A DESCRIPTIVE STUDY OF PSYCHOLOGICAL WELL-BEING OF CIVIL SERVANT RETIREES IN SUKAREGANG, GARUT

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Abstract

Retirement is the state when people don't work anymore due to the finished working terms (Indonesian dictionary, 2008). Many people regard retirement as a stressful period and terrifying event (Zart in Saitrock, 1999). Yet, it is different with the retirees in Sukaregang Garut, where 43% of retirees use a business as a positive activity to spend their leisure time and is regarded as a livelihood. Although financial insufficiency, daily activities change, and social relationships change are found in the period. By doing so, the retirees can accept their current status, feel comfortable with the retirement period, manage good relationship with their old friends, have purpose of life, know themselves deeper, and arrange a satisfying life. Those things are retirement evaluation toward individuals and their life affecting psychological welfare, which according to Ryff is called Psychological Well Being. This research aims to investigating how Psychological Well being of the retired civil servants in Sukaregang Garut is. The descriptive qualitative method was employed in this research with nine retirees as the participants. The measuring instrument used in this research was the questionnaire adapted from Psychological Well Being Scale (PWBS) proposed by Carol D. Ryff. The research found that six participants got the highest score for six dimensions, one participant got four high dimensions (positive relationship with others, autonomy, environmental mastery, and purpose of life), one participant got four high dimensions (self-acceptance, positive relationship with others, purpose of life, and self-growth), and one participant got two high dimensions (autonomy and purpose of life).

Keywords: psychological well-being, retirement

INTRODUCTION

Working is the need to fulfill the needs of human being both physically and psychologically. The physical needs of human being are clothing, food, and housing, while the psychological needs of human being are having achievements, having authority and the other needs confirming their existence. When people enter a particular age, they will stop working or they will retire and enter the resting period. It is strongly connected with undang-undang pensiun kepegawaan pasal 3 ayat 2 PP no. 32 tahun 1979 (the regulations of retirement and worker relations article 3 verse 2 PP no. 32 year 1979) regarding the dismissal of civil services on age limitation of 56 year old, which was changed into PP No. 65 year 2008.

Retirement is the state when people do not work anymore due to the finished working terms (Indonesian dictionary, 2008). People working every day will enter the resting period, where they do not do the working activities usually done. The working quality, working skill, strength, and agility of people decrease as they grow old.

Not all people can accept retirement period. The uncertainty of facing the retirement period generally causes

Paper presented at the International Social Development Conference (ISDC2014), on August 12 - 13, 2014 at The Bayview Hotel, Langkawi Island, Malaysia. The conference was organized by the School of Social Development (SSD), UiM College of Arts and Science, Universiti Utara Malaysia. 06010 UiM-Serra, Kedah, Malaysia. * Corresponding author.