

## MEANINGFULNESS OF LIFE PENSIONER CIVIL STATE EMPLOYEES IN BENGKULU CITY

By

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**Abstract:** Retirement is a transition period from productive to less profitable, so that during this period various problems arose, unprepared ness and inability to carry out daily activities that were far different from working periods. This can cause depressed individuals, post power syndrome, periods of loss of influence, loosening of social relations because the frequency of meeting and gathering with friends decreases. Based on this condition it is necessary to have been meaning lively from individuals who are in retirement, so that individuals can rise up and make life more meaningful and valuable. This study aims to describe the meaningfulness of life of retired civil servants in the city of Bengkulu. This type of research is quantitative descriptive with a research instrument with a scale of five. The sampling technique uses purposive samples, with a sample size of 30 people. Data were analysis by descriptive statistical analysed. The results showed that retired civil servants in the city of Bengkulu had a high meaning of life. This is indicated by retirees having clear life goals and recognizing their potential, so that they are able to be directed to more positive things.

### INTRODUCTION

Based on the stages of career development, retirement is included in the third stage, namely the post occupation stage which is a period of decline or the transition period from the productive period to be less profitable, which is caused by age (Yusuf, 2005). These changes tend to affect the welfare and significance of individuals in various conditions such as household income / income (Hurd and Rohwedder, 2003; Aguiar and Hurst, 2005; Skinner, 2007), free time (French, 2005; Laitner and Silverman, 2005). The Indonesian government sets a normal retirement age of 56 years. The maximum retirement limit for permanent workers employed by employers after reaching the age of 55 is 60 years. Indonesian Civil Servants (PNS) who work in offices are retired at the age of 56, while teachers and supervisors are retired after they are 60 years old (Peraturan, 2015).

Japan and South Korea set an effective retirement age of seventy despite official retirement at the age of sixty. Denmark, Iceland, Ireland, Portugal, and Switzerland apply pensions to -year-old workers (Stuart-Hamilton, 2011). While retirement age in India is sixty-two years, Singaporean taxi drivers are 71 years old (Wahyuningsih, M, 2012). This shows that retirement age in Indonesia is relatively lower compared to other countries. Retirement can make individuals happy because it is free of workload, on the other hand, it can cause pressure when individuals leave work, reduced income and decreased social participation in the world of work (McGee and Wegman, 2004).

Every pensioner certainly hopes to live his old age happily. Happiness is the highest goal that everyone can get through actions, even at an old age (Guttmann, 2008). One of the happiness can be obtained through self-awareness, so that the self feels meaningful. The desire to live meaningfully will lead to feelings of happiness. The meaning of life is a motivation that is owned by individual's finance to make themselves valuable individuals in accordance with the values they believe in (Frankl, 2004; Bastaman, 2007). The desired to live meaningfully is really the main motivation in humans.

Based on the results of the study (García-Alandete, 2015) it can be concluded that meaningful life is a feeling of worth and sense, feeling satisfied with what has been done, and having clear goals in life. Thus it can be said that happiness is the reward of one's success in fulfilling the meaning of life. The meaning of life is often called also the value or wisdom of life, which is a great virtue and benefit contained in various events and experiences of life both pleasant and unpleasant. (Bastaman, 2007; Frankl, 2004).

Conversely, if the desire is not fulfilled, it will result in life's disappointment and meaningless, arid, feeling bored, purposeless and apathetic (Bastaman, 2007). Not a few of the retirees experience this. Old age is lived with a sense unhappiness, causing a feeling of discomfort. The condition of pensioners experiences various decreases or declined both physical and psychological functions that can affect mobility as well social contact, decreased self-esteem, reduced activity so confused what to do because there are no more activities, increased isolation and loneliness so that a sense of inattention appears, feeling themselves toe burden to children, feeling isolated and demoralized (Atchley, 2007). This condition causes life op to meningless because of unclear life goals.

The meaninglessness of life sometimes arises by compensating, for example, running away from alcohol, drugs, sex and gambling (Frankl, 2004). The risk of life without meaning not only affects the physical condition but what is equally important is the disruption of the individual's psyche. This is in line with the results of the study (Kleptaras and Psarra, 2012; Krause *et al.*, 2016) which shows that the higher the meaningfulness of individual life will lead to positive perceptions of their personal health level.

