

# **ICEPL 2018**

2018 International Conference on  
Education, Psychology, and Learning

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## **Conference Program**

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## **Message from the Chair**

### **Conference Chair**

Professor Amran Ahmed

Universiti Malaysia Perlis

Welcome to the 2018 International Conference on Education, Psychology, and Learning (ICEPL 2018) held in Nagoya, Japan. I would like to take this opportunity to express my heartfelt thanks to all the authors, session chairs, reviewers and participants for their contribution to ICEPL 2018. Besides the regular paper presentation sessions of the joint conference, the organizer also design many different activities, such as local tour, poster sessions and distinguished paper presentation. I really hope you like these events. Of course, the active assistance all participants and participation, as already demonstrated, has greatly contributed to the success of this conference. I thank you for this, and wish you a nice and enjoyable stay during this three-day event.

Sincerely yours,

Professor Amran Ahmed

Universiti Malaysia Perlis

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## Design and Implementation of Intervention for Increasing Elderly's Psychological Well-Being: A Case Study on Surabaya Setting

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### ABSTRACT

Biopsychosocial changes have determined the psychological well-being (PWB) of the elderly. Interventions based on empirical findings were needed for increasing the elderly's PWB. This research had three objectives, namely: 1) to identify the elderly's biopsychological needs that determined their PWB; 2) to design an intervention model based on the Riff's six dimensions of PWB; and 3) to implement a community-based intervention model for increasing the elderly's PWB. This research was conducted in three years by using participatory action research design on three selected elderly communities in Surabaya City. Data obtained by means of observations, questionnaires as well as interviews. The data were analyzed descriptively in order to answer those research objectives. The previous results as the identification of the elderly's needs became input for designing a set of intervention modules based on the six dimensions of PWB that were autonomy, environmental mastery, personal growth, purpose in life, relations with others, and self-acceptance. The results showed that the community-based interventions were perceived to improve the elderly's PWB. Furthermore, community characteristics must be considered in designing community-based intervention for increasing the elderly's PWB.

**Keywords:** biopsychosocial changes, *elderly*, *community based-intervention*, *psychological well-being (PWB)*.

### INTRODUCTION

Nowadays Indonesia is the fifth largest country in the world with the biggest numbers elderly population (60 years and over). The Indonesian Population Census in 2010 shows that in Indonesia there are 18.1 million elderlies or 7.6 of the total population. By 2025 the number of elderly in Indonesia will increase to reach 36 million people. Data in 2011 showed that Surabaya as the second largest city after Jakarta had 276,346 elderlies or 9.1% from the city's total population. The increasing number of elderly has encouraged the Surabaya City Government to improve services to elderly groups by establishing "Karang Werdha" (community of elderlies) that spread across districts and villages in the city. In 2014, the city of Surabaya has become one of the friendly cities for the elderly in Indonesia.

Older persons have biological or physical, psychological, and social-emotional states that different with younger adults (Wandera, Kwagala & Ntozi, 2015; Zammit et al, 2012). Concerning the aging process, Ericson (1963 in Pudjibudojo, 2008) through the theory of psychosocial stated that the success of the individual in his old age (achieving well-being) is mostly dependent on the individual's way in resolving conflicts, either personal such as anxiety and loneliness or social relations with other. Each person's happiness is influenced by the relative happiness 3A, or three A's of happiness, namely: acceptance, affection, and achievement. The concept of happiness in psychology known as the psychological well-being (PWB). It's means that happiness is related to the quality of life, life satisfaction, and well-being of the ideal life both physical and psychological. Therefore, biopsychosocial changes in the elderly impacted the elderly's PWB that have six dimensions that are self-acceptance, positive relations with others, autonomy, environmental mastery, purpose