

## **Application of Existential Group Therapy in Increasing Subjective Well-Being of Elderly**

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### **Abstract**

The purpose of this quasi experimental study was to know the effectivity of group therapy in increasing subjective well-being of elderly by overcoming their negative affect. Subjective well-being is cognitive evaluation such as life satisfaction dan affective reactions consisting of positive affect and negative affect. Positive affect is a fun mood and emotion such as joy and affection. Negative affect includes mood and unpleasant emotions that describes one's negative response and reaction to their life events or life environment. Global life satisfaction is one's global assessment in accepting their life. The number of participants in this study consisted of six elderly people who have a negative affect score from average to high. Eight weekly two hour sessions were designed for six participants. Subjective well-being was measured before and after the therapy. Paired sample t-test method was used to analyze data, the score of  $t = 0.398$  and  $p = 0.709 > 0.05$ . It indicates that there was no difference between subjective well-being of elderly before and after therapy. It means existential group therapy was not effective for enhancing subjective well-being of elderly. It caused of subjective well-being score variation among participans. Three person had increased, whereas two person had decreased.

Keywords : Subjective well-being, existential group therapy, positive affect, negative affect, global life satisfaction