

## **The Application Of Counseling To Increase Psychological Well-Being For Middle-Aged Woman Who Was Abandoned Died By Their Partner**

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### **Abstract**

The study was conducted to determine how much the application of counseling increase psychological well-being for middle-aged woman who was abandoned died by their partner. Psychological well-being is a positive character ownership on self-acceptance, positive relation with others, autonomy, environmental mastery, purpose in life and personal growth. Counseling can help someone improve their mental health. The research was conducted on the participant of middle age woman who was abandoned died by their partner, with the design of 6 sessions. From the results obtained that counseling can improve psychological well-being for middle-aged woman who was abandoned died by their partner.

Keywords: psychological well-being, middle-aged woman, counseling