

## Gratitude With Well Being for Elderly Who Live in Social Care Residence : A Review

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**Abstract.** The purpose of this article was to review on gratitude with wellbeing for elderly who live in Social Care Residence. The review is based on the goals, demographic aspects, and research design used in the study. The review was 12 studies published on International Journal from 2008-2016. The results of the review indicate that the tendency of subjects who were targeted in the study were elderly with age over 65 years with various psychological conditions. Quantitative was the most research design used in these research, others used experimental and qualitative case study. These trends and their implication for future research, especially at the social care residence that examine gratitude with wellbeing are discussed.

**Keywords:** review, gratitude, wellbeing, elderly.

### INTRODUCTION

Psychological Well-Being on the individual is not only seen as the presence or absence of a mental disorder, but also the individual's consciousness of the positive psychological resources it has (Christopher, 1999; Hupert, 2009; Mooeenizadeh & Salagame, 2010). Ryff (1989) adds that psychological wellbeing is a concept related to what the individual perceives about activities in everyday life and leads to the expression of personal feelings for what is felt by the individual as a result of his life experience.

According to Ryff (1989) the description of the characteristics of people with psychological well-being refers to Rogers's view of a fully functioning person, Maslow's view of self-actualization, Jung's view of individuation, Allport's concept of maturity, the concept of Erikson in describing individuals who achieve integration rather than despair. Psychological wellbeing can be characterized by the acquisition of happiness, life satisfaction and the absence of signs of depression (Ryff, 1995). Psychological welfare is closely related to a sense of gratitude. The results show that gratitude and forgiveness has been found to be positively correlated with psychological wellbeing and life satisfaction (Shruti Shourie, 2016). The degree of gratitude is more than a personality factor because it is important for a person in obtaining subjective well-being (Chih-Che Lin, 2013).

Gratitude can be expressed because there is a good fortune in the self and the luck does not have to make someone successful or not. According to Wood, Joseph & Maltby (2009) kebersyukuran as a personal trait of positive thinking, present a more positive life. While McCullough, Emmons, Kilpatrick & Larson (2001) conceptualize gratitude as a moral feeling, because usually moral feelings can cause concern for others. Being grateful for life experiences has a positive impact on the behavior of individuals. Individuals who can be grateful for their life experiences, whether positive or negative experiences show more positive behavior (McCullough, Tsang & Emmons, 2004).

Polak & McCullough (2006) show that gratitude is the recognition that one can benefit from the good of others. McCullough, Kimeldorf & Cohen (2008) define gratitude as a pleasant emotion, but unlike happiness due to gratitude is usually preceded by the perception that someone has benefited from the good of others, because gratitude is based on receiving benefits from others. The same is true of Froh, Fan, Emmons, Bono, Huebner & Watkins (2011) that gratitude is an appreciation experienced by individuals when someone does something good or beneficial to them.

The Elderly Period is a period of adjustment to diminished strength and health, looking back on life, retirement and adjustment to social roles (Santrock, 2006). Psychically, the elderly feel anxious to face the end of his life, although there are still many elderly who can bring happiness and grateful for the time of his life. In general kebersyukuran will not be separated from various circumstances that mengiriinya. Kebersyukuran will always be closely related to the acquisition of a favor, but different things when someone is faced with the opposite condition.

McCullough (2002) found that grateful people, compared to their less grateful counterparts, tend to experience more positive emotions, enjoy greater satisfaction with life and more expectations, and tend to experience depression and anxiety. Researchers assume that if the elderly are able to reach a high gratitude point it will be followed by high levels of well-being in themselves. From the above explanation, researchers are interested in discussing the relationship between gratitude and well-being in the elderly living in the orphanage.

### Review Procedure

Collection of research results conducted by looking for literature in the form of journal articles via computer on several websites, among others:

1. [www.eric.ed.gov](http://www.eric.ed.gov)
2. [www.scholar.google.co.id](http://www.scholar.google.co.id)
3. [www.proquest.com](http://www.proquest.com)
4. [www.e-resources.perpustakaanindonesia.com](http://www.e-resources.perpustakaanindonesia.com)

The keywords used in the journal literature search are gratitude, wellbeing, life satisfaction, subjective wellbeing, psychological wellbeing, elderly, late adulthood.

## REVIEW AND DISCUSSION

After a review of 12 research journals on gratitude and wellbeing, the following presented a summary of the results study.

No	Peneliti & Tahun	Subjek	X	Y	Hasil
1.	Loren Toussaint, Philip Friedman (2009)	72 patient	Gratitude	Forgiveness and well being in mediation by role of affect and beliefs	There is a positive relationship between gratitude with wellbeing and has a strong relationship with the mediation factor (rxy = 0.59)
2.	Lung Hung Chen, (2008)	Study 1: 169 high school athletes Study 2: 265 adult athletes	Sport dispositional gratitude	Team satisfaction and life satisfaction	There is a positive relationship between dispositional gratitude and life satisfaction (rxy = 0.43)
3.	Shruti Shourie, Harsmeet Kaur (2016)	250 students ages 16-18 years	Gratitude, forgiveness	Psychological wellbeing	There is a positive relationship between Gratitude, forgiveness with Psychological wellbeing. (rxy = 0.17)
4.	Chin-Che Lin, (2013)	504 students	Gratitude	Subjective wellbeing	There is a positive relationship between Gratitude and Subjective wellbeing (rxy = 0.37)
5.	Chih-Che Lin (2015)	375 students	Gratitude	Resource development and emotional wellbeing	There is a positive relationship between Gratitude with social support, positive emotion, emotional wellbeing.
6.	Brenna D.Hoy, Shannon M.Suldo (2013)	148 elementary school students	Parents and children's gratitude	Life satisfaction and hope	There is a positive relationship between child satisfaction with parents satisfaction (rxy = 0.26).
7.	Yu-Chu Yeh, Chih-Che Lin (2014)	750 students	Gratitude	wellbeing	There is a positive relationship between Gratitude with wellbeing (rxy = 0.43)
8.	Peizhen Sun (2013)	354 final-year students	Gratitude	Life satisfaction	There is a positive relationship between gratitude and life satisfaction mediated with affective (rxy = 0.95)
9.	Philip C.Watkins, Russel Kolts(2003)	237 Psychology student	Gratitude and happiness	Subjective wellbeing	The gratitude scale has good internal consistency against subjective wellbeing.
10.	Carmel Proctor, John Maltaby (2010)	135 Psychology student	Strength	Well being and health related quality of life	There is a positive relationship between strength with subjective wellbeing (rxy = 0.15)
11.	Allison Killen(2015)	88 elderly	Gratitude intervention	wellbeing	Gratitude interventions have great benefits for improving well being for the elderly.
12.	Elliot Kruse (2014)	50 the final adult participant	Gratitude	Humility	Gratitude has a positive relationship with humility (rxy = 0.38)

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