



Psychological Well-Being To Individuals Living Own

Putri Nova Sari. P

Faculty Of Psychology, University Of North Sumatra, Jl. Dr. Mansur No. 9 Padang Bulan, Kec. Medan Baru, Kota Medan 20222

ARTICLE INFO

Article history:

Received Des 11, 2019
Revised Jan 04, 2020
Accepted Feb 28, 2020

Keywords:

Psychological
Well-Being
Living Alone

ABSTRACT

As a human, we are made to live together with other people. Because of human from birth until death, have a need to get intimate relationship with other human. To get a good relationship with other people, we should do interaction with other people as often as we can and do it every day. That thing maybe little bit hard to do if somebody lived alone in her house in a long time. Beside of need to get intimate relationship is unsatisfied, human can feel loneliness. Human who feel loneliness is difficult to feel happy, feel worry, inferiority and shame on other. This research was conducted to see the description of psychological well-being in individual who live alone. The approach used in this research is qualitative with qualitative research methodology. Data obtained through interviews and observations that explore six dimensions of psychological well-being, that is autonomy, environmental mastery, personal growth, positive relations with others, purpose of life and self acceptance. Participant in this research is one person who lived alone in 20 years. Technique of sampling is using theory-based on sampling / operational construct sampling. The result show that person have a positive psychological well-being.

access article under the [CC BY-NC](https://creativecommons.org/licenses/by-nc/4.0/) license.



Corresponding Author:

Putri Nova Sari. P,
Faculty Of Psychology,
University Of North Sumatra,
Jl. Dr. Mansur No. 9 Padang Bulan, Kec. Medan Baru, Kota Medan 20222.
Email: putrinovasari@gmail.com

1. INTRODUCTION

Some people are able to live life alone, both women and men. Everyone certainly hopes to live life together with family or other people. Marriage and having children are also things that almost every individual wants, so that they have other people to share everything, be it affection, material or opinions and others and also fulfill their interpersonal needs. Since birth, humans have been in contact with their parents and the older they get, the wider their association with other humans in society (Hurlock, 1990). Research on individuals living alone by Dr Laura Pulkki-Raback at Finland's Finnish Institute of Occupational Health in 2012 found that people who live alone have a higher risk of mental health problems than individuals who do not live alone. The study also found that working-age individuals who live alone have a risk of depression by more than 80 percent compared to people who live with families.

Individuals who live alone for a relatively long period of time are unable to build close relationships with other people, while William Schutz (1958) states through his Schutz Postulate which states that every human being has three interpersonal needs called inclusiveness, control

and affection. The basic assumption of this theory is that humans in their lives need other humans (humans as social beings).

Individuals who live alone, plus for a relatively long period of time, it is possible to experience loneliness or loneliness because the individual cannot fulfill the need to have closeness with others. Weiten & Lloyd (2006) revealed that loneliness is a condition when individuals have fewer interpersonal relationships than expected or when these relationships are not as satisfying as expected. Sullivan (in Brehm et al, 2002) reveals that loneliness is a very unpleasant feeling and causes experiences related to the unfulfilled and inhibited need for human intimacy needed for interpersonal intimacy. The need for intimacy is a universal thing and has settled in every human being throughout his life. Intimacy is a key element in the satisfaction of a relationship. Through conversations and activities together, individuals will benefit from meeting their level of need for intimacy in a relationship (Weiten & Lloyd, 2006). Intimacy according to Erikson (in Santrock, 2003) is an individual's ability to build close relationships with other people. Furthermore, loneliness will be accompanied by various kinds of negative emotions such as depression, anxiety, unhappiness, dissatisfaction, self-blame (Anderson, 1994) and shame (Jones, Carpenter & Quintana, 1985). Negative emotions that arise due to loneliness in individuals who live alone will result in a person reducing interaction with the social environment and not wanting to have close relationships with other people. Seccombe and Ishii-kunts (1994) found that 25% of their sample of single individuals never socialized with their friends, and another 29% said that they did social activities with friends at least once a week. Individuals who feel lonely have many risks of physical disease, namely heart disease, arthritis, diabetes and Alzheimer's as well as mental illnesses such as stress and depression. This was stated by Bruce Rabin, a director of the Lifestyle Program at the University of Pittsburgh Medical Center, United States.

