

ABSTRACT

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Psychological Well Being on A Mother Who Worked as A Nurse (The Study of Middle Adult Mother Who Has A Teenage); Denrich Suryadi, M. Psi.; Undergraduate Program in Psychology, Tarumanagara University, (i-x; 135 Pages; P1-P3; L1-L22)

Dual role undertaken by most middle adult women to balance their demanding roles and face obstacles in her work. This study aims to gain an overview of psychological well being in women of middle adulthood working as a nurse and has a teenage. Psychological well being is one of the indicators that indicate the presence of positive mental health. Positive mental health sense of psychological comfort is very concerned with feelings and a healthy sense of self, to maximize the potential of the self and aspects in life so life becomes meaningful. Qualitative research methods by in-depth interviews conducted on six middle adult mother who worked as a nurse and who has a teenage. This study takes times for three months, from September 2012 until November 2012. The results of this study indicate that all six subjects had a psychological well being composed of self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life, and personal growth. The subjects can balance and responsible in their role of housewife and nurse well.

Keywords: Psychological well being, Middle Adult Woman, and Nurses