DEDICATION

TO MY BELOVED WIFE,
FARHANA SABRI,
FOR HER LOVE AND SUPPORT;
AND MY PARENTS,
RAHIMI GOON,
NOOR KHAJIJAH NURANI,
FOR THEIR UNDERSTANDING AND SACRIFICES;
MAY ALLAH BLESS THEM ALWAYS.
Abstract of this thesis presented to the Senate of Universiti Putra Malaysia in fulfillment of the requirements for the degree of Master of Science

LIFE AND COUNSELLING EXPERIENCES OF ELDERLY MALAY RESIDENTS IN RUMAH SERI KENANGAN, CHERAS, MALAYSIA

By

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AUGUST 2012

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This study is aimed at exploring the life and counselling experiences of elderly Malay residents in Rumah Seri Kenangan Cheras, Selangor by using reminiscence therapy and to gain insight about the meaning of those experiences to the residents. Life expectancy rates in Malaysia continue to grow, however the additional years are usually spent in negative state, with the elderly in frailty and riddled with disability in Long-term Care (LTC) Homes. Therefore, counselling becomes one of the factors which could help the elderly to live the remaining years of their life in a positive manner, thus helping them to achieve successful ageing. The study has two research questions: (1) What are the life experiences of residents in Rumah Seri Kenangan Cheras, and (2) What are the counselling experiences of the residents in Rumah Seri Kenangan Cheras.
This study employs a basic qualitative research design. Six elderly Malay residents were first provided counselling by the researcher using reminiscence therapy approach in a six-week individual counselling session. After the sessions ended, the respondents were interviewed for their feedback on the experiences that were gained through counselling. Both the counselling sessions and follow-up in-depth interview were recorded and transcribed verbatim. The data is then translated from Malay into English and were analysed by using the constant comparative method.

The findings yielded twenty two themes based on the analyses of the themes. These themes were organized according to the research questions regarding their life and counselling experiences. The findings indicate nine emergent themes regarding their life experiences in the old folks’ home, including: (1) Sadness of Being Away From Close Relatives, (2) Using Humour in Everyday Life, (3) Concern About Death, (4) Loss of Independence, (5) Religion (Islam) as an Important Component of Everyday Life, (6) Reminiscence of Past Events, (7) Concern of their Health, (8) Not Getting Good, Balanced Diet, and (9) Advice-giving Role and Wisdom.

From the emergent themes for the residents’ counselling experiences, there are thirteen themes: (1) Negative Initial Perception of Counselling, (2) Changing Perception of Counselling, (3) Coping With Fear/Anger Living in an Old Folks’ Home, (4) Talking as a Form of Therapy, (5) Increased Acceptance of One’s Self, (6) Increased Acceptance of The Effects of Ageing, (7) Importance of Continuing Involvement in Life, (8) Feeling Happier After Counselling Ends, (9) Acceptance of Counselling Services, (10) Pride in
Previous Accomplishments, (11) Personal Empowerment, (12) Cherishing Past Memories, and (13) Introspection of Past Events.

The findings showed the reminiscence therapy approach used for counselling has helped giving meaningful life and counselling experiences to the participants. The approach has allowed the respondents to look back at their past life to have a more positive outlook of their past. Therefore, counselling through reminiscence therapy in Long-term Care (LTC) institutions could be the best way to help the residents achieve successful ageing. It is hoped that further research could be done on counselling the elderly by using other therapeutic approaches and on other ethnic groups.
Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia sebagai memenuhi keperluan untuk Ijazah Master Sains

PENGALAMAN HIDUP DAN PENGALAMAN KAUNSELING WARGA EMAS DI RUMAH SERI KENANGAN, CHERAS, MALAYSIA

Oleh

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kaunseling tamat, (9) Penerimaan perkhidmatan kaunseling, (10) Perasaan bangga
dengan kejayaan terdahulu, (11) Lebih memperkasakan diri, (12) Lebih menghayati
kenangan lampau, dan (13) Pemahaman lebih mendalam tentang peristiwa sebelum ini.
Ini menunjukkan bahawa responden berasa lebih bahagia tinggal di rumah seri kenangan
dan mampu memperoleh penuaan yang berjaya.

Dapatan menunjukkan pengalaman bermanfaat yang diperoleh oleh warga emas selepas
melalui terapi kenangan. Pendekatan ini membolehkan responden untuk melihat kembali
kehidupan silam mereka supaya mereka berasa lebih berpuas hati dengan masa silam
mereka. Maka, kaunseling menggunakan pendekatan terapi kenangan di rumah warga
emas di seluruh Malaysia dapat dibantu untuk memperoleh penuaan berjaya. Diharap
untuk kajian masa hadapan, pendekatan teraputik yang lain boleh digunakan selain
memilih kumpulan etnik yang berbeza.
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I certify that a Thesis Examination Committee has met on 2 August 2012 to conduct the final examination of Mohd Khairul Anuar bin Rahimi on his thesis entitled “Life and Counselling Experiences of Elderly Malay Residents in Rumah Seri Kenangan, Cheras, Malaysia” in accordance with the Universities and University Colleges Act 1971 and the Constitution of the Universiti Putra Malaysia [P.U.(A) 106] 15 March 1998. The Committee recommends that the student be awarded the Master of Science.

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DECLARATION

I declare that the thesis is 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 concurrently, submitted for any other degree at Universiti Putra Malaysia or at any other institutions.

MOHD KHAIRUL ANUAR RAHIMI
Date: 2 August 2012
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