



**THE EFFECT OF POSITIVE PSYCHOLOGICAL INTERVENTION IN
IMPROVING PSYCHOLOGICAL WELL-BEING OF THE ELDERLY IN THE
PADU WAU MAUMERE ELDERLY SOCIAL WELFARE CENTER**

Marta Yunita², Maria Nona Nancy², Gabriel Akinjide Akintomide³

Psychology Study Program, Faculty of Social Sciences, Nusa Nipa University¹²

Department of Educational Foundations and Counselling, Obafemi Awolowo University, Nigeria³

Corresponding E-mail: briellanonayunii@gmail.com

Received January 01, 2025;
Revised July 12, 2025;
Accepted May 10, 2025;
Published Online May 12, 2025

The Bikotetik Journal is a Guidance and Counseling journal published by the Department of Guidance and Counseling, Faculty of Education, State University of Surabaya in collaboration with the Indonesian Guidance and Counseling Association (ABKIN)

Abstract The implementation of student internship activities took place at the Padu Wau Maumere Elderly Social Welfare Home located in Watumilok Village, Kangae District, Sikka Regency, East Nusa Tenggara. The internship period was carried out for 3 months, starting from September 2 to December 20, 2024. This study was conducted at the time of data collection and intervention. This study proves that positive psychology intervention using forgiveness therapy, gratitude and relaxation techniques is a factor that contributes to psychological well-being. This is supported by the results of the Wilcoxon test which shows a figure of $0.027 < 0.05$, this proves that this intervention has an effect on the elderly who experience psychological well-being at the Padu Wau Maumere Elderly Social Welfare Center.

Keywords: Elderly, Positive Psychology Intervention, Psychological Well-being

Abstract

The implementation of student internship activities takes place at the Padu Wau Maumere Elderly Social Welfare Home which is located in Watumilok Village, Kangae District, Sikka Regency, East Nusa Tenggara. The internship was carried out for 3 months, starting from September 02 to December 20, 2024. The research was conducted during data collection and intervention. This study proves that positive psychology intervention using forgiveness therapy, gratitude and relaxation techniques are factors that contribute to psychological well-being. This is supported by the results of the Wilcoxon test which showed a figure of $0.027 < 0.05$, this proves that this intervention has an effect on the elderly who experience Psychological Well Being at the Padu Wau Maumere Elderly Social Welfare Home.

Keywords: Elderly, Positive Psychology Interventions, Psychological Well-being

How to Cite:

Author 1, Author 2. (Year). Title Manuscript. Journal of Bikotetik (Guidance and Counseling: Theory and Practice), Vol (No): pp xx-xx

INTRODUCTION

Elderly is an inevitable phase of life for everyone (Nathaslia & Elvira, 2020 (in Tanaya & Yuniartika, 2023: 1420)). This phase is characterized by a decline in physical and spiritual abilities, as well as the potential for mental health problems such as loneliness, depression, and anxiety (Moelni et al., 2018 in Susanti & Mariyati, 2024: 1). Rapid environmental changes can worsen this condition because the elderly often feel uninvolved in the development of the times (Moelni et al., 2018 in Susanti & Mariyati, 2024: 1). The inability to achieve self-integration can cause the elderly to feel hopeless and regret the past (Mendoko et al., 2017 in Susanti & Mariyati, 2024: 2). From becoming parents to reaching old age, human life will experience a continuous process of development. According to the Ministry of Health of the Republic of Indonesia, the elderly are individuals who are 60 years old. The World Health Organization (WHO) classifies the elderly into four groups based on age, namely middle age for the age range of 45-59 years, elderly for the age range of 60-74 years, old age for the age range of 74-90 years, and very old age for those over 90 years old (Norlinta & Sari, 2021 in Tanaya & Yuniartika, 2023: 1420).

