



UNIVERSITI PUTRA MALAYSIA

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

MOHD KHAIRUL ANUAR BIN RAHIMI

FPP 2012 9

DEDICATION

TO MY BELOVED WIFE,
FARHANA SABRI,
FOR HER LOVE AND SUPPORT;
AND MY PARENTS,
RAHIMI GOON,
NOOR KHATIJAH 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

MOHD KHAIRUL ANUAR BIN RAHIMI

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Chairman: Halimatun Halaliah Mokhtar, PhD

Faculty: Educational Studies

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

MOHD KHAIRUL ANUAR BIN RAHIMI

OGOS 2012

Pengerusi: Halimatun Halaliah Mokhtar, PhD

Fakulti: Pengajian Pendidikan

Kajian ini bertujuan untuk memahami pengalