

ABSTRACT

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Psychological Well-Being on Middle Adulthood Women Who Experienced the Death of the Spouse and Have an Adolescent-Aged Child; Widya Risnawaty, M.Psi.; Undergraduate Program in Psychology, Tarumanagara University, (i-ix; 218 Pages; R1- R8; Appdx 1-24)

Death is the greatest emotional event that has to be experienced, especially by women. Challenges are to be faced by women who experienced the death of their spouses, such as the end of their loving relationships with their partners, financial problems, and parenting problems. The aim of this research is to know the description of psychological well-being on middle-aged women who experienced the death of the spouse and have one adolescent-aged child. Psychological well-being is a term used to describe a person's psychological health status based on the fulfillment of the six positive psychology functions, which are self-acceptance, personal growth, purpose in life, positive relations with others, environmental mastery, and autonomy (Ryff, 1989, 1995; Ryff & Singer, 2008, dikutip dalam Papalia & Feldman, 2012). Psychological well-being is important to be had among women who experienced the death of their spouses, so they can still guide their only adolescent-aged child to successfully pass the stage of searching for identity. This research is a qualitative research with study case design and done through interviews and observations. The primary respondents are three women age 40 to 65 and three secondary respondents age 11 to 22. The results of this study show that the first primary respondent has not yet fully achieved all the dimensions of psychological well-being. The first primary respondent can only fully achieved the dimensions of purpose in life and autonomy, due to having goals in life and also due to death of her spouse. However, the second and the third primary respondents show that they have achieved the whole psychological well-being dimensions.

Keywords: Psychological Well-Being, Death of Spouse, Only Child, Adolescent, Middle-Aged Women