The elderly not only face physical problems, but also psychological problems. This causes many elderly people who should enjoy a more prosperous life in old age to feel less prosperous. Various problems arise in the elderly, both physical ones due to the natural degeneration process, and psychological ones, which can be caused by the aging process or other factors. Psychological problems that are often experienced by the elderly include feelings of loneliness, alienation, feelings of uselessness, lack of self-confidence, and post power syndrome (Suardiman, 2011 in Ki Purusadu et al., 2023: 51). Anxiety disorders, depression, and other psychological disorders also often found in the elderly (Leylasari et al., 2019 in Ki Purusadu et al., 2023: 51). In addition, the elderly often experience social problems, such as feelings of loneliness due to the loss of a life partner, family, friends, or neighbors; reduced social interaction due to changes in their social status or role in society (Ebersole et al., 2010 in Ki Purusadu et al., 2023: 53). The elderly need to adapt to the changes that occur with age in order to achieve well-being in old age. However, many elderly people have difficulty adjusting, which can trigger negative emotions and reduce their psychological well-being. Febriani (2012 in Aryono et al., 2023: 595) explains that failure to adapt can give rise to emotions such as being easily angered, offended, anxious, and disappointed. Conversely, elderly people who successfully adjust will feel positive emotions such as happiness, usefulness, and enthusiasm in living life, and active in activities they enjoy. Psychological well-being is an important thing that the elderly need to achieve in order to pass through this stage of development well, through evaluation, self-acceptance, and summarizing life experiences.

Psychological well-being according to Aspinwall 2002 (in Ramadhani et al., 2016:109) describes a positive and well-functioning psychological state. Huppert, Baylis and Keverne (in Najla & Purwaningsih, 2019:4) explain that psychological well-being will be seen and manifested in how individuals behave and behave, namely behavior that shows positive emotions in their lives. The aspects of psychological well-being (in Mubarak Fikri's research 2015:24) include Self-Acceptance, Positive Relationship With Others, Autonomy, Environmental Mastery, Purpose In Life, Personal Growth. Factors that influence psychological well-being (in Ramadhani et al., 2016:109) include demographic factors including age, gender, social, economic and cultural status, social support factors, evaluation factors of life experiences, and LOC (Locus Of Control) factors which are defined as a measure of a person's general expectations regarding control over reinforcement that follows certain behavior, can provide predictions of psychological well-being.

In the research conducted at the Padu Wau Maumere Social Home, the author used various methods such as observation, interviews, and scale distribution to collect data and identify problems among the residents of the home. The results of the observation showed that there were several problems in the home, including selfish behavior where some residents always wanted to be heard and arrange everything according to their own wishes, without considering the needs of others. They also had a desire to always be right and look good in front of others, without considering the opinions and welfare of fellow residents. In addition, there were several incidents of anger, blaming each other, and fighting in the home, with some residents showing dominant and confrontational attitudes. These findings highlight the existence of interpersonal conflict and lack of empathy among the residents of the Padu Wau social home.

The efforts made by the author to address the psychological well-being of the elderly at the Padu Wau Maumere Elderly Social Welfare Home were through positive psychology interventions. These interventions include forgiveness therapy, gratitude therapy, and relaxation techniques. Positive psychology interventions are designed to increase positive emotions, behaviors, and cognitions. Gratitude therapy, which involves accepting everything as a gift from Allah SWT, can encourage positive emotions in individuals, while forgiveness therapy has been shown to improve mental health and psychological well-being. In addition, research shows that relaxation techniques can improve the psychological well-being of elderly individuals in nursing homes. Overall, these interventions are applied to improve the psychological well-being of the elderly in nursing homes. Based on the explanation above, it is concluded that the role of good psychological well-being is very much needed for the elderly. So the researcher wants to conduct a study entitled "The Effect of Positive Psychology Interventions to Improve the Psychological Well-being of the Elderly in the Psychological Welfare Home for the Elderly in the Padu Wau Maumere Elderly Social Welfare Home".

METHODS

The method used in this study is a qualitative experimental research method. The treatment carried out was positive psychology intervention training using forgiveness therapy, gratitude terrapin, and relaxation techniques. The population in this study were the elderly at the Padu Wau Maumere Elderly Social Welfare Center. The sampling technique used simple random sampling, which used a one-group design between pre-test and post-test. The data collection technique used assessment and questionnaires. The instrument quality test in this study was made using the validity and reliability test statistical formula. While the data analysis method in this study was made using the Wilcoxon test.