In Indonesia itself, the culture is different from Western culture. In Indonesia, everyone tends to live socially with other people, always wanting to gather with those closest to them. This is in contrast to western culture, where they are more individualistic or more comfortable living alone and have a minimal social environment. However, it is possible that people in Indonesia choose to live alone in their homes and even decide not to marry. There are several reasons for individuals not to marry and live alone, namely individuals feel they have the freedom to choose between getting married or not (Tioso, 1997: 5). According to Hurlock (2004: 302), some of the reasons individuals choose to live alone and not marry are the appearance of their scales that are less attractive, has a physical disability, fails to find a partner, rarely has the opportunity to meet the opposite sex and has had unpleasant experiences with marriage. According to Baron (in Andryana, 2007) For men, the reason they choose not to get married and live alone is that they consider a long-term commitment or marriage will damage the beautiful relationship that has been established, and their lives cannot be as free as when they live alone, afraid of divorce. or trauma about the failure of the marriage of those closest to them such as parents. Not much different from men, unmarried women also have reasons that they are afraid of commitment and also there is no more freedom for them to work or do something they like. rarely have the opportunity to meet the opposite sex and have unpleasant experiences regarding marriage. According to Baron (in Andryana, 2007) For men, the reason they choose not to get married and live alone is that they consider a long-term commitment or marriage will damage the beautiful relationship that has been established, and their lives cannot be as free as when they live alone, afraid of divorce. or trauma about the failure of the marriage of those closest to them such as parents. Not much different from men, unmarried women also have reasons that they are afraid of commitment and also there is no more freedom for them to work or do something they like. rarely have the opportunity to meet the opposite sex and have unpleasant experiences regarding marriage. According to Baron (in Andryana, 2007) For men, the reason they choose not to get married and live alone is that they consider a long-term commitment or marriage will damage the beautiful relationship that has been established, and their lives cannot be as free as when they live alone, afraid of divorce. or trauma about the failure of the marriage of those closest to them such as parents. Not much different from men, unmarried women also have reasons that they are afraid of commitment and also there is no more freedom for them to work or do something they like. The reason they choose not to get married and live alone is that they think long-term commitment or marriage will damage the

beautiful relationship that has been established, and their lives cannot be as free as when they live alone, afraid of divorce or trauma about the failure of the marriage of those closest to them such as their parents. Not much different from men, unmarried women also have reasons that they are afraid of commitment and also there is no more freedom for them to work or do something they like. The reason they choose not to get married and live alone is that they think long-term commitment or marriage will damage the beautiful relationship that has been established, and their lives cannot be as free as when they live alone, afraid of divorce or trauma about the failure of the marriage of those closest to them such as their parents. Not much different from men, unmarried women also have reasons that they are afraid of commitment and also there is no more freedom for them to work or do something they like.

2. RESEARCH METHOD

This study uses a qualitative method. The qualitative approach was chosen because the researcher wanted to know all the information about the psychological well-being of individuals living alone and why the psychological well-being of individuals living alone was positive. All information will not be obtained optimally if only relying on a written scale without direct question and answer with research participants. This is as stated by Poerwandari (2007) that one of the important objectives of qualitative research is to obtain a comprehensive and complete understanding of the phenomenon under study and most aspects of human psychology are also very difficult to reduce in the form of elements and numbers so that it will be more 'ethical' and contextual when examined in a natural setting.

So, to better understand the picture of psychological well-being in individuals who live alone, the research is not enough just to look for "how" which is about how the picture of psychological well-being in individuals who live alone, but also added with "what" and "why" the psychological well-being of people living alone is positive.

