

## ABSTRACT

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**The Differences of Psychological Well-Being in Middle Adulthood Before and After gets X Meditation Training (Miniwaty Halim, M.Psi; Dra. Ninawati, MM); Undergraduate Program in Psychology Faculty Tarumanagara University (72 pages, R1-R3, Appdex1-Appdex 24).**

The aim of this research is to know whether any differences of psychological well-being before and after gets X meditation training. Subject is middle adult (male and female), between 40-65 years old, that participate in X meditation training along 13 days. The data analysis show  $p/\text{sig} = 0.208$ ,  $p > 0.05$ . Means there is no differences of psychological well-being before and after gets X meditation training. Only one dimension (autonomy dimension) from 6 dimension that we analysis get significant ( $p/\text{sig} = 0.05$ ,  $p \leq 0.05$ ).

Keyword: Psychological Well Being, Middle Adulthood, and Meditation.