The implementation of student internship activities took place at the Padu Wau Maumere Elderly Social Welfare Center located in Watumilok Village, Kangae District, Sikka Regency, East Nusa Tenggara. The internship period was carried out for 3 months, starting from September 2 to December 20, 2024. The schedule of activities carried out while the author was at the internship site when collecting data and conducting interventions, namely the researcher conducted an assessment to explore problem data with observation and problem interviews in September. In addition, by designing activities every week from September to October. From the assessment that has been carried out, the assessment results were obtained in October. Furthermore, designing an intervention module that will be carried out in November. After that, a pre-test or measuring instrument was given to the subjects to be filled in. The measuring instrument used in this study was Ryff's Psychological Well Being Scale (RPWBS) or an indicator for measuring the level of psychological well-being. This scale is translated into Indonesian. The number of items on the scale is 42 items. After distributing the

scale/measuring instrument before conducting the intervention, in December a Positive Psychology Intervention was carried out using the forgiveness therapy method, gratitude therapy and relaxation techniques.

RESULTS AND DISCUSSION

Results

a. Assessment Results

From the results of the assessment at the Padu Wau Maumere Elderly Social Welfare Home, the elderly experience various problems, including health and psychological problems. The elderly in the home have a lonely soul because they are far from family and close friends, feel stressed, sad, lose their spirit and despair, lack of social interaction with others, feel bored due to lack of activity. In addition, they also feel anxious because they are worried about what their future will be like and also think about their finances. The elderly in the home, especially the grandmothers in each women's home, experience more conflicts with their fellow homemates than the grandfathers in the home. In each home, there must be one grandmother who wants to control or regulate everything in the home, from small to large things. Everything she wants must be followed by others, decisions taken in the home are always made by her expert. Having a very high egotistical nature where he always wants to be heard but does not want to listen to others, feels that what he does is always right and what others do is wrong, always angry and accusing others as if what others do is wrong and he is always right, and with a firm or high tone, so that conflicts occur and riots and fights arise between friends in the same dormitory/residence.

From the observation results conducted while the author was in the guesthouse, it was seen that the elderly always had conflicts with their fellow boarders and with their caregivers, for example when distributing food, the food was always divided unequally to each of their friends in the guesthouse, which should be the caregiver's job to arrange the food, besides that, he always got angry if there was something he didn't like that was done by other people, for example, there was one grandmother who accidentally spilled water on the floor, besides that, he arranged for his fellow boarders to be like this and like that according to his wishes, for example, when it was mealtime, the other grandmothers were already sitting at the dining table to eat, but had to wait for him to finish his work before they ate together, if there was someone who ate first, he immediately said that the person was greedy. And if there was a visit from the guesthouse to the guesthouse, he always voiced his opinion that he didn't want other people's opinions to be heard, he only wanted his opinion to be heard, considering other people to be nothing from him. In addition, there was one grandmother who was sick and could not go to the toilet so she had to urinate there, the subject immediately hit her with his stick and uttered harsh words to the PM, so that there was a commotion and fight. In addition, from the results of interviews with the caregivers and social workers at the orphanage, the caregivers said that the grandmothers were indeed respected by other PMs at the orphanage because of their firm voices and their tendency to get angry, besides that they also considered themselves to be able to do everything better than other people, sometimes wanted to go out without telling the caregiver, and also sometimes had conflicts with the caregiver because they did not want to be ordered to do something or have activities in the hall by the social workers at the orphanage. During the 2-month observation, problems were found with the PM in each orphanage, namely oma-oma in 5 guesthouses including the Bougainvillea guesthouse, Flamboyant homestead, Mawar homestead, Melati homestead and Alamanda homestead.

