



UNIVERSITI PUTRA MALAYSIA

**PERSONAL EXPERIENCES OF ELDERLY CHINESE WOMEN
IN A NURSING HOME SETTING FROM THE EXISTENTIAL-HUMANISTIC
PERSPECTIVE**

LOK HUEY CHUEN

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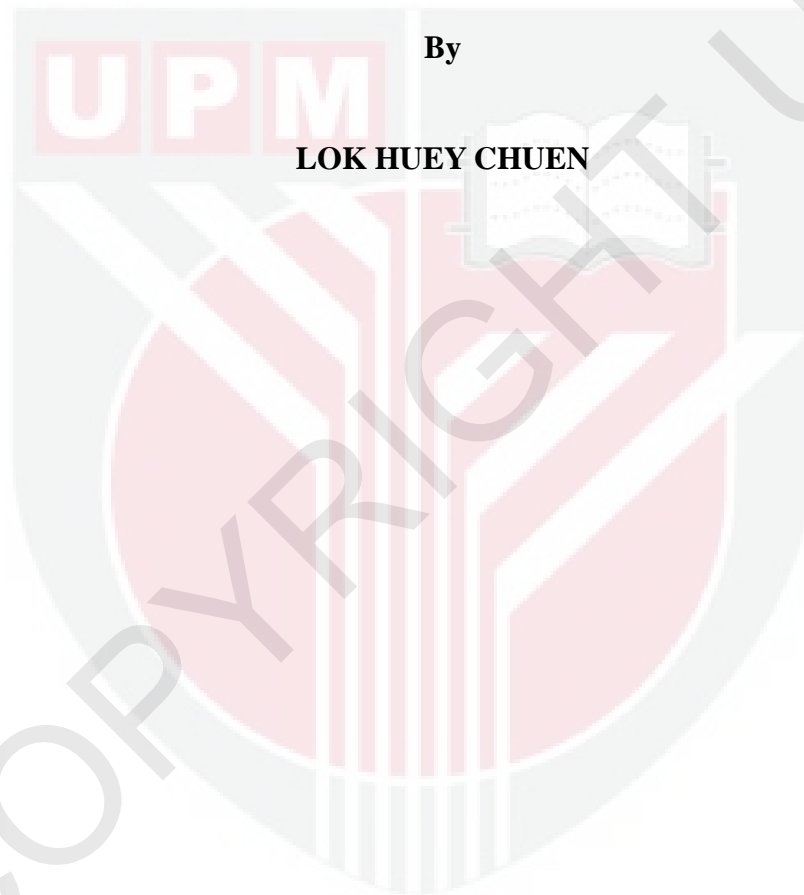
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**MASTER OF SCIENCE
UNIVERSITI PUTRA MALAYSIA**

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By

LOK HUEY CHUEN

**Thesis Submitted to the School of Graduate Studies, Universiti Putra Malaysia,
in Fulfillment of the Requirements for the Degree of Master of Science**

April 2010

DEDICATION

TO MY BELOVED FATHER AND MOTHER



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**Abstract of thesis presented to the Senate of Universiti Putra Malaysia
in fulfillment of the requirement for the Degree of Master of Science**

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April 2010

Chairman: Dr. Maznah Binti Baba, PhD

Faculty: Educational Studies

This qualitative study aimed at exploring and understanding the personal experiences of elderly Chinese women (ECW) residing in private nursing homes, using the Existential-Humanistic (EH) perspective. The EH perspective sees human beings as comprising the inter-relationships of their physical, social, psychological and spiritual beings. Human beings are also seen as unique and constantly in a process of “becoming”. Every person is free to choose and tends to search for meaning and transcendence or growth in life.

Seven elderly Chinese women who voluntarily participated in this study were interviewed using a semi-structured interview guide. Respondents were selected by purposeful sampling from four nursing homes in the Klang Valley. The interview data collected were transcribed verbatim, translated from the Chinese language to English

and analyzed using the constant comparative method. Content analysis of the first transcript, field notes and document collected yielded meaningful units or subthemes.

Twenty-six subthemes emerged from the analyses of the interview transcripts. These subthemes were further organized into four components of the self according to the EH perspective, namely, physical being, social being, psychological being and spiritual being. Results showed that the ECW participants experienced both positive and negative experiences. ECW participants also hoped for (1) ease of physical pain, (2) social support from family members and friends, (3) having recreational activities, and (4) nurturing others and altruism. The findings primarily showed that the personal experiences of the elderly Chinese women in a nursing home setting is multidimensional and most of them are open to therapeutic talk (interview) where the researcher applied the Existential-Humanistic approach in order to “be present” with them.

