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"Psychology in Changing Global Contexts"

Faculty of Psychology
Universitas Airlangga
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Wellbeing among Elderly in Indonesia and China

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ABSTRACT

Place and duration where the person lives influenced how he/she thinks and behaves. How the person thinks or evaluates about his/her life known as subjective wellbeing (Diener, 2009). Problem of this research is how is the wellbeing of elderly (age 60 and over) who live in Surabaya-Indonesia and in Hangzhou-China. Is there any significant difference of wellbeing among elderly in Indonesia and China? In this research, Psychological Wellbeing (PWB) scale used for measuring wellbeing of elderly (Diener et al., 2009). Results indicated that mean of age of elderly in Indonesia=68.66 years; SD=6.497 (N=101). In China mean of age of elderly=70.75 years; SD=7.658 (N=92). Statistical analysis with independent samples t-test showed there is significant difference between wellbeing elderly in Indonesia and China. Wellbeing elderly in China (mean=41.110; SD=4.710) is higher than Indonesia (mean=23.95; SD=3.822). Context where individual lives makes a different life style, also different way of thinking and feeling about himself or his environment. Finally the way of life influenced elderly wellbeing.

KEYWORDS: Wellbeing, elderly, Indonesia, China

Introduction

Our population is ageing. WHO (2009) estimated in 2025 there is increased of percentage of people aged 60 and over, about 1.2 billion in the world and 75 percent of whom will be living in the ‘develop-ing’ world. Better health services and economic factor make people live longer and have led to a situation where the fastest growing population group in the ‘developed’ world is 80+. The United Nations Population Fund (UNFPA) predicted in 2050 population of age people in Indonesia were 80,000,000 or 25% of Indonesian population (www.beritasatu.com/kesehatan/129193-2050-jumlah-lansia-mencapai-80-juta-jiwa.html).

In Indonesia, people age of 60 and over, between 2000-2020 moved from 7, 18% to 11.34%, estimated 71.6% in 2050 (http://rehsos.deposis.go.id/modules.php?name=News&file=article&sid=1602). In China, the percentage of people aged 65 years and over will rise from 5.5% in 1990, to a predicted 13.3% in 2025, and an estimated 23% of the population (or 114 million) by 2050.

Being old is natural process, where old people will suffer many deteriorated physical, social and emotional functions, and tends to dependent to the others. This functional deteriorated influences the psychological health. Research of Perrig-Chiello, Perrig, Uebelbacher and Stahelin (2006) indicate that the ability to self-determined and exercise control over one’s life is critical to psychological and physical wellbeing and health. Diener, et al. (2009) proposed that subjective wellbeing reflected how the person thinks or evaluates about his/her life.

Place and duration where the person lives influenced how he/she thinks and behaves. Result of cross-cultural study indicated that wellbeing is one indicator of the quality of life in a society. For older people, aged 60 and over he/she had many life experiences, in which this experience influenced their thinking, feeling and evaluating things they faced in their life.

Dimensional approach said that for all people the causes of well-being are fundamentally the same. Ryff and Singer (1998) posited that purpose in life, quality relationships, self-regard, and a sense of mastery are universal features of wellbeing. Self-determination theorists (Deci & Ryan, 1985; Ryan & Deci, 2000) maintain that well-being hinges on the fulfillment of innate psychological needs such as autonomy, competence, and relatedness. If these sources of wellbeing are universal, they provide dimensions along which we can compare societies. Cultures should differ
in SWB to the extent that they provide people with different levels autonomy, meaning, and relationships.

Perspective on universality regardless the specific elements. They said that all cultures enjoy identical levels of SWB. Each culture has different values and the needs they fulfill, but people has to adapt and lead to all societies to be relatively happy. The identity approach likens well-being to a “hedonic treadmill” in which people never change his position even he run respectively.

Methods

In this research we want to know is there any significant difference about wellbeing of the elderly in Surabaya-Indonesia and Hangzhou-China. Data collected with Psychological Wellbeing Scale (PWB) (Diener et al., 2009) for measuring wellbeing and some open ended questions for asking demographic information, such as age, gender, and education. Characteristics of this research sample are elderly, aged 60 and over. Sampling technique in this research is purposive and data analyzed with t-test for independent sample.

