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### **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 donot work anymore due to the finished working terms (Indonesian dictionary, 2008). Many people regard reirement as a stressful period and terrifying event (Zarit in Santrock, 1999). Yet, it is different with the retirees in Sukagerang Garut, where 43% of retirees run 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 relation 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 at investigating how Psychological Well Being of the retired civil servants in Sukagerang 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