In particular, the type of qualitative research on psychological well-being in individuals living alone is a single case study type. Case is a special phenomenon that is present in a context. This case study is intrinsic, which means that the research is conducted out of interest or concern for a particular case experienced by the respondent. Poerwandari (2007). The research was conducted to understand fully and more deeply about the case, without having to be intended to produce concepts/theories or without any attempt to generalize.

3. RESULTS AND DISCUSSIONS

3.1 Anatomy

Respondents have lived alone for approximately 18 years. Before living alone, the respondent lived with his relative in Medan. While living with his brother, namely the respondent's older brother, the respondent was 15 years old, where the respondent was attending vocational school until graduating, after graduating from school, the respondent followed his friend's invitation to move to another place, to start a business and learn to live independently. Respondents agreed to this because respondents wanted to work and make money for themselves. At the age of 20, the respondent finally moved out of his relative's house and lived in the house he rented with his friend. The respondent admitted that if his friend did not invite him to move, the respondent did not dare to move from his relative's house. 10 years after moving, the respondent's friend decides to rent his own house, and leaving respondents in the house they first rented. After being left by his friend, the respondent remained alone and decided not to return to his relative's house. Respondents admitted that respondents still want to live alone. Respondents started living alone at the age of 30 years. The respondent admitted that he immediately felt comfortable when he lived alone, and the respondent was also comfortable in opening his own sewing business. However, even though the respondent said he still wanted to live alone after his friend left him in the house he had shared together and felt comfortable when he actually lived and opened his own business, the respondent still had difficulties while living his own life. The difficulties faced by respondents during their own life were financial difficulties. The financial difficulties faced by respondents are the lack of buying daily necessities so that they have to be frugal in managing finances. Difficulties in working, these

difficulties are faced by respondents when the respondents' tools used to work as tailors are damaged and also the respondent's physical condition who has limitations becomes a barrier for respondents to work well. Another difficulty that the respondent faced in the early days of his life was getting a subscription for his job as a tailor. This makes the respondent's income very limited.

3.2 Environmental control

Respondents have a friendly personality and easily adapt to new things. Respondents easily felt comfortable with the environment in the house they rented after moving with their siblings. For the respondent, the environment was indeed suitable from the start for him to open a sewing business. For homework, respondents also feel capable of doing everything even though the respondent lives alone with physical conditions that have limitations. However, for jobs that are not possible for the respondent to do alone, such as buying groceries out of the house, the respondent asks for help from a neighbor or friend who happens to be passing by in front of the house. In carrying out daily activities the respondent admits that there are several things that the respondent cannot do alone.

After the respondent's friends moved and the respondent actually lived alone, the respondent said that the family asked and persuaded the respondent to return to his relative's house. The respondent's family feels anxious about the respondent's condition if the respondent lives alone. The respondent's family is also worried about the respondent's safety when living alone. However, because the respondent still wants to live alone and is comfortable living alone, the respondent gives an understanding to his family that the respondent feels fine while living alone and there is nothing to worry about the respondent's safety. Until now, the respondent's family accepted this and allowed the respondent to live alone.

In opening a business as a tailor, the respondent also does not directly control the environment so that there are several difficulties faced by the respondent while working. The difficulty in her work as a tailor in a new environment is financial. Respondents admitted that at the beginning the respondents opened their own sewing business, the respondent's income was very limited and felt that it was not enough for daily needs for themselves and also for work. Because of this, the respondent must make savings in the use of money, so that the limited income can still be sufficient for the respondent's life.

Another difficulty is the absence of regular customers at work, so that the income of respondents is very limited. However, respondents did not give up on the situation where they did not have regular customers who rented their services, respondents got regular subscriptions, respondents felt that their customers would not leave, because respondents felt they were able to do things as desired by their customers and respondents still have a great will to do so. what the customer wants. More and more respondent customers who have different religions so that they have different holidays, making respondents have many orders for sewing so that at certain times the respondent's income increases. In addition to people who come who are not in the area where the respondent lives.

