

## ABSTRAK

Penelitian ini bertujuan untuk mengetahui gambaran kesejahteraan psikologis (*psychological well-being*) pada lansia yang berstatus janda pasca kematian pasangan dan faktor apa saja yang memengaruhi kesejahteraan psikologis (*psychological well-being*) pada lansia yang berstatus janda pasca kematian pasangan. Penelitian ini dilakukan pada lansia janda dengan menggunakan pendekatan kualitatif fenomenologis. Data dianalisis menggunakan *interpretative phenomenological analysis* (IPA). Penelitian ini berhasil mengidentifikasi aspek kesejahteraan psikologis. Kedua partisipan mampu menerima kondisinya sebagai lansia janda dan mengatasi pengalaman buruknya di masa lalu, dengan mendapatkan dukungan sosial dari anak-anak, mengikuti kegiatan positif di luar rumah, dan terus membangun hubungan dengan Tuhan. Bagi penelitian selanjutnya yang tertarik untuk meneliti *psychological well-being* pada lansia janda dapat meneliti pada lansia janda akibat perceraian atau kondisi lainnya.

**Kata kunci :** lansia janda pasca kematian pasangan, *psychological well being*.

## **ABSTRACT**

*The purpose of this research is to know psychological well-being to the widowed elderly after their husbands' death and what the factors that influence the widowed elderly when their husbands' death. This research is done to the widowed elderly by using phenomenological qualitative approach. Interpretative phenomenological analysis (IPA) is used of the data analysis. This research was successful to identify the psychological well-being. Both of the participants were able to accept their condition as widowed elderly and overcome their bad experiences in the past by getting social support from their children, joining positive activities outside of their houses, and building a good relationship with God. The next researchers who are interested to do a research about psychological well-being to the widowed elderly can research the causes of divorce or another condition.*

**Keywords:** *widowed elderly after husbands' death, psychological well-being.*