Based on the results of interviews with several retired civil servants in the city of Bengkulu in March 2018, information was obtained that there were symptoms that they felt confused about what to do because they did not have activities anymore, felt lonely because the children were grown and left home, together with the health condition decreases. This causes them to feel a burden to children and insignificant in the family. Therefore, with this problem it is necessary to do research on retirees related to the meaningfulness of life so that it can be used to treat and prevent those who will retire. The title of this research is the meaningful life of retired civil servants in the city of Bengkulu.

## RESEARCH PURPOSES

The purpose of this study is to describe how meaningful the life of retired civil servants in the city of Bengkulu.

## METHOD

This research is a quantitative descriptives study which aims to describe the meaningful life of civil servants in the city of Bengkulu. The populations in this study were retired civil servants recorded in August 2018, amounting to 30 people. Sampling uses purposive sampling technique that is sampling because it has a specific purpose or purpose so that a sample of 30 people is obtained. Research instruments with a scale of five, and data analysis using descriptive statistics using categories (Winarsunu, 2002).

## RESULTS AND DISCUSSION

### Results

#### Description of the Meaningfulness of Life

The description of the meaningful life of retired civil servants in the city of Bengkulu can be seen in Table 1.

Table 1  
Meaningfulness of life in retired civil servants

No	Meaningfulness of life	Ideal score	Mean	SD	%	Category
1.	Self-understanding	20	17.53	1.54	87.65	Height
2.	Purpose of life	70	59.83	4.82	85.47	Height
3.	Changing attitudes	35	29.3	1.95	83.71	Height
4.	Self-reliance	15	13.03	1.60	86.86	Height
5.	Directional activities	10	8.00	0.94	80	Quite high
6.	Social support	25	21.33	2.07	85.32	Height
Overall		175	149.03	10.24	85.1	Height

Based on table 1, it can be seen that the meaningful of life in retired civil servants in the city of Bengkulu is high. The meaningfulness of a tall life is reflected in aspects of self-understanding, life goals, attitude changes, self-reliance and social support and directed activities.

## DISCUSSION

Based on the results of processing the data obtained, it can be seen that the meaningful life of retired civil servants in Bengkulu city is high. The meaningfulness of this tall life can be caused by their ability to manage themselves well. The satisfaction and meaningfulness of the retirement live also depends on how the individual faces and handles the transition period (Lauritzen, Pedersen and Bjerrum, 2013; Jenkins and Latoche, 2004)

This is closely related to managing impassioned intelligence in individuals. Based on the results of research by (Slaski and Cartwright, 2002; Slaski and Cartwright, 2003) in the United Kingdom, zealous intelligence has a causal relationship to the stress level of an individual. Individuals who are able to manage their emotional intelligence positively will have satisfaction in their lives (Löckenhoff, Terracciano and Costa Jr, 2009). Sentimental's intelligence is the ability to see, produce, understand and manage emotion (Hanson, 2004; Ioannidou F, Konstantikaki, 2012; Cherniss, Roche and Barbarasch, 2015)

Feldman and Snyder, 2005 emphasize the importance of the role of self-control that allows individuals to feel capable of managing their lives to achieve their lives's goals. Although in achieving the meaningfulness of life, there are anxiety and worry, whether the meaningfulness of life will be achieved well, but with the ability to control themselves can direct individuals to achieve meaningfulness to live well.

In addition, the high meaningfulness of life of these pensions can also be influenced by public support from the environment, so that life satisfaction is achieved (Anne Taylor *et al.*, 2008). Social support is defined as a helping action obtained through public relations (Busza *et al.*, 2012). Community support has a positive influence on the meaningfulness of the lives of individuals (Dobříková *et al.*, 2015), especially family support (Lambert *et al.*, 2010), in the form of emotional support and information support (Bennett *et al.*, 2001). Social support can come from various sources, including family, spouse (husband, wife, or boyfriend), friends or friends, counselors, doctors and paramedics (Lepore, 2012; Bianco, 2001; Ri-Hua *et al.*, 2010; McMahon, Felix and Nagarajan, 2011). Based on the results of the study indicate that personal relationships are an important source of meaning (Schlegel *et al.*, 2011). The presence of marriage, family, friendship

networks and group affiliation all play a role in improving the well-being of individuals (Kim and Moen, 2001) so that they feel more meaningful.

Social support is very important in various aspects of individual's life, considering that individual is communal beings that always interact with one another. The existence of public support will give experience to individuals whom they are loved, valued, and cared for. Conversely, lack of availability of friendly support will make individuals feel worthless, isolated, undermine self-meaning, lack of belonging, self-esteem and low self-control (Williams, 2002; Lewandowski et al., 2011; Kleiman & Beaver, 2013).

