

# Psychological Well-Being of The Elderly of The Rejang Tribe in Bengkulu

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**Abstract.** Bengkulu Province is transitioning towards an older population structure. Demographic and socio-economic factors are significant drivers of psychological well-being. Therefore, further understanding of the psychological well-being of older adults is needed. The research method uses a qualitative research type. The research subjects were elderly people from the Rejang tribe in Bengkulu. The three main tools used are participant observation, in-depth interviews, and focus group discussions. Ryff's Psychological Well-Being Scale (RPWB) 18 items was also used to measure an individual's psychological well-being. This research found that, the psychological well-being of elderly women had higher scores in relationships with others and in personal growth, while elderly men scored better in self-acceptance, autonomy, purpose in life, and mastery of the environment. Culture influences every aspect of life. The dominant norms relate to group togetherness and connectedness. Group goals are more valued than individual preferences, more motivated to maintain harmony in interpersonal relationships. Conditions that support individual connectedness foster motivation and involvement in activities while increasing performance, persistence and creativity. Values of filial piety promote a positive view and high regard for aging and older adults.

**Keywords:** Collectivism, Culture, Elderly, Psychological well-being, socio-demographic

## 1 Introduction

Aging population has become a global phenomenon. The populations of high-income countries in Asia are aging. The age structure is shifting increasingly towards the elderly population, while the productive age is decreasing. This phenomenon also occurs in Indonesia [1]. Indonesia is also starting to enter an era of aging population. In 2010, the number of elderly people or people over 60 years old in Indonesia was 18 million. In 2045, the number will increase to 56.99 million [2]. Population aging, defined as an increase in the proportion of elderly people (those aged 60 years and over) in the total population has occurred worldwide. In developed countries, population aging occurs over a time span of more than a century and hence these countries are able to prepare themselves for an aging society.

Eight provinces in Indonesia have entered an old population structure in 2021, meaning that more than ten percent of the population is elderly. The eight provinces are Special Region of Yogyakarta (15.52 percent), East Java (14.53 percent), Central Java (14.17 percent), North The eight provinces are: North Sulawesi (12.74 percent), Bali (12.71 percent), Lampung (10.22 percent), South Sulawesi (11.24 percent), Special Region of Yogyakarta (15.52 percent), East

Java (14.53 percent), Central Java (14.17 percent), and West Java (10.18 percent). In terms of gender, there are 52.32 percent more old women than senior men (47.68 percent). There are older persons living in urban regions at a rate of 53.75 percent compared to 46.25 percent in rural areas, depending on where they live [1].

The elderly population in Bengkulu Province reached 162.26 thousand people in 2020, or around 8.06 percent of the total population. This condition shows that Bengkulu Province is transitioning towards an aging population structure. The elderly population is spread across urban and rural areas. In 2020, elderly people in rural areas reached 8.29 percent, while in urban areas it was around 7.59 percent. Bengkulu Province's elderly population is primarily composed of young seniors (those in the age category of 60–69), who make up 5.60 percent of the total. The remaining seniors are middle-aged (those in the age group of 70–79), who make up 1.91 percent, and old-aged (those in the age group of 80+), who make up 0.55 percent [3].

Most countries are concerned about the negative consequences of an aging population. Currently, Indonesia is experiencing a demographic bonus where the dependency ratio is at its lowest point. Based on estimates using 2015 SUPAS data, currently Indonesia's dependency ratio is 54.22 percent. Then, it will continue to increase until 2045 with a value of 68.17 percent. In 2020 there were 6.1 productive age residents who supported one elderly population. In 2045 there will be 3.0 people of productive age who support one elderly population. This indicates that the more the elderly population, the fewer the number of productive people who can support the elderly. The fewer people of productive age who bear the elderly will burden the welfare of a country [4]. The age structure of the population influences economic growth in Indonesia. The proportion of people in the middle age range (50–64) has a detrimental impact on economic expansion. Potential economic growth will be hampered by an increase in the senior population over the next 20 years, with annual losses of roughly 0.5–0.7 percent [5].

The phrase psychological well-being is ambiguous and might signify different things to different individuals. A person's ability to manage and adjust to the ongoing stressors of daily life in a way that is acceptable is referred to as their psychological or mental health [6]. Psychological well-being and health are closely related, and the relationship becomes more important at older ages, but psychological well-being is influenced by many factors other than health [7]. Welfare is a multifaceted concept that is not determined by a single aspect. It has been demonstrated that cultural and individual factors have a significant impact on wellbeing. Therefore, in order to improve our understanding of psychological well-being, it is essential to look at the particular characteristics and values that exist throughout civilizations and can account for notable and distinctive difference. A person's culture is essentially the lens through which they perceive the world. Culture is commonly characterised as persistent behaviours, ideas, attitudes, and customs shared by a large group of people and handed from one generation to the next. [8]. In one culture, something that is perfectly normal and healthy can easily be classified as abnormal in another. The Rejang tribe is one of the oldest ethnic groups in Sumatra.