3.3 Personal growth

Since living with his brother, the respondent has had the desire to work in order to earn his own income, not only to get money from relatives or parents. Due to living with relatives, it is difficult for the respondent to work because the respondent's time is taken up to do homework, so the respondent decides to move from a relative's house after one of the respondent's friends invites the respondent to move and open a joint business in a new rented house. After 10 years, finally the respondent's friend who owns a salon business decided to move from their rented house and look for a new one, after the death of his friend, the respondent decided to stay alone in his current rented house and had no desire to return to his relative's house. Respondents continue to work as tailors in order to continue to have their own income. The respondent also has and adheres to the principle that he made himself, namely when he has moved or migrated, he must be able to withstand every difficulty he faces himself and not give up on the situation he will pass and then return to his relative's house.

Apart from wanting to have their own income, respondents also want to be independent people. Self-reliance is meant by the respondent to be able to do his own work, either housework or work

as a tailor. Respondents also want to be able to manage their own finances. Managing finances referred to by the respondent is where the respondent manages his own expenses and income. This was done by the respondent because he felt he was capable of doing this.

By wanting to manage their own finances and not depend on others, the respondent stated that he wanted to live independently. The respondent's great willingness to be independent made the respondent feel that opening a sewing business was able to make the respondent's wish come true. In order to be able to work independently and have their own income, respondents opened a sewing business. The sewing work was in accordance with the school major that the respondent had previously done, namely Vocational School in the fashion department. By opening their own business, respondents felt that they could develop more than opening a business while living with other people. Respondents feel that by living alone, respondents are more able to try new experiences that have not been experienced by respondents before. After deciding to become a tailor, respondents still have the desire to do other jobs. Other jobs besides sewing that respondents feel they are capable of doing. Several years ago the respondent had opened a sewing course for beginners. Respondents opened sewing courses to increase their income and also gain experience. However, as fewer and fewer students took the respondent's sewing course, the respondent decided to close the course. Respondents said that some of their students complained that the course fees were too expensive. But this is considered by the respondent as an experience that can command the respondent to be better, not as evidence that the respondent is not able to do it. Several years ago the respondent had opened a sewing course for beginners. Respondents opened sewing courses to increase their income and also gain experience. However, as fewer and fewer students took the respondent's sewing course, the respondent decided to close the course. Respondents said that some of their students complained that the course fees were too expensive. But this is considered by the respondent as an experience that can command the respondent to be better, not as evidence that the respondent is not able to do it. Several years ago the respondent had opened a sewing course for beginners. Respondents opened sewing courses to increase their income and also gain experience. However, as fewer and fewer students took the respondent's sewing course, the respondent decided to close the course. Respondents said that some of their students complained that the course fees were too expensive. But this is considered by the respondents as an experience that can command the respondent to be better, not as evidence that the respondent is not able to do it. respondents decided to close the course. Respondents said that some of their students complained that the course fees were too expensive. But this is considered by the respondents as an experience that can command the respondent to be better, not as evidence that the respondent is not able to do it. respondents decided to close the course. Respondents said that some of their students complained that the course fees were too expensive. But this is considered by the respondents as an experience that can command the respondent to be better, not as evidence that the respondent is not able to do it.

3.4 Positive relationship with others

Respondents who live alone, live far away from relatives and their families, there are also close relatives of respondents who live outside the city far from the respondent's residence. Even though they live far apart, respondents already have a strong commitment with other family members that they will continue to maintain communication between them. In order for their communication to run smoothly, respondents and their families also have a commitment to keep each other's secrets. The respondent also admitted that he cared about his family. To show their concern for other family members, the respondents really maintain communication between them. The communication that exists between them is very good because periodically, they ask about their condition, news and health.