Attention and support from others can foster hope for a more meaningful life, while reducing individual anxiety. This shows the meaningfulness of life serves as a sign that the life's environment is harmonious and stable (Baumeister and Vohs, 2002; Heintzelman, Trent and King, 2013). The meaning of life is related to understanding life events. Individuals who lack the meaning of life are more easily threatened by life events that are full of stress than individuals who have a sense of meaningful life in life (Park and Baumeister, 2017). This shows that the meaningfulness of life correlates with stress reactions (Steger et al., 2008).

Every individual has the will to live meaningfully (Frankl, 2004). The meaning of life can be realized in a desire to be someone who is useful to others, whether it is children, wives, close family, community, state, and even humanity (Frankl, 2004). These become a guideline and direction for individual activities in life. Individuals who have been meaning in their lives show a vibrant style of life and have a passion for lives and are far from being empty in life their daily life. Thus a meaningful life is a decent life (Heisel and Flett, 2004; Henry et al., 2014; Kleiman et al., 2013; Kleiman and Beaver, 2013).

To realize the meaningfulness of life, individuals must have clear life goals, both short and long-term goals claimed that meaning was rooted in the four basic needs for meaning: sense of purpose, efficacy, value and sense of positive self-worth (Baumeister and Vohs, 2002; Thoits, 2012). This is the basis for an individual to achieve meaningfulness in his life. With clear objectives to help characteristics to make distinctive activities more focused, feel the progress that has been achieved on themselves. Tasks and daily work are a source of satisfaction and pleasure so that in doing the tasks and jobs that individuals do with enthusiasm and responsibility. This condition will cause feelings of happiness. When the meaning of life has been found and fulfilled by individuals, then the individual will feel such a meaningful, precious and prized life that at the end will find happiness (happiness), because basically individuals have found their lives goals with certainty. When the meaningfulness of life has been reached by an individual it will affect physical health and well-being (Sirgy and Wu, 2009; Gowan, Kirk and Sloan, 2014; Bae et al., 2017).

Conversely, individuals who do not have clear goals in their lives will be swayed in activities so that it will make one's life meaningless, empty, apathetic and less meaningful, which will certainly affect quality of life and health (Hirsch, Floyd and Duberstein, 2012; Doka, 2002; Ventegodt, Andersen and Merrick, 2003)). Individuals who do not find meaningfulness in their lives can cause stress (Mascaro and Rosen, 2006; Glazer et al., 2014), depression (Mascaro and Rosen, 2005; Cohen, 2010), the idea of suicide (Frankl, 2004).

To achieve a sense of meaningfulness in life everyone has uncommon ways between individuals with each other. Therefore, everyone has a sense of meaningfulness in irregular lives, among others, depending on the variation in the age of the individual. This is consistent with the research (Bijelić and Macuka, 2018) that the sense of meaningfulness in an individual's life varies with age. Individuals who have entered late adulthood are known to be able to find meaning in their lives (Steger, Oishi and Kashdan, 2009). The discovery of life meaning is related to personality and religiosity (Steger et al., 2006), and has a positive effect on well-being (Steger, Oishi and Kashdan, 2009; Park, Park and Peterson, 2010). A meaningful life will function as one of the inner processes in an individual, so that it can involve that the world can be predicted and can be controlled (Baumeister and Vohs, 2002; Heine, Proulx and Vohs, 2006; Heintzelman and King, 2014; Heintzelman, Trent and King, 2013).

## CONCLUSIONS AND SUGGESTIONS

### Conclusion

Based on the results of research on the meaningfulness of life in withdrawn civil servants in the city of Bengkulu, it can be concluded that the significance of the life of former civil servants in the city of Bengkulu is high. This can be seen from self-understanding, life goals, changing attitudes, attachments, directed activities and the existence of social support.

### Suggestion

Based on the results of the study, a recommendation was made in the form of advice to retired civil servants in the city of Bengkulu in order to be capable of maintain and improve their ability to realize meaningfulness in themselves, both in terms of self-understanding, life goals, self-commitment/commitment. The ability that needs to be improved in realizing the meaningfulness of life is in the aspect of directed activities specifically related to planning activities and changing attitudes, in particular, to be a better person. The family and the community and other significant people are expected to provide support, among others by contributed to establish communication and continue to establish social relations so that the lives of the pensioners and those who will retire are meaningful.

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