<table>
<thead>
<tr>
<th>Variable</th>
<th>Category</th>
<th>Indonesia (N=101)</th>
<th>China (N=92)</th>
<th>Total (N=193)</th>
</tr>
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<tbody>
<tr>
<td>Gender</td>
<td>Male</td>
<td>42 (21.8%)</td>
<td>65 (33.7%)</td>
<td>107 (55.4%)</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>59 (30.6%)</td>
<td>27 (14.0%)</td>
<td>86 (44.6%)</td>
</tr>
<tr>
<td>Age</td>
<td>60-64 years</td>
<td>31 (16.1%)</td>
<td>23 (11.9%)</td>
<td>54 (28.0%)</td>
</tr>
<tr>
<td></td>
<td>65-69 years</td>
<td>30 (15.5%)</td>
<td>18 (9.3%)</td>
<td>48 (24.9%)</td>
</tr>
<tr>
<td></td>
<td>70-74 years</td>
<td>19 (9.8%)</td>
<td>22 (11.4%)</td>
<td>41 (21.2%)</td>
</tr>
<tr>
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<td>75-79 years</td>
<td>13 (6.7%)</td>
<td>17 (8.8%)</td>
<td>30 (15.5%)</td>
</tr>
<tr>
<td></td>
<td>80-84 years</td>
<td>7 (3.6%)</td>
<td>6 (3.1%)</td>
<td>13 (6.7%)</td>
</tr>
<tr>
<td></td>
<td>85-89 years</td>
<td>1 (0.5%)</td>
<td>4 (2.1%)</td>
<td>5 (2.6%)</td>
</tr>
<tr>
<td></td>
<td>90-94 years</td>
<td>0 (0.0%)</td>
<td>2 (1.0%)</td>
<td>2 (1.0%)</td>
</tr>
<tr>
<td>Education</td>
<td>Not going to school</td>
<td>1 (0.5%)</td>
<td>0 (0.0%)</td>
<td>1 (0.5%)</td>
</tr>
<tr>
<td></td>
<td>Not finish elementary</td>
<td>11 (5.7%)</td>
<td>0 (0.0%)</td>
<td>11 (5.7%)</td>
</tr>
<tr>
<td></td>
<td>Elementary</td>
<td>2 (1.0%)</td>
<td>0 (0.0%)</td>
<td>2 (1.0%)</td>
</tr>
<tr>
<td></td>
<td>Junior high school</td>
<td>23 (11.9%)</td>
<td>1 (0.5%)</td>
<td>24 (12.4%)</td>
</tr>
<tr>
<td></td>
<td>Senior high school</td>
<td>34 (17.6%)</td>
<td>4 (2.1%)</td>
<td>38 (19.8%)</td>
</tr>
<tr>
<td></td>
<td>University</td>
<td>23 (11.9%)</td>
<td>49 (25.4%)</td>
<td>72 (37.3%)</td>
</tr>
<tr>
<td></td>
<td>Not answer</td>
<td>0 (0.0%)</td>
<td>38 (19.7%)</td>
<td>38 (19.7%)</td>
</tr>
<tr>
<td>Working status</td>
<td>Retire/not working</td>
<td>76 (39.4%)</td>
<td>21 (10.9%)</td>
<td>97 (50.3%)</td>
</tr>
<tr>
<td></td>
<td>Working</td>
<td>25 (13.0%)</td>
<td>45 (23.3%)</td>
<td>70 (36.3%)</td>
</tr>
<tr>
<td></td>
<td>Not answer</td>
<td>0 (0.0%)</td>
<td>26 (13.5%)</td>
<td>26 (13.5%)</td>
</tr>
<tr>
<td>Marital status</td>
<td>Married</td>
<td>72 (37.3%)</td>
<td>83 (43.0%)</td>
<td>155 (80.3%)</td>
</tr>
<tr>
<td></td>
<td>Not married</td>
<td>3 (1.6%)</td>
<td>6 (3.1%)</td>
<td>9 (4.7%)</td>
</tr>
<tr>
<td></td>
<td>Divorced</td>
<td>26 (13.5%)</td>
<td>0 (0.0%)</td>
<td>26 (13.5%)</td>
</tr>
<tr>
<td></td>
<td>Not answer</td>
<td>6 (0.3%)</td>
<td>3 (1.6%)</td>
<td>9 (4.7%)</td>
</tr>
<tr>
<td>Number of children</td>
<td>0</td>
<td>5 (2.6%)</td>
<td>11 (5.7%)</td>
<td>16 (8.3%)</td>
</tr>
<tr>
<td></td>
<td>1</td>
<td>11 (5.7%)</td>
<td>39 (20.2%)</td>
<td>50 (25.9%)</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>16 (8.3%)</td>
<td>30 (15.5%)</td>
<td>46 (23.8%)</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td>28 (14.5%)</td>
<td>5 (2.6%)</td>
<td>33 (17.1%)</td>
</tr>
<tr>
<td></td>
<td>4-5</td>
<td>25 (12.9%)</td>
<td>6 (3.1%)</td>
<td>31 (16.1%)</td>
</tr>
<tr>
<td></td>
<td>6-10</td>
<td>16 (8.3%)</td>
<td>1 (0.5%)</td>
<td>16 (8.3%)</td>
</tr>
<tr>
<td>Economic status</td>
<td>Low</td>
<td>46 (23.3%)</td>
<td>10 (5.2%)</td>
<td>56 (28.1%)</td>
</tr>
<tr>
<td></td>
<td>Middle</td>
<td>34 (17.0%)</td>
<td>44 (22.8%)</td>
<td>78 (40.4%)</td>
</tr>
<tr>
<td></td>
<td>High</td>
<td>21 (10.9%)</td>
<td>10 (5.2%)</td>
<td>31 (16.1%)</td>
</tr>
<tr>
<td></td>
<td>Not answer</td>
<td>0 (0.0%)</td>
<td>8 (4.1%)</td>
<td>8 (4.1%)</td>
</tr>
<tr>
<td>Living with</td>
<td>A lone</td>
<td>7 (3.0%)</td>
<td>5 (2.6%)</td>
<td>12 (6.2%)</td>
</tr>
<tr>
<td></td>
<td>Spouse</td>
<td>23 (11.9%)</td>
<td>40 (20.7%)</td>
<td>63 (32.6%)</td>
</tr>
<tr>
<td></td>
<td>Spouse + children</td>
<td>40 (20.7%)</td>
<td>12 (6.2%)</td>
<td>52 (26.9%)</td>
</tr>
<tr>
<td></td>
<td>Children</td>
<td>18 (9.3%)</td>
<td>8 (4.1%)</td>
<td>26 (13.5%)</td>
</tr>
<tr>
<td></td>
<td>Brother + sister</td>
<td>4 (2.1%)</td>
<td>3 (1.6%)</td>
<td>7 (2.1%)</td>
</tr>
<tr>
<td></td>
<td>Spouse, children + others</td>
<td>4 (2.1%)</td>
<td>0 (0.0%)</td>
<td>4 (2.1%)</td>
</tr>
<tr>
<td></td>
<td>Others</td>
<td>5 (2.6%)</td>
<td>7 (3.6%)</td>
<td>12 (6.2%)</td>
</tr>
<tr>
<td></td>
<td>Not answer</td>
<td>0 (0.0%)</td>
<td>17 (8.8%)</td>
<td>17 (8.8%)</td>
</tr>
</tbody>
</table>

Results

Reliability test for the psychological wellbeing scale is 0.974 (Cronbach’s Alpha) and the range of coefficient correlation for validity 0.863-0.915. Results of descriptive analysis indicated that in Indonesia majority sample is female (30, 6%), with range of age between 60-69 years (31, 6%). Their education background is senior high school (17, 6%), they are married (37, 3%) and has three children (14,5%). Now they lived with their spouses and children (20, 7%). Their economic background is low (23, 8%) and now they were retired (39, 4%).

Descriptive analysis for China sample indicated that majority sample is male (38, 7%), with range of age between 60-74 years (32, 6%). Their education background is university (25, 4%), they are married (43, 0%) and has one child (20,2%). Now they lived with their spouses (20, 7%). Their economic background is middle level (22,8%) and now majority of them still working (23,3%).
Data analysis with independent sample t-test indicated that there is significant difference between wellbeing elderly in Indonesia and China ($t=−27.893; p\ (0.00) < 0.005$). Mean of wellbeing elderly in China = $41,110; SD = 4,710$ is higher than Indonesia (mean = $23,95; SD = 3,822$).

<table>
<thead>
<tr>
<th>Table 2. Description items of PWB</th>
<th>Indonesia</th>
<th>SD</th>
<th>China</th>
<th>SD</th>
<th>Sig level</th>
</tr>
</thead>
<tbody>
<tr>
<td>I lead a purposeful and meaningful life.</td>
<td>3.18</td>
<td>.69</td>
<td>5.34</td>
<td>.715</td>
<td>0.000</td>
</tr>
<tr>
<td>My social relationships are supportive and rewarding</td>
<td>3.10</td>
<td>.53</td>
<td>5.04</td>
<td>.81</td>
<td>0.000</td>
</tr>
<tr>
<td>I am engaged and interested in my daily activities</td>
<td>3.07</td>
<td>.71</td>
<td>5.28</td>
<td>.78</td>
<td>0.000</td>
</tr>
<tr>
<td>I actively contribute to the happiness and well-being of others</td>
<td>2.84</td>
<td>.78</td>
<td>5.05</td>
<td>.80</td>
<td>0.000</td>
</tr>
<tr>
<td>I am competent and capable in the activities that are important to me</td>
<td>2.69</td>
<td>.80</td>
<td>4.79</td>
<td>.87</td>
<td>0.000</td>
</tr>
<tr>
<td>I am a good person and live a good life</td>
<td>3.07</td>
<td>.60</td>
<td>5.15</td>
<td>.78</td>
<td>0.000</td>
</tr>
<tr>
<td>I am optimistic about my future</td>
<td>3.10</td>
<td>.67</td>
<td>5.15</td>
<td>.76</td>
<td>0.000</td>
</tr>
<tr>
<td>People respect me</td>
<td>2.90</td>
<td>.62</td>
<td>5.12</td>
<td>.76</td>
<td>0.000</td>
</tr>
</tbody>
</table>

Table 2 indicated that sample from Indonesia had lower mean score than sample from China for every items of Psychological wellbeing. First item: “I lead a purposeful and meaningful life”, had highest score both for Indonesia and China elderly. Fifth item: “I am competent and capable in the activities that are important to me”, had a lowest score both for Indonesia and China elderly. All items had significant differences between elderly in Indonesia and China. As Ryff and Singer (1998) postulated that purpose in life and a sense of mastery are universal features of wellbeing. In this research the highest mean score of purpose in life indicated that getting older made them know the direction where they will go. But getting older made them realize that they physical condition getting weak. This make older people not sure about their competency.

Discussion

Results of this study supported the Self-determination theorists (Ryan & Deci, 2000) that wellbeing hinges on the fulfillment of innate psychological needs such as autonomy, competence, and relatedness. Cultures should differ in wellbeing to the extent that they provide people with different levels autonomy, meaning, and relationships. In this research autonomy, as indicated with item: “I am competent and capable in the activities that are important to me”. Mean score of China elderly (4.97) almost twice of Indonesian elderly (2.69), this reflect how the environment influence how they see themselves or their competency.

Background of these samples is different, majority of Indonesian sample were female from low social economic status and low education background (11.9% has a university background, the rest of them were not going to university), many of them are retired. Sample from China were male from middle social economic status with university background (25.4%) and majority of them now still working. Education and economic background of China is higher than Indonesia, make China elderly feel more competence and more autonomous. This condition makes them more satisfied with their life and feel happier. Its can be seen from their score of their psychological wellbeing. Rating of China elderly toward items of Psychological wellbeing “I am competent and capable in the activities that are important to me” is higher (4.97) than rating of Indonesian elderly (2.69). China elderly also rated higher (5.15) than Indonesian elderly (3.10) toward item “I am optimistic about my future.”

Ryff et al. (Ryan & Deci, 2001) said that economic status related with self acceptance, purpose in life, environment mastery and personal growth. People with low social economic status tend to compare with people with higher social economic status. Ryff (1989) also stated that late adulthood had a lower score for purpose in life and personal growth, but middle adulthood had a higher score in environmental mastery and early adulthood had a lower score in autonomy and environmental mastery but had a higher score for personal growth.

Ryff (1989) stated that the dimension of positive relation with the other has a significant difference between male and female. Female had many negative emotional experiences than male. This made female tend to solve their problems than male.

Different environment (Indonesia and China) and relation with other, including family made people had different values and experiences, which this values and experiences will influence how they think, feel and behave. It seems that cultural psychological differences are rooted not only in values but also in the material world. However, because culture is dynamic, what makes people happy may change across generations, as well as within the individual, as different aspects of a culture become salient. Nevertheless, there may be some universal correlates of wellbeing even in the face of cultural variations, such as autonomous internalization of cultural values.
REFERENCES