So with these problems, the author designed this intervention which aims to improve the psychological well-being of the elderly so that they can be productive, healthy and happy. The activities carried out are forgiveness therapy with the aim of restoring commitment and closeness in relationships after painful actions in the past, so that it can help individuals eliminate negative interpersonal motivations, reduce feelings of hatred and the desire to avoid perpetrators, and help individuals be wiser in responding to painful things in the past. In addition, gratitude therapy aims to foster an optimistic nature to improve the quality of life and form good interpersonal relationships, as well as provide individuals with greater control over the environment, personal development, and a sense of purpose and self-acceptance. In addition, relaxation aims to improve concentration, reduce anger and frustration, and increase self-confidence in dealing with current and past problems.

b. Experimental Results

Based on the results of the questionnaire validity test, 16 valid items and 26 failed out of 42 items were obtained. From the reliability test, the reliability results were found to be 0.712, so it can be said that the psychological well-being measurement tool is suitable to be used as a measurement tool in this study. The researcher conducted a pre-test and post-test on the research subjects to determine the differences in the psychological well-being of the elderly before and after being given positive psychology intervention. Based on the results of the intervention, an increase in psychological well-being was obtained before and after being given the intervention with an increase in the first subject from 27 to 41, the second subject from 20 to 59, the third subject from 24 to 49, the fourth subject from 38 to 51, the fifth subject from 27 to 51, and the sixth subject from 32 to 44. After the pre-test and post-test values were known, a hypothesis test was carried out using the Wilcoxon Signed Ranks Test formula. The Wilcoxon test is used to see if there is a change in well-being in the elderly before and after being given positive psychology intervention.

TABLE 1. Results of the Wicoxon Signed Ranks Test Pre-test and Post-test

t-test		Wicoxon Test		
		Ranks		
		N	Mean Rank	Sum of Ranks
Posttest – Pretest	Negative Ranks	0a	.00	.00
	Positive Ranks	6b	3.50	21.00
	Ties	0c		
	Total	6		

a. Posttest < Pretest

b. Posttest > Pretest

c. Posttest = Pretest

Based on the results of the Wilcoxon test, the first output "Ranks", Negative Ranks or the difference (negative) in psychological well-being for the pre-test and post-test as well as Sum Ranks. This value of 0 indicates that there is no decrease (reduction) from the pre-test value to the post-test value. Positive ranks or the difference (positive) in psychological well-being for the pre-test and post-test here there are 6 positive data (N)

which means that 6 elderly subjects who experienced a decrease in psychological well-being experienced an increase in psychological well-being from the pre-test value to the post-test value. The mean rank or average increase is 3.50 while the number of positive ranks or Sum of Ranks is 21.00.

Table 2. Statistics Test Pre Test and Post Test

Test Statistics	
	Post_Test - Pre_Test
Z	-2.207b
Asymp. Sig. (2-tailed)	,027

a. Wilcoxon Signed Ranks
Test

b. Based on negative ranks.

Based on the statistical results above, it is known that Asymp. Sig. (2-tailed) is worth 0.027. Because it is smaller than <0.05 , it can be concluded that there is a significant increase in scores after the intervention is given. The results show a difference in psychological well-being during the pre-test and post-test, so it can be concluded that "Positive Psychology Intervention can improve psychological well-being in the elderly at the Padu Wau Maumere Elderly Social Welfare Center".

DISCUSSION

This study proves that positive psychology interventions using forgiveness therapy, gratitude and relaxation techniques are factors that contribute to psychological well-being. This finding is consistent with several studies showing that positive psychology interventions can improve psychological well-being. For example, forgiveness therapy as part of positive psychology is shown in a study conducted by Yuliatun & Megawati (2021: 1617). The results of the study showed that forgiveness therapy is effective in overcoming various mental health problems and improving psychological well-being. In addition, gratitude training not only improves psychological well-being but can also change the mindset from being less grateful to being more grateful in life, according to another study conducted by Nancy & Nduru (2020: 3958). According to research by Dwi Karisna & Pihasniwati (2019: 147) it also shows that dhikr relaxation therapy can help reduce stress in hypertension. Stress is a factor that can affect psychological well-being, and this study shows that relaxation techniques can help reduce stress and improve psychological well-being. In addition to the results of the pre-test, post-test and Wilcoxon test results, as well as supporting journals. The things that can be achieved by the subjects after participating in this activity, first of all, are from the psychological aspect. This aspect is proven by the results of the psychological well-being of the participants. This is measured through the psychological well-being scale given before and after the intervention. Through the results of the scale, it is known that there is a difference in the psychological well-being of the elderly before and after the intervention, with the results of the post-test and pre-test and the Wilcoxon t-test showing that the psychological well-being of the elderly has increased after participating in the positive psychology intervention given by the implementer. The second is cognitive. In this aspect, the benefits of this intervention can be seen, namely that participants can maintain cognitive abilities such as thinking/recalling memories or things that happened in the past and the ability to solve problems by forgiving unpleasant events in