The Rejang tribe in Bengkulu dominates the Rejang Lebong Regency, Kepahiang Regency, Central Bengkulu Regency, North Bengkulu Regency and Lebong Regency. Based on the vocabulary and dialect of the Rejang language, this ethnic group is categorized as Proto Malay. The civilization of the Rejang people is more advanced than other communities. This is proven by the fact that the Rejang community has its own community government consisting of five *tuwi kutei* people. *Kutei* is an original customary law community that is established and genealogically consisting of at least 10 to 15 families or houses, while the *tuwi kutei* is the head of the *kutei* who is chosen based on the lineage of the founder of the *petulai* (the original family

unit of the Rejang community). With the existence of the *petulai* system, it indicates that the Rejang community already has customary law which is obeyed by its supporters. The advanced civilization of the Rejang people is also marked by the fact that the Rejang tribe has its own script as a means of conveying information, namely the *kaganga* script [9].

Regarding age, gender, and culture, there can be wide differences in well-being. As was previously said, the degree of individualism and collectivism in a culture is a cultural variable that can affect how sociological variables and well-being are related. Collectivist (rural) cultures are more socially supportive and have stronger senses of group cohesion, both of which improve wellbeing. On the other hand, people value their own well-being and the freedom to decide how to get it more in more individualistic (urban) societies.

To improve our understanding of psychological well-being, we must look at the particular characteristics and values that exist in different communities and can account for notable and distinctive difference. Thus, the research problem is stated as follows: How well-off are the elderly members of the Rejang tribe psychologically in Bengkulu?

## 2 Methodology

The aim of this research is to investigate the psychological well-being of the elderly in the Rejang tribe in Bengkulu. Ethnographic case studies are designed to explore cultural contexts, processes and practices.

The subjects of this research were the elderly from the Rejang tribe in Taba Penanjung District, Central Bengkulu Regency, Bengkulu Province. In Central Bengkulu Regency, the Rejang tribe generally lives in Taba Penanjung District, Karang Tinggi District, Pagar Jati District, and Pematang Tiga District. The Rejang people in Taba Penanjung District form traditions according to their culture and interact with other communities [10]. The inclusion criteria for research subjects were: 1) age  $\geq 60$  years (elderly) with a Rejang ethnic background; 2) lived in the current region for more than 2 years; and 3) voluntarily participate in this research.

Taba Penanjung District consists of 13 villages, divided into 9 developing villages and 4 underdeveloped villages. All villages in Taba Penanjung District have the status of definitive villages. The population of Taba Penanjung District in 2020 reached 11,556 people. The gender ratio of the population of Taba Penanjung District in 2020 was 105. This shows that for every 100 female residents there are 105 male residents.

A holistic ethnographic method was adopted to collect data through a combination of field research tools in this ethnographic case study. The three main tools are questionnaires, in-depth interviews, and focus group discussions. In-depth interviews are used to discuss concepts, and obtain clarification.

Ryff's Psychological Well-Being Scale (RPWB) 18 items is a tool for measuring individual psychological well-being (psychological well-being), there are 6 dimensions for measuring RPWB, namely: autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance [11]. The reliability results of the RPWB score are high, namely 0.845. Testing construct validity through factor analysis obtained figures of 0.306-0.731 [12]. Based on Exploratory Factor Analysis and Chronbach's Alpha reliability test, it can be concluded that the 18 items are valid and reliable [13]. It was found that 48 items had high

item-to-total correlations, ranging from 0.304 to 0.580. Meanwhile, the scale reliability is 0.912 [14].

This research involved the use of several data collection methods, primarily participant interviews, and used an inductive approach to data analysis, extracting concepts from a specific set of details that make up the data base.

### 3 Results and Discussion

There were 23 elderly people selected as research informants, spread across six villages: Datar Lebar, Lubuk Sini, Penum, Rindu Hati, Sukarami, Surau, dan Tanjung Heran.

**Table 1.** Characteristics of Informants According to Age, Gender and Psychological Well-Being Score

No.	Village	Informant	Age	Sex	Psychological Wellbeing						Total RPWB
					1	2	3	4	5	6	
1	Datar Lebar	1. Yam	75	P	S	T	T	T	T	T	T
		2. Mas	85	L	T	T	T	T	T	T	T
		3. Idi	70	L	S	T	T	T	T	T	T
2	Lubuk Sini	1. Ram	70	P	S	S	T	T	T	T	T
		2. Her	80	L	T	T	T	T	T	T	T
		3. Sah	80	L	T	T	T	T	T	T	T
		4. Rah	80	P	T	T	T	T	T	T	T
		5. Ami	80	P	T	T	T	T	T	T	T
3	Penum	1. Zai	68	P	S	S	S	S	S	S	S
		2. Sal	62	L	R	R	R	R	S	S	R
4	Rindu Hati	1. Sim	73	P	S	S	S	S	S	T	S
		2. Had	95	P	T	T	T	T	T	T	T
		3. Han	75	P	S	S	T	S	S	T	S
		4. Eri	63	P	S	S	T	S	S	T	S
		5. Mus	78	L	S	S	T	T	T	T	T
5	Surau	1. Nur	85	P	R	R	R	R	R	S	R
		2. Kin	83	P	S	S	S	S	S	T	S
		3. Mus	70	L	R	R	S	R	R	S	R
		4. Sai	74	P	S	S	T	S	S	S	S

