreciation.

Although some informants stated that they still had unfulfilled aspirations or desires, such as specific religious activities, reunions with family, or improvements in certain life circumstances, this did not diminish the meaning they had already established in their lives. In fact, the presence of this hope gave them a reason to continue living with enthusiasm, even when faced with physical limitations and social changes.

Thus, the dynamics of the purpose in life dimension indicate that older adults are still able to maintain a stable future orientation and sense of meaning in life. Spiritual, emotional, and daily goals serve as sources of psychological strength that support their overall well-being.

These findings are in line with the results of Istiqomah's research.(ISTQIOMAH, 2020), which shows that various religious, social, recreational, and creative activities at the nursing home play a role in helping seniors find and rekindle the meaning of life. Their purpose in life is often reflected through spiritual activities and social engagement. Another study on Understanding the Meaning of Life from a Health Perspective at the Jambangan Nursing Home (Wijaya & Damawiyah, 2020) The study also found that the majority of older adults had a moderate level of understanding of the meaning of life, influenced by physical, psychological, and spiritual conditions. These findings confirm that health and spirituality are important elements in shaping life goals in older adults.

6. Personal Growth

Nearly all informants demonstrated personal growth despite their advanced age. Eight out of eight informants stated that they felt they were "still learning and growing," even amidst the physical limitations and changes that occur in old age. This statement reflects the elderly's continued openness to new experiences and the ability to interpret every event they encounter. Many of them expressed that living in a nursing home provided an opportunity for self-improvement, learning to understand the differences in character among residents, and managing their emotions more wisely.

Six informants stated that they are now more patient, more sincere, and more understanding than when they lived in their previous community. Interactions with fellow residents—who have different backgrounds, personalities, and life experiences—encouraged them to learn self-control, control their emotions, and accept differences. Several informants also stated that the experience of living with other elderly residents has made it easier for them to forgive, both others and themselves. This process demonstrates significant emotional and spiritual development.

Additionally, five informants have engaged in new activities since moving to the nursing home, such as taking breathing exercises, regularly attending religious studies, gardening, or engaging in simple physical activities they rarely did before. Participating in these new activities not only helps maintain physical health but also provides opportunities for them to experience new things, build relationships, and grow their self-confidence. Several seniors even mentioned discovering new interests or feeling more productive after participating in the nursing home's facilitated activities.

The elderly found that living in the nursing home provided ample space for self-reflection. The calm environment, regular routines, and free time allowed them to reflect on their lives, improve their attitudes, and strengthen their spirituality. Many informants reported that they felt closer to the values of patience, sincerity, and gratitude after living in the nursing home. Interaction with other residents also enriched their emotional experiences, as they often shared stories, offered advice, and supported each other during difficult times.

These findings support Ryff's theory that personal growth doesn't stop with old age. Seniors can continue to develop throughout their lives as long as they have opportunities to learn, interact, and reflect on their experiences. In the context of nursing homes, the structured environment and varied activities provide important stimuli for seniors to continue developing. This suggests that nursing homes serve not only as a place to live but also as a social space that supports the development of better psychological qualities in old age.

This is in line with research on Psychological Well-Being in the elderly at the Tresna Social Home. Werdha, which shows that most residents have a high level of psychological well-being, as seen from their ability to accept themselves, openness to new experiences, and the ability to adapt to life in the nursing home (Amelia & Akbar, 2023). Similar research at the Budi Luhur Social Home for the Elderly in Jambi City also revealed that the majority of elderly people are in the moderate to high psychological well-being category, supported by awareness of their own potential and the home environment that encourages the personal development process (Ainayya & Periantalo, 2023).

Table 1. Psychological well-being conditions of the elderly at PSTW Bengkulu

Dimensions of psychological well-being	Research result	Inhibiting factors
Self-acceptance	Informants are able to accept deficiencies and changes due to aging, feeling useful through life activities and experiences.	Decreased physical health, feelings of loneliness, and lack of family support
Positive relationships with others	Informants have harmonious relationships with each other and staff; have close friends as a source of emotional support.	Caution in building trust, bad past experiences.
Autonomy	Informants feel capable of making their own decisions, taking care of themselves, and participating in activities according to their interests.	There are limitations on decision making due to existing regulations.
Environmental mastery	Informants feel comfortable, safe, and can maintain cleanliness and organize the surrounding environment.	The rules and regulations of social institutions change in line with adjustments to the conditions in the institution.
Purpose in life	Informants have goals such as maintaining health, longevity, gathering with family, and spiritual motivation.	Unfulfilled hopes, past regrets, and limited family conditions.
Personal growth	The ability to develop, learn new things, increase patience, and self-reflection.	Limited opportunities to participate in new activities and decreased physical/cognitive abilities.

Source: 2025 research results

The findings of this study indicate that the psychological well-being of older adults in nursing homes is relatively good, with variations influenced by their physical condition, social relationships, and life history. The six dimensions of psychological well-being identified by Ryff, Lee, and Keyes appear to be interrelated and form a comprehensive picture

of the lives of older adults in nursing homes.

CONCLUSION

The psychological well-being of the elderly at the Tresna Werdha Social Home in Bengkulu is quite good when viewed across six dimensions: self-acceptance, positive relationships with others, independence, environmental mastery, life goals, and personal growth. In terms of self-acceptance, the elderly are able to accept the limitations of aging and maintain a sense of self-worth through various activities and experiences shared with fellow residents. In terms of positive relationships, they successfully build harmonious relationships with residents and staff, and have close friends who serve as sources of emotional support. In terms of independence, the elderly feel able to make personal decisions, care for themselves, and participate in activities according to their interests. In terms of environmental mastery, they feel safe and comfortable living in the home and are able to organize space and maintain cleanliness, supported by rules that provide structure in their daily lives. Regarding life goals, the elderly have diverse orientations and hopes according to their personal motivations. Meanwhile, in terms of personal growth, they demonstrate openness, wisdom, and a willingness to continue developing through an atmosphere of trust and support at the home.

However, this study also identified several barriers affecting psychological well-being. Some older adults face declining health, loneliness, lack of family support, restrictive nursing home regulations, limited facilities, and unmet personal expectations. These factors highlight the need for increased environmental support, services, and a wider variety of activity opportunities to maintain and strengthen their psychological well-being.

Suggestions for future researchers include involving a wider variety of informants and their characteristics to provide a more comprehensive picture of the elderly's condition. Mixed methods are also recommended to combine the strengths of qualitative and quantitative data. Future research could deepen the analysis of the inter-dimension relationship between psychological well-being and further explore the role of family support. Furthermore, studies examining the influence of nursing home policies and environments on the well-being of

the elderly would provide more comprehensive insights.

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