the past. Third, the social aspect. In this aspect, it can be seen that participants can increase the intensity of positive socialization through the activities that have been carried out. Participants can establish closer relationships with family and friends of other PMs by writing letters of gratitude and thanks. Participants also feel more confident in interacting with others and increase their participation in interacting with others, such as telling each other and listening to each other. And the fourth aspect is the physiological aspect. In this aspect, the benefits can be seen by the participants. They feel happier, more relaxed and calmer, blood pressure decreases so that it can reduce anxiety, and their sleep quality improves, based on the results of the evaluation interview with the participants after participating in this activity.

SUMMARY

Conclusion

Positive Psychology Intervention is a series of theoretically based and empirically validated instructions, activities, and recommendations designed to improve health. The focus of Positive Psychology Intervention is on the use of positive emotions and strengths to achieve or improve well-being. Based on data analysis and discussion, the results of the study indicate that the intervention has a significant effect, supported by the results of the Wilcoxon test which shows a value of $0.027 < 0.05$ which proves that the intervention has an effect on the psychological well-being of the elderly at the Padu Wau Maumere Elderly Social Welfare Center.

Recommendations

- a. For the Elderly
It is hoped that this therapy will be used as a support for the elderly to be applied in everyday life. By always practicing to forgive others, always be grateful, and always be relaxed/calm in facing life every day. Always be positive, be able to establish good relationships, remain active in activities that are in accordance with your abilities, pay attention to physical, spiritual and physical health, and seek support that can help overcome challenges in old age, so that the elderly can enjoy a happier and more peaceful life in old age.
- b. For Partners
It is expected to further improve the quality of providing psychological services for the elderly in the shelter, in order to reduce the level of stress or anxiety of the elderly who feel abandoned and have to live in the shelter. In addition, it can facilitate appropriate therapies so that the elderly feel happy and comfortable living in the shelter.
- c. For Researchers
It is hoped that this research can be additional knowledge in conducting interventions to improve the psychological well-being of the elderly and become a reference for conducting further research.