6	Tanjung Heran	1. Bak	73	L	T	T	T	T	T	T	T
		2. Sis	82	P	T	T	T	T	T	T	T
		3. Hat	100	P	T	T	T	T	T	T	T
		4. Hal	75	P	S	S	S	S	T	T	S

Description:

Autonomy: self-determination and independence,

Personal Growth: openness to experience, development of individual potential,

Self-Acceptance: the ability to accept various aspects of the personal self,

Life Goals: the ability to set individual goals and direction in life,

Environmental Control: the individual's capacity to manage the environment, and

Positive Relationships with Other People (Environment): the individual's capacity to develop bonds of affection and intimacy.

T: Tinggi (High)

S: Sedang (Medium)

R: Rendah (Low)

According to this study, older males scored higher on psychological well-being measures such as self-acceptance, autonomy, purpose in life, and mastery over the surroundings than older women did on measures related to interactions with others and personal progress. Tueak Serembeak created the twelve Rejang Tribe characters: accountability, bravery in making choices, sharing, compassion, perseverance, teamwork, diligence, never giving up, enduring enthusiasm, daring to take on obstacles, and patience while dealing with issues. Culture influences every aspect of life. The dominant norms relate to group togetherness and connectedness. Group goals are more valued than individual preferences, more motivated to maintain harmony in interpersonal relationships. Conditions that support individual connectedness foster motivation and involvement in activities while increasing performance, persistence and creativity. Values of filial piety promote a positive view and high regard for aging and older adults.

The findings of this study support those of Díaz et al.'s research, which shows that longer and healthier lives are typically led by those with higher psychological well-being [15]. They typically have higher quality of life as well [16] [17]. Better psychological well-being is also associated with fewer social problems. Additionally, positive psychological well-being tends to predict higher income and more pro-social behavior. Seniors are also more likely to enjoy positive psychological well-being when their basic needs fulfilled. Living in a safe rural area, having enough food, and having adequate shelter are important factors for emotional health.

According to Ryff (2013), prosperity entails endeavours towards enhancement and transcendence that flourish in the development of individual potential and abilities. [18]. The notion of well-being encompasses various viewpoints. [19]. A life perspective focused on growth and meaning-making results from the first, which is eudaimonic and connected to psychological well-being (PWB); the second, life satisfaction/LS, is a hedonistic perspective that is connected to subjective well-being or life satisfaction (LS) [20]. It refers to a value judgment in which a person's quality of life is assessed globally according to his or her chosen criteria [21].

Life satisfaction (LS) is a subjective measure of personal life satisfaction that varies depending on the viewpoint of the individual. The cognitive aspect of subjective well-being is known as LS. [22]. Happiness, LS, and well-being are terms that are used interchangeably. For many years, researchers have looked into well-being to explain personal satisfaction. It is comprised of two components: subjective well-being (SWB) and psychological well-being (PWB), which is defined by Ryff (1989) as self-acceptance, positive connections with others, autonomy, environmental mastery, purpose in life, and personal growth. [23]. Consisting of LS, positive affect (PA), and absence of negative affect (NA) [22].

The definition of psychological well-being includes processes related to human development, personal progress, and self-actualization. [24] [25] It is a multidimensional construct made up of six dimensions, including self-acceptance (the capacity to accept different facets of one's own self), personal growth (the development of one's own potential via openness to experience), and autonomy (i.e., self-determination and independence). purpose in life (the capability to establish personal objectives and trajectories), environmental mastery (the ability to control one's surroundings), and healthy interpersonal relationships (the environment, the ability to form close, loving relationships) [26] [24] [25] [27].

## **4 Conclusion**

While older males score higher on psychological well-being measures like self-acceptance, autonomy, purpose in life, and environmental mastery, older women score higher on psychological well-being measures like interactions with others and personal progress. Elderly people with higher psychological well-being are those whose basic needs fulfilled, live in a safe area, have enough food, and have adequate shelter. Positive psychological well-being thus predicts higher income. They are more likely to live healthier and longer; more likely to enjoy a better quality of life. They adopt greater pro-social behaviour and stay out of social troubles. They have a higher chance of enjoying a higher quality of life and living longer, healthier lives.

Tueak Serembeak created the twelve Rejang Tribe characters: leadership, bravery in making choices, sharing, compassion, perseverance, teamwork, diligence, never giving up, enduring excitement, daring to take on obstacles, and patience while dealing with issues. Every facet of life is impacted by culture. Conditions that support individual connectedness foster motivation and involvement in activities while increasing performance, persistence, and creativity. Values of filial piety promote a positive view and high regard for aging and older adults.

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