

# The Existential Communities Play Therapy to Increase Self-Acceptance in the Elderly with Post-Power Syndrome

Rizki Wira Paramita,  
University of Muhammadiyah Malang  
rwiraparamita@gmail.com

Fatimah Azzahra  
University of Muhammadiyah Malang  
Fatimaazzahra218@gmail.com

Dwi Martha Ramadhani  
University of Muhammadiyah Malang  
Martharamadhani00@gmail.com

Rifdha Wahyuni  
University of Muhammadiyah Malang  
rfd.wahyuni@gmail.com

Alif Aulia Masfufah  
University of Muhammadiyah Malang  
auliaa.aliff@gmail.com

*Abstract.* Subjects were elderly aged 55-95 years old consisting of 11 men and 14 women. Subjects is a person who experienced the symptoms of post-power syndrome after being pensioner. Based on the results of assessment by using interview, observation and measurement with post-power syndrome and self-acceptance questionnaires, it was found that the subject experienced post-power syndrome which was included in the adjustment disorder with mixed disturbance of emotions and conduct (309.4 (F43.25)). This causes the subject always feeling compelled to be listened to, sensitive when criticized and easily aggressive when they disagree with others. In addition, the subject regret his life in the past by continuously, lacks enthusiasm, feels weak and helpless making him look like he lacks of energy, eyes are glazed and easily hurt. The intervention aims to increase self-acceptance in the subject through community play therapy existential techniques. The results of the intervention, the client experienced an increase in self-acceptance which was marked by the enthusiasm of the subjects in carrying out daily activities, smiling more, being more positive to look on the bright side of life and being able to motivate each other in groups.

*Keywords:* Existential community play therapy, self-acceptance, elderly and post-power syndrome.

## Introduction

Post-Power Syndrome is defined as a problem faced by individuals when they have retired and is in their old age. Hurlock (2003) explains that old age is the last stage of life lived by individuals and is in the age group 60 years and over. There are many problems that arise when individuals are at this stage, both physical and psychological problems. Kartono (2000) explains that syndrome / syndrome is a set of interrelated symptoms and gives rise to somatic reactions in the physical form of certain diseases, injuries and damage. While the definition of post-power syndrome is a somatization reaction that arises in the form of certain diseases that are not known to cause medically, resulting in progressive damage to mental and physical functions which can be caused by the individual no longer working, retiring or no longer in office or in power.

Individuals with post-power syndrome are characterized by having feelings of sadness, fear, anxiety, inferiority or inferiority, feeling useless, despairing and full of confusion, making it easier to feel despair. In general, this syndrome occurs a lot when individuals will face retirement. Physically, it will bring up certain diseases and make the individual's condition weak and susceptible to disease.

Setiati, et al (2006) explained that syndrome is a set of symptoms while power is power. So it can be interpreted that post-power syndrome is a set of psychiatric and emotional symptoms that are less stable and negative that appear after individuals lose their power. In general, individuals with post-power syndrome are of the view that work and work are basic needs and become an important part of human life. Thus, the pride and great interest generated by the work in the form of rank, position and other symbols of greatness succeeded in forming social status and precipice.

The symptoms of this problem are rooted in the amount of stress experienced so that it causes tension and inner stress, disappointment and fears that are sometimes unreasonable but interfere with individual functions in general. This syndrome is suffered by many retirees, retired officers, ex-employees (after being laid off) who experience problems adjusting to the demands of new living conditions. Hartati (2002) explains that this post-power syndrome if allowed to drag on will develop into dementia so that it will disrupt the individual's function in general both physically, psychologically and socially.

The aspects of post-power syndrome are as follows; a) Physical symptoms include easy tiredness, glazed eyes, lack of enthusiasm and easy sickness, b) Psychic symptoms include apathy, tendency to depression,

frequent isolation, never feeling satisfied, despair, irritability, anxiety, emotional outbursts, feeling worthless, and so on, c) Symptoms Behavior includes quiet, sensitive to the crowd, easy to show expressions of disappointment, sadness and anger and so on.

As in the case that will be explained below. The development of disturbances starting from problems will receive status as a retiree. During the year before the times came, the subject had experienced symptoms such as loss of authority due to the decrease in workload and the busyness of other staff to find the right substitute and accompanied by the emergence of emotional symptoms as described above. This condition gets worse when the subject is already in retirement coupled with daily activities that are only at home with children who are far from the subject.

The symptoms raised by post power syndrome are similar to the symptoms found in the criteria for adjustment disorder with mixed disturbance of emotions and conduct. Therefore, interventions designed to overcome this problem are related to increased self-acceptance in the elderly so that it is expected to be able to reduce the symptoms of post power syndrome possessed by the subject. The technique used is existential community play therapy where the subject will be invited to play to commemorate childhood life when playing traditional games. Reflection is done to bring insight into the current life and create a more positive attitude in looking at the future or the next life.

### Methods

Assessment for proper enforcement of diagnose is carried out through a series of methods including interviews, observation and giving questionnaires. Interviews were conducted on subjects to get more in-depth information about the history of the problem which is a natural subject. Observations are made to find out how the subject's behavior in the community.

The questionnaire used includes the post-power syndrome scale to determine the severity score of the disorder experienced. Then, the subject also provides a self-acceptance scale to find out how far the subject is able to accept him.