BIBLIOGRAPHY

- Akbar, Fredy., Darmiati., Arfan, Farmin Putri, Andi Ainun Zanzadila., 2021. Training and Mentoring of Elderly Posyandu Cadres in Wonomulya District. *Abdidas Journal*. Vol 2, No 2, Pages 392-397.
- Aryono, Marcela., Mariska, Dani, Robik., Anwar & Wicaksono, David., Ari. Benefits of Positive Psychology-Based Interventions on the Psychological Well-being of the Elderly. *Journal of Muara Social Sciences, Humanities, and Arts*. Vol.7, No.3, October 2023. Pages 594-601.
- Dwi Karisna, Nadia., Pihasniwati. 2019. Increasing Elderly Happiness with Dhikr Relaxation Training at the Budhi Dharma Abandoned Elderly Social Service Home. *Journal of Community Empowerment: Media for Thought and Development Preaching*. Vol. 3, No. 1, Pages 141-160.
- Irianto., Agus, & Marna, Jean., Elikal. December 2020. Empowering the Elderly Through Environmental Conservation in Air Tawar Village, West City, Padang City. *Journal of Community Service*. Vol.2, No.2, Pages 198-204.
- Israwanda, Desta., Urbayatun, Sitti., Hayati, Elli Nur. 2019. Gratitude Training to Improve Quality of Life in Women with Physical Disabilities. *Journal of Psychological Intervention*. Vol.11, No. 1, Pages: 9-23.
- Ki Purusadu, Taranggono., Alsandi, Prahastuti., Saputra, Risky Bayu., Saguruwjuw, Yustinus., Roju, Maria Verlinia Tena, Aryono, Macella Ariska. Empowerment of Productive and Healthy Elderly Through Positive Psychology Intervention in Taman Village, Taman District, Madiun City. *Journal of Service Learning*. February 2023, Vol. 9, No.1, 50-57.
- Martha, Kristina., Kurniati, Ni Made Taganing. 2018. The Effectiveness of Forgiveness Therapy with Enright's Process Model to Help Divorced Adolescents to Forgive Their Parents. *Journal of Psychology*. Vol. 11, No. 1, Pages 10-24.
- Meilani, Peti Fatma., Puspitasari, Amalia Indah. 2024. The Effect of Benson Relaxation Technique on Pain Intensity of Post-Caesarean Section Patients at Nuraida Hospital, Bogor. *Malahayati Nursing Journal*. Vol. 6, No. 5, Pages: 1948-1959.
- Mubarak, Fikri. 2015. Testing the Validity of the Psychological Well Being Scale Construct Using the Confirmatory Factor Analysis (CFA) Method. *Indonesian Journal of Psychological and Educational Measurement*. Vol.7, No.1, Pages: 22-32.
- Mujiadi, S.Kep.,Ns.,M.KKK & Rachmah Siti, S.KM.,M.Kes. 2022. *Gerontic Nursing Textbook*. Mojokerto. Majapahit Health College Mojokerto.
- Najlawati, F., & Purwaningsih, IE, (2019). Psychological Well-being of Suicide Survivor Families. *Spirits Journal*, 10 (1), 5-26.<https://doi.org/10.30738/spirits.vivil.6531>.
- Nancy, Maria Nona & Nduru, Maria Purnama. The Effectiveness of Gratitude Training to Improve Psychological Well-being in Mothers Who Have Children with Special Needs. *Jurnal Media Bina Ilmiah*. Vol.15, No.2 September 2020.

- Nugraha, Rahmad Agung. 2022. Positive Psychology Intervention. Indonesian Journal Of Guidance And Counseling: Theory And Application. Vol.11, No.2, Pages: 1-15.
- Oktaviani, Rifka Nur'aini., Uyun Qurotul. 2023. The Effectiveness of Gratitude in Improving Mental Health: A Literature Study. Journal Of Islamic And Contemporary Psychology. Vol.3, No. 1, Pages: 302-309.
- Rahmanita, A., Uyun, Q., & Sulistyarini, RI (2016). The Effectiveness of Gratitude Training to Improve Subjective Well-being in Hypertension Patients. Journal of Psychological Intervention. Vol 8 No 2, 165-184.
- Ramadhani, Tia., Djunaedi., Sismiati, Atiek. 2016. Psychological Well Being of Students Whose Parents Are Divorced (Descriptive Study conducted on students at SMK Negeri 26 Pembangunan Jakarta. Journal of Guidance and Counseling. No. 5, Vol.1, Pages: 108-115.
- Setyorini, Dyah., Zahra, Hanna Aulia., Maulana, Indra., Yulianita, Henny., Yosep, Iyus. 2024. Description of Psychological Well-being of Nursing Profession Study Program Students During Clinical Practice in the New Habit Adaptation Period. Malahayati Nursing Journal. Vol.6, No. 4, Pages: 1611-1622.
- Susanti, Mey Lucky., Mariyati, Lely Ika. 2024. Family Support and Psychological Well-being of the Elderly in Kesambi Village. Journal of Islamic Psychology. Vol.1, No. 2, Pages: 1-11.
- Tanaya, Violeta Yuman., Yuniartika, Wachidah. 2023. Cognitive Behavior Therapy (CBT) as Therapy for Anxiety Levels in the Elderly. Silampari Nursing Journal. Vol.6, No.2, pp. 1419-1429.
- Yuliatun, I., & Megawati, P. (2021). Forgiveness Therapy To Improve Individual Mental Health: A Literature Study Motiva: Journal of Psychology. 4(2), 90.<https://doi.org/10.31293/mv.v4i2.5325>.