Apart from communicating with their families, respondents also often spend time chatting with their neighbors. Respondents already consider that neighbors and residents who live in the respondent's area are relatives, respondents do not feel awkward or uncomfortable when chatting with them. Respondents also have close friends whom respondents trust to share their personal stories. Respondents choose friends who are suitable for them. A suitable friend for the respondent is a friend who understands the respondent's condition and has a preference for speaking something in common with the respondent.

3.5 Purpose of life

Everything that happened to the respondent in the past, such as having physical limitations, living far away from their parents and being abandoned by friends when they both rented a house after moving from the respondent's relative's house, did not leave a major trauma for the respondent. Respondents are still able to live their lives well now. For respondents, the past they have faced is a path that has been arranged by God for them, and the respondent accepts every thing that has happened. Respondents also admitted that now is not the time to regret every event that has happened. The life journey of the respondent is considered a lesson for him. The respondent's marriage failure is also considered by the respondent as God's will who wants to give the best for the respondent.

Respondents also sometimes want to think about how he will run and finish his future. Because the respondent does not know in the future what the respondent will spend his life in, just in case the respondent saves for the future, the savings is considered by the respondent as a pension fund for himself if the respondent is no longer able to work and take care of his life alone. The respondent also considers returning to his relative's house when in the future he will not be able to live his own life anymore and will need a lot of help from others.

Some of the goals that the respondents had intended have also been carried out by the respondents. Respondents stated that respondents wanted to be a better person. People who are better here, namely the respondent wants to be more patient in dealing with bad treatment of respondents such as mocking the respondent's physical condition, this is initially difficult for the respondent to do so that the respondent will be angry and choose not to chat with people who have ridiculed him. However, respondents began to realize that this was not a good thing to do. So that respondents are more patient when receiving ridicule from other people and leave it to God, because respondents believe that God will repay every thing that other people do to him. In terms of religion, respondents also have a goal to be better. Respondents have started to diligently go to church. This was difficult for the respondent to do at first because the respondent was struggling with his physical condition, however, now the respondent already has a rented rickshaw that takes him to the church. At first, the respondent did not want to go to church regularly because the respondent thought that praying at home was enough.

The respondent's life goal is also that he can survive with whatever decision he will pass later. This is evidenced by the respondent by sticking with his choice when moving out of his own house, staying alone after being left by a friend of the respondent so that the respondent must really live alone and the decision to open his own business and have his own income. Respondents still have difficulty holding on to these choices, but the respondent's determination is unanimous so that the respondent remains and is able to survive with his choice not to return to his relative's house.

3.6 Accepting yourself

The physical condition of the respondent who has limitations is also difficult for the respondent to accept at first, although now the respondent is very accepting of his physical condition and is not sad about the condition he is experiencing. Respondents continue to live their lives well, do not feel hopeless and inferior to the physical perfection of others. Be it in the field of work or physical condition. Sometimes, respondents feel hurt by negative behavior and words from other people regarding their physical condition, however, the only thing the respondent can do is be patient. Respondents also realized that his current physical condition is God's destiny for him which must be accepted with grace. In addition to always thinking positively about himself,

4. CONCLUSION

In the dimension of autonomy, respondents who have lived alone for a period of 20 years, feel that they are able to live alone, do not want to depend on others, feel free with their own lives. During their own life, respondents also have the courage to decide important things in their lives alone.

In the environmental control dimension, respondents who live with their friends after moving from the respondent's relative's house immediately like and feel comfortable with their place of residence. Respondents felt that their new environment was very suitable for them as a place to

live and work as a tailor. After the respondent's friend leaves the respondent, the respondent does not necessarily lose control of himself over the environment.

In the dimension of personal growth, respondents already have the desire to work and have their own income since they were young. Apart from sewing as their main occupation, the respondent also works as a teacher because the respondent opens a sewing course at home. This is done because they want to add new experiences at work. In addition, respondents have a desire to learn to border, this is done so that their knowledge of something increases.