From the assessment results before the intervention was obtained, there were 17 subjects who had high PPS scores and 8 subjects had PPS scores in the medium category. Whereas for the SA score, it was found that 11 subjects had low SA scores and 14 subjects had SA scores in the medium category. These results indicate that the symptoms of post power syndrome that appear on the subject are also followed by the low self-acceptance of each subject. Therefore, psychological intervention is needed to prevent the development of PPS symptoms and improve SA in the subject.

The intervention used is play therapy with an existential approach. Play therapy is one type of intervention that uses game media to overcome a psychological problem. Play is done voluntarily or spontaneously, to get satisfaction or excitement. Playing

is fun and exciting (Landreth, 2001; Zellawati, 2011). An existentialism approach, having the view that individuals are human beings is useful, unique, self-expression and self-help encourages self-actualization (LaBauve, 2001; Zellawati, 2011). The main purpose of existential therapy is to help individuals return to authenticity and experience their life as real (Bugental, 1965; May, 1958; Ofman, 1976; Oppenheimer, 1988). Existential therapists try to help someone find, through reflection and action, that they can continue their lives and identities without remaining committed to before, no longer useful, assumptions, goals, and patterns.

### Results

#### Post-intervention assessment results

Post-intervention was assessed twice at the end of each intervention activity per day. The intervention was carried out for 2 weeks with 4 sessions. That is, in a week two sessions are given on the subject. Following are the results of the assessment at the end of the activity in the first week:

##### a. End of Session II

Based on the results of the above assessment, it is known that in general there is a change in scores on each scale. That is, the intervention has a significant effect on reducing PPS scores and increasing SA scores. From the results above it can be seen that there are 7 subjects who still have a high score on the PPS scale which was originally indicated by the number of 14 subjects. While 18 subjects were in the medium category.

For the SA score, it was found that there was 1 subject who had a low score and the remaining 24 subjects showed an increase in the score to the medium category. This also shows that the interventions carried out in session 1 and session 2 have a significant effect on the subject.

##### b. End of Session IV

Based on the results above it can be seen that, all subjects managed to reduce the PPS score category to moderate and the changes that occurred showed significant results. Whereas for the SA category score shows that there are 4 subjects who are able to increase their SA score category to be high and 21 other subjects are in the medium category. Both of these results indicate that the interventions carried out proved able to have a significant effect on the subject.

##### c. Paired Sample T-test

Based on the results of statistical tests using a paired sample t-test that aims to determine whether there are differences in the average of two samples (two groups) in pairs. If the probability value or Sig. (2-tailed) < 0.05, then there is a significant difference between the tests given before and after the intervention. Conversely, if the probability value or Sig. (2-tailed) > 0.05, there was no significant difference before and after the intervention is given.

Based on the output, the results obtained that the value of Sig. (2-tailed) of 0.000, where 0.000 < 0.05 so it can be concluded that the provision of interventions can

improve self-acceptance in the elderly with post-power syndrome which is evidenced by the significant differences in the results of the tests given before and after the intervention. This shows that the intervention has a significant effect.

### Discussion

Giving intervention on subjects with traditional game media was able to provide insight that there has been a change in his life. This is reinforced by providing a reflection method where the subject is able to analyze what changes have taken place themselves and show how they should behave towards these changes. According to Hjelle and Ziegler (in Sari & Nuryoto, 2002) individuals with good self-acceptance have tolerance for frustration or annoying events, and tolerance for their weaknesses without having to be sad or angry.

In addition, the support shown by fellow members of the community, further strengthens the positive energy that has been raised and undermines the negative thinking that states that the subject is a weak and helpless person. Support from fellow community members is very important, considering they are from the same background as retirees. In addition, with the interaction between others, it is hoped that it will improve the functioning of the subject in the social environment so that the subject is able to adjust to the new status and put themselves in the right position in their respective environments. Social support from fellow members of the community also plays a role in reducing the symptoms of post power syndrome, because retirees who get support from their families to remain active in activities, establish friendships outside the home will have a good adjustment to their retirement (Leilan & Indriana, 2015). According to Schultz (in Leilan & Indriana, 2015) activities carried out after retirement can provide four benefits; it is an adjustment to missing roles, as a balance, as an activity, and as a source of satisfaction.

The increase in self-acceptance shown by the subject after giving intervention is seen by the increasing initiative to continue to be active in their respective environments by participating in various activities that take place. Subjects are able to show a better role and are more able to think openly when invited to discuss. Other changes seen were subjects motivated to influence other elderly people who also experienced the same thing to be actively involved in the activities of this elderly community. This can be seen clearly with the increasing number of participants who came to take part in the activity the following week.

Self-acceptance can affect a person's level of anxiety in the face of retirement, therefore self-acceptance becomes an important factor when entering retirement (Wulandari & Lestari, 2018). Yuniarti, Ningrum, Widiastuti, and Asril (in Wulandari & Lestari, 2018) explain that self-acceptance is very important for both yourself and family and the environment. Individuals

with good self-acceptance can accept the retirement situation that they will face later.

### Conclusion

The results of this study indicated that play therapy can be given not only to children, but the existential approach can also be applied to the elderly, especially to increase self-acceptance in the elderly with post-power syndrome.

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