



DESCRIPTIVE STUDY OF PSYCHOLOGICAL WELL BEING IN ADULT WOMEN WITH OBESITY IN THE CITY OF BANDUNG, INDONESIA

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Abstract:

Bandung is one of the cities with the highest population potential rate of obesity, namely 16.3 percent. Individuals who are obese experience negative acceptance in their lives, for example limited movement, discrimination, bullying and difficulties in interpersonal relationships but different realities occur in the field. Most of the adult women who are obese show acceptance of their body condition and are not disturbed in their daily activities and think positively about their body shape. An individual's condition to have a positive attitude towards themselves and others, can make their own decisions and regulate their behavior, can regulate the environment, have a purpose in life and try to develop their potential is known as Psychological Well-Being. The purpose of this study was to obtain empirical data regarding the psychological well-being of obese adult women. The method used is descriptive study method with a total population of 38,451 obese adult women so that it uses a purposive sampling technique with certain considerations. The number of respondents is 74 people. Data were collected using a measuring instrument for psychological well-being from Ryff which was adapted to the objectives of this study. The number of valid question items was 77 items. The results showed 51 people or 69% obese adult women had high psychological well-being and 23 people or 32% obese adult women had low psychological well-being.

Keywords: psychological well-being, obesity, adult women

1. Introduction

Health is a very important thing and more attention these days. Good health is shown by indicators of a healthy diet, proper sleep patterns and maintaining body shape by

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exercising regularly. Good health has an impact such as a healthy and fit body so that it is easy to carry out daily activities that can be seen from the ideal body shape. Having an ideal body is a dream for everyone, be it women, men who are teenagers or adults and even people who are elderly. However, at present there are many phenomena that not all individuals can have an ideal body shape so that individuals who have a body shape that are not ideal are categorized as obese, an obese person is generally said to be overweight which far exceeds normal body weight. A person who is 20% higher than his normal body weight is considered obese.

Obesity is a problem that is often found around the world. Overweight and obesity are conditions in which the ratio of body weight and height exceeds the specified standards. According to the World Health Organization (WHO), obesity is the accumulation or accumulation of fat that can interfere with health (Ranggadwipa, 2014). Obesity is one of the most common conditions that can be experienced by both children and adults. A person is at high risk of experiencing this condition if he does not maintain a diet and do enough exercise. This condition if allowed to continue can affect the health of the sufferer, obese people tend to be fatter and bigger, it can be seen from a wide waist circumference and also thick skin folds. Not only has an impact on physical appearance but also increases risks in health such as heart disease, diabetes, and high blood pressure. According to the results of an interview with dr. H. Kunkun K. Wiramiharja, MS, Dipl, Nutr., SpGK, apart from causing physical health problems, this condition can also cause psychological problems, such as stress and depression. This psychological problem arises because it usually stems from the insecurity of obese people who experience changes in body shape.

Obesity is experienced by almost all people, both men and women. However, obesity is usually more common in women than men (Atkinson, 1999). The fact that supports that women are more prone to obesity is due to the different phases of life of women from men. Malnutrition during pregnancy, premature menstruation, excessive weight during pregnancy, and reduced physical activity due to menopause, which make women more prone to obesity (Women prone to obesity, 2002).

Based on data from the Central Statistics Agency (BPS), the total female population is 1,233,446 people. Then also obtained data showing the prevalence rate of obesity in the city of Bandung by 16.3 percent. This shows that the city of Bandung is one of the cities with the highest prevalence rate of obese people.

Individuals who are overweight or obese get negative consequences in their lives, such as limited movement, discrimination, bullying and experience difficulties in interpersonal relationships (Ogden, 1996; NHLBI, 2000). Overweight individuals are usually less active than normal weight people due to unhealthy behavior and lifestyles. Physical inactivity and being overweight are related to one another. Excess weight can certainly make it difficult for an individual to carry out daily activities such as being lazy to move, walking, finding clothes sizes, carrying or lifting things. However, many people who are overweight have no difficulty in carrying out the activities of their daily life. In addition, discrimination against obese individuals can also cause difficulties for them to

live their lives to the fullest and realize their potential, for example in developing singing talents, speaking in public, finding a life partner and finding a job difficult. Moreover, the assumption that people with not ideal body weight will result in various health problems such as heart disease, high blood pressure and diabetes. In social life, they are not confident, find it difficult to socialize, withdraw from social life and get bad treatment from their environment such as verbal abuse or bullying.