In the dimension of positive relationships with others, respondents have good relationships with close friends and neighbors. Respondents often spend time chatting with friends or neighbors so that their relationship is getting better. Respondents also trusted others by telling their friends when they had problems. In addition, respondents also showed empathy and sympathy for others by providing solutions if their friends were in trouble.

In the dimension of life goals, respondents have goals and life directions that have been planned by respondents. Respondents who live alone already plan what they will do in their old age. The goal of his life now until his old age is to become a better person in terms of religion, self and work. For the respondent's past experience and what is happening to him now, the respondent is considered to have meaning and is also considered as God's will which must be accepted by the respondent gracefully.

In the self-acceptance dimension, the respondent has accepted everything that is in him. Although at the beginning the respondent did not want to be a tailor, but gradually the respondent began to accept that he worked as a tailor. The respondent's past experiencing negative events has also been accepted by the respondent as his destiny and the respondent still feels positive about himself. Respondents also know their strengths and weaknesses at work and their physical condition. The physical condition of the respondent who experienced limitations was also initially difficult for the respondent to accept, but over time, the respondent began to accept his physical condition and did not become a person with low self-esteem.

REFERENCES

- Brehm, S. (2002). *Intimate Relationship*. New York. Mc. Graw Hill.
- Dariyo, Agoes. (2004). *Psikologi Perkembangan Remaja*. Bogor: Ghalia Indonesia.
- DeGenova, M.K. (2008). *Intimate Relationship, Marriages & Families (Seventh Edition)*. New York: McGraw-Hill.
- Feist, J., & Feist, G. J. (2010). *Teori Kepribadian*. Jakarta: Salemba Humanika.
- Hurlock. E.B. (1990). *Psikologi Perkembangan. Suatu Pendekatan Sepanjang Rentang Kehidupan*. Edisi Kelima. Jakarta : Erlangga.
- Huppert FA (2009). *Psychological well-being: Evidence regarding its causes and consequences*. *Applied Psychology: Health and Well-Being*, 1, 137-164.
- Kail, Cavanaugh. (2000). *Human-Development : A Life-Span View*. America: Wadsworth.
- Matlin. W Margaret. (2004). *The Psychological of Women : Seventh Edition*. USA : Wadsworth.
- Matlin, Margareth W. (2008). *The Psychology f Woman*. (6th ed.). United State of America: Thomson Wardsworth.
- Poerwandari, E. K. (2005). *Pendekatan Kualitatif untuk Penelitian Perilaku Manusia (edisi.Ketiga)*. Depok: LPSP3 Fakultas Psikologi Universitas Indonesia.

- Poerwandari, K. (2007). Pendekatan kualitatif dalam penelitian psikologi. Jakarta: PSP3 Fakultas Psikologi Universitas Indonesia.
- Ryff, C. D. & Keyes, C. L. M. (1995). The structure of psychological well-being revisited. *Journal of Personality and Social Psychology*, 69 (4). 719–727.
- Ryff, C. D. (1989). Happiness is everything or is it? Exploration on the meaning of psychological well-being. *Journal of Personality and Social Psychology*, 57(6). 1069-081.
- Ryff, C. D., William J. Magee, K. C. Kling, and E. H. Wing. (1999). *Forging Macro-Microlinkages in the Study of Psychological Well-Being*. New York : Springer.
- Santrock, J. W. (2002). *Life-span Development* (alih bahasa : Juda Damanik & Ahmad Chusairi). Jakarta : Penerbit Erlangga.
- Schultz, William. (1958) (<http://mitrapustaka.blogspot.com/2011/01/teorikebutuhan-antar-pribadi.html>). Diakses tanggal 9 Januari 2017 pukul 08.00.
- Weiten, W & Lloyd, M. (2006). *Psychology Applied to Modern Life: Adjustment in the 21st Century*. Eighth Edition. Canada : Thomson Wadsworth.