The findings of the study implied that elderly Chinese women in nursing homes need to fulfill their physical, social, psychological and spiritual dimensions of “self”. EH counseling is deemed suitable for ECW as it is a holistic approach and can help the ECW to transcend physical deterioration through greater self-awareness of their four beings. This approach can also empower elderly Chinese women to live a more authentic life. It offers opportunities to them to develop their psychological and spiritual dimensions. Future researchers are urged to study the effects of Existential-Humanistic counseling on elderly Chinese women and other ethnic groups.

**Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia
Sebagai memenuhi keperluan untuk Ijazah Master Sains**

**PENGALAMAN PERIBADI WARGA TUA WANITA CINA
DI RUMAH PENJAGAAN
DARI PERSPEKTIF EKSISTENTIAL-HUMANISTIK**

Oleh

LOK HUEY CHUEN

April 2010

Pengerusi: Dr. Maznah Binti Baba, PhD

Fakulti: Pengajian Pendidikan

Penyelidikan kualitatif ini bertujuan untuk meneroka dan memahami pengalaman peribadi warga tua wanita berbangsa Cina (ECW) yang tinggal di rumah penjagaan swasta dari perspektif Eksistential -Humanistik (EH). Perspektif EH memandang manusia sebagai mengandungi saling hubungan antara unsur fizikal, sosial, psikologi dan spiritual. Manusia juga dilihat sebagai unik dan sentiasa dalam proses berubah atau *becoming*. Setiap orang adalah bebas untuk memilih dan cenderung mencari makna dan kemajuan dalam kehidupan.

Tujuh warga tua wanita berbangsa Cina yang melibatkan diri secara sukarela telah ditemubual berpandukan satu soalselidik separa berstruktur. Responden telah dipilih melalui kaedah persampelan bertujuan dari empat buah rumah penjagaan warga tua di kawasan Lembah Klang. Data temubual telah ditulis dalam bentuk transkrip,

diterjemahkan dari Bahasa Cina kepada Bahasa Inggeris, dan kemudiannya dianalisis dengan menggunakan kaedah perbandingan berterusan. Analisis kandungan transkrip pertama, nota lapangan dan dokumentasi menghasilkan unit yang bermakna atau sub-tema.

Analisis transkrip temubual menghasilkan 26 sub-tema. Kemudian, subtema tersebut di susun berdasarkan empat komponen sendiri, iaitu, sendiri fizikal, sendiri sosial, sendiri psikologikal, dan sendiri spiritual. Hasil kajian menunjukkan bahawa ECW telah melalui pengalaman positif dan negatif. Mereka juga berharap agar dapat (1) bebas daripada kesakitan fizikal, (2) sokongan sosial daripada keluarga dan rakan-rakan, (3) menjalankan aktiviti rekreasi, dan (4) mendidik dan membantu orang lain. Hasil kajian ini menunjukkan bahawa pengalaman warga tua wanita Cina di rumah penjagaan swasta adalah pelbagai-dimensi dan kebanyakan daripada mereka bersikap terbuka kepada *talk therapy* (temubual) di mana penyelidik kajian ini telah menggunakan pendekatan Eksistensial-Humanistik sebagai kaedah hadir bersama mereka.

Dapatan kajian ini memberi mengimplikasi bahawa warga tua wanita Cina yang tinggal di rumah penjagaan swasta perlu memenuhi “kendiri” fizikal, sosial, psikologikal dan spiritual. Kaunseling Eksistensial-Humanistik adalah sesuai untuk ECW kerana ia bersifat holistik dan akan dapat membolehkan warga tua mengatasi kemerosotan fizikal melalui kesedaran yang lebih tinggi terhadap empat unsur sendiri. Pendekatan ini juga dapat memperkasa ECW agar dapat menjalani kehidupan yang lebih autentik. Ini membuka peluang kepada mereka untuk mengembangkan dimensi

psikologikal dan spiritual mereka. Pengkaji akan datang disarankan mengkaji kesan kaunseling Eksistential-Humanistik ke atas warga tua wanita Cina serta kelompok etnik yang lain.



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The final acknowledgement is owed to my family, to my dad, mum, aunt, sisters, brother-in-law, brother and my boyfriend, thank you for your love and support.

I certified that an examination committee has met on 2010 to conduct the final examination of Lok Huey Chuen on her Master of Science thesis entitled “Personal Experiences of Elderly Chinese Women in a Nursing Home Setting From the Existential-Humanistic Perspective” in accordance with Universiti Pertanian Malaysia (Higher Degree) Act 1980 and Universiti Pertanian Malaysia (Higher Degree) Regulations 1981. the committee recommends that the candidate be awarded the relevant degree.