2. History of Psychological Well-Being

Mental health (Ryff, 1995) is often associated with the absence of psychological disorders rather than psychologically functioning positively. Therefore, people are more familiar with mental health in terms of the absence of disease than in being in a state of well-being. Well-being is defined as the degree to which a person can function optimally (Ryan & Deci, 2001: 158). According to Ryan and Deci (2001), research on well-being that has been carried out so far is based on two different perspectives. The first perspective is called the hedonic approach (hedonic approach), while the other approach is called the eudaimonic approach.

Eudaimonia (happiness) was first known through the writings of the philosopher Aristotle, hereinafter known as psychological well-being. Aristotle (Ryff, 1995) states that the notion of happiness is not obtained by pursuing pleasure and avoiding pain, or the fulfillment of all individual needs but through concrete actions where individuals actualize their potentials. This is the duty and responsibility of humans so that they are the ones who determine whether to become an individual who feels happy, feels whether his life has quality, success or failure.

Research on psychological well-being is important to do because the positive value of mental health in it allows a person to identify what is missing in his life (Ryff, 1995). Ryff (in Halim & Atmoko, 2005) defines psychological well-being as the result of a person's assessment and evaluation of himself which is an evaluation of his life experiences. Evaluation of experiences can cause a person to surrender to a situation that lowers his psychological well-being or try to improve his life situation which will increase his psychological well-being (Ryff and Singer in Halim & Atmoko, 2005). In essence psychological well-being refers to a person's feelings regarding the activities of daily life. These feelings can range from negative mental conditions (eg life dissatisfaction, anxiety and so on) to positive mental states, such as potential realization or self-actualization (Bradburn in Ryff & Keyes, 1995).

3. Development of Psychological Well-Being Thought

Increased interest in research on psychological well-being is based on the awareness that psychology, since its inception, pays more attention and thought to feelings of unhappiness and psychological disorders experienced by humans than on factors that

can support and encourage. The emergence of a positive functioning in humans (Diener, 1984; Jaboda, 1958, in Ruff, 1989).

The conception of well-being itself refers to optimal psychological experience and function (Ryan & Deci, 2001). To date, there have been two major paradigms and perspectives on well-being derived from two different philosophical views. The first view, which is called hedonic, holds that the main purpose of life is to get optimal enjoyment, or in other words, to achieve happiness. The dominant view among psychologists with a hedonic view is that well-being is composed of subjective happiness and focuses on experiences that bring pleasure.

While the hedonic view formulates well-being in the concept of life satisfaction and happiness, the second view, eudaimonic, formulates well-being in the concept of actualizing human potential in facing various life challenges (Keyes, Shmotkin, & Ryff, 2002).

Waterman (1993) argues that the conception of well-being in the eudaimonic view emphasizes how humans live in their daimon, or their true self. This true self occurs when humans perform activities that are most congruent or in accordance with the values adopted and are carried out thoroughly and are really involved in it (fully engaged) (Ryan & Deci, 2001). Daimon also refers to the potential possessed by each individual, namely the realization that presents the fulfillment of life that every individual is undoubtedly able to do (Waterman, in Strumpfer, 2002). Therefore, the eudaimonic approach focuses on self-realization, personal expression, and the extent to which an individual is able to actualize his / her potential (Waterman, in Ryan & Deci, 2001).

Hedonic activities carried out in pursuit of pleasure and avoiding pain will give rise to temporary well-being and develop into a habit so that over time it loses its essence as something meaningful. Meanwhile, eudaimonic activities are more able to maintain well-being conditions in a relatively long and consistent period (Steger, Kashdan & Oishi, 2007).

