

ABSTRACT

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Psychological well being and activities in retired (study in pensions of government instance in Jakarta who have been worked and no work); (Widya Risnawaty, M. Psi & Dra. Ninawati, MM); Undergraduate Program In Psychology. Tarumanagara University, (60 pages; R1-R4; Appdx. 1-46).

Definition of Psychological well being is free from distress and mental problem yet of condition that anyone has self acceptance, environmental mastery, autonomy, positive relation with others, purpose in life, and personal growth. This research aim to know the psychological well-being and activities of pensions government instance in Jakarta who have been worked and no work . Sample of the research amount 400 respondent and take a setting in pension fund office, ministry, instance where has specially for pensions, foundation of prosperity in pensions and visited respondent house. The design of this research use to descriptive and analyzed of the data with SPSS 13.0. Based on result of this research in variable of psychological well being, mean 3.8281 (SD= 0.33032). The conclusion in this research is someone retired whose has a rather high well-being and group of pensions who have been worked are high well-being.

Keyword: retirement, activities, psychological well-being.