Members of the Examination committee are as follows:

Prof. Dr. Kamariah Abu Bakar, PhD

Department of Science and Technical Education
Faculty of Educational Studies
Universiti Putra Malaysia
(Chairman)

Prof. Madya Dr. Hj. Jamaludin Ahmad, PhD

Department of Counselor Education and Counseling Psychology
Faculty of Educational Studies
Universiti Putra Malaysia
(Internal Examiner)

Prof. Madya Dr. Sidek Mohd. Noah, PhD

Department of Counselor Education and Counseling Psychology
Faculty of Educational Studies
Universiti Putra Malaysia
(Internal Examiner)

Prof. Dr. See Ching Mey, PhD

Pusat Pengajian Ilmu Pendidikan
Universiti Sains Malaysia
11800 USM Minden
Pulau Pinang, Malaysia
(External Examiner)

BUJANG KIM HUAT, PhD

Professor and Deputy Dean
School of Graduate Studies
Universiti Putra Malaysia

Date:

This was thesis submitted to the Senate of Universiti Putra Malaysia and has been accepted as fulfillment of the requirement for the degree of Master of Science. The members of supervisory Committee were as the follows:

Dr. Maznah Binti Baba, PhD

Faculty of Educational Studies

Universiti Putra Malaysia

(Chairman)

Dr. Halimatun Halaliah Binti Mokhtar, PhD

Faculty of Educational Studies

Universiti Putra Malaysia

(Member)

HASSAN MOHD GHAZALI, PhD

Professor and Dean

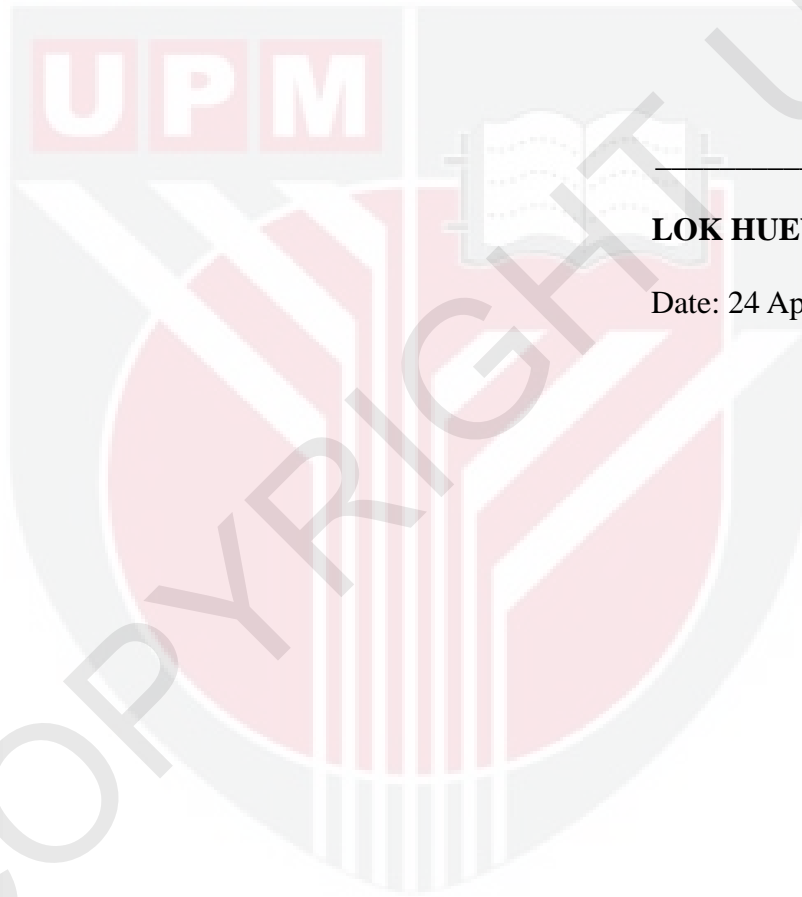
School of Graduate Studies

Universiti Putra Malaysia

Date: 21 October 2010

DECLARATION

I declare that the thesis is based on my original work except for quotations and citations which have been duly acknowledged. I also declare that it has not been previously, and is not submitted for any degree at Universiti Putra Malaysia or other institutions.



LOK HUEY CHUEN

Date: 24 April 2010

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LIST OF ABBREVIATIONS

2.1 MFLS-2	Senior Sample of the Second Malaysian Family Life Survey
2.2 WHO	World Health Organization
2.3 ADL	Act of Daily Living
2.4 IADL	Instrumental Act of Daily Living
2.5 NPMH	National Policy on Mental Health
2.6 NGO	Non-Government Organizations
2.7 LTC	Long Term Care
4.1 NH	Nursing Home

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