Ryff and Singer (1998) stated that happiness and life satisfaction are greater when individuals experience the experience of building relationships with other people and feel part of a certain group (relatedness & belongingness), can accept themselves and have meaning and purpose in life they live (Steger, Kashdan, & Oishi, 2007). Research conducted by Kasser and Ryan (1993,1996); Oishi, Diener, Suh, and Lucas (1999); Ryan et al. (1999); Sheldon & Kasser (1995); Sheldon, Ryan, Deci and Kasser (2004), show that pursuing and achieving a goal that is most congruent with values and self-confidence contributes to improving well-being (Steger, Kashdan, & Oishi, 2007). In addition, Sheldon and Elliot (1999) found that pursuing and achieving goals that can generate a sense of independence, competence, and create good relationships with others also has the potential to increase well-being (Steger, Kashdan, & Oishi, 2007).

Ryff and Keyes (1995) looked at psychological well-being based on the extent to which an individual has a goal in life, whether they are aware of their potentials, the quality of their relationships with other people, and the extent to which they feel responsible for their own lives.

3.1 Definition of Psychological Well-Being

Ryff (1995) formulates a conception of psychological well-being which is an integration of human development theories, clinical psychology theories, and conceptions of mental health (Ryff, 1995). Based on these theories, Ryff (1995) defines psychological well-being as a condition in which individuals have a positive attitude towards themselves and others, can make their own decisions and regulate their own behavior, can create and regulate an environment compatible with their needs, have a purpose in life and make them more meaningful, and try to explore and develop themselves.

4. Obesity

Obesity is a condition that exceeds a person's relative body weight as a result of accumulation of nutrients, especially carbohydrates, fats and proteins. This condition is caused by an imbalance between calorie consumption and energy needs, where consumption is too much compared to energy needs or consumption (Krisno, 2002).

Obesity is a condition of abnormality or excess accumulation of fat in adipose tissue. Obesity is not only a condition with the amount of excess fat deposits, but also the distribution of fat throughout the body. Fat distribution can increase the risk associated with various degenerative diseases (WHO, 2000). Obesity is a state of imbalance between incoming and outgoing energy over a long period of time. The amount of energy consumption from ingested food exceeds the energy used for metabolism and daily activities. This excess energy will be stored in the form of fat and fat tissue so that it can result in weight gain. Obesity that appears in adolescents tends to continue into adulthood by 50-70%. Measures to determine a person as obese are generally used as an index based on body weight in kilograms divided by height in square meters, called the body mass index (BMI) or body mass index (BMI) (WHO, 2006).

5. Closing

5.1 Conclusion

Based on the results of research and data processing regarding psychological well-being in obese adult women in Bandung, it can be concluded that:

- 1) A total of 51 people out of 74 adult women who are obese in Bandung have a high Psychological Well Being, which is 69%. Meanwhile, 23 other people had low Psychological Well Being, which was 31%.
- 2) There are two dimensions of Psychological Well Being in adult women who are highly obese, namely positive relationships with others and environmental mastery, with the most dominant dimensions being positive relationships with others (positive relation with others) of 18.6%. This shows that obese adult women are able to establish good relationships with people who are obese and who are not obese.

- 3) There are also dimensions that are classified as very low, namely personal growth of 13.2%. This shows that obese women do not have the ability to develop continuously, are less open to new experiences and cannot see changes in themselves and behavior.

5.2 Suggestion

Based on the results of the research that has been done, there are several things that need to be considered in relation to this research, namely:

- 1) For adult women who are obese in the city of Bandung, it is hoped that they can always think positively about the body and maintain their weight by adopting a healthy lifestyle so that they are always healthy and fit.
- 2) In increasing the personal dimension of growth, it can be done by being more open to new experiences in the environment and developing one's inner potential.
- 3) For further researchers, it is expected to pay more attention to variables that affect psychological well-being in obese adult women.

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