

ABSTRACT

The Effect of Coping Strategy on Psychological Well-Being in Elderly with Chronic Diseases

Syahla Zetria¹⁾, Maria Jane Tienoviani Simanjuntak²⁾

¹⁾*Student of Psychology Department, Universitas Pembangunan Jaya*

²⁾*Lecturer of Psychology Department, Universitas Pembangunan Jaya*

The elderly population in Indonesia is increasing, accompanied by a prevalence of chronic diseases that affect their psychological well-being. Elderly individuals with chronic diseases often face physical and psychological stressors that reduce their quality of life. This study aims to analyze the effect of coping strategies on psychological well-being among elderly individuals with chronic diseases. A quantitative research approach was employed using proportionate stratified random sampling, involving 349 participants aged 60–70 years. The instruments used were the Psychological Well-Being Scale (PWBS) and Brief COPE. Results showed that problem-focused coping (PFC) and dysfunctional coping (DFC) significantly affect psychological well-being in elderly individuals with chronic diseases. However, emotion-focused coping (EFC) has no significant effect on psychological well-being. This study concludes that coping strategies are crucial to supporting the psychological well-being of elderly individuals.

Keywords: *Coping strategy, psychological well-being, elderly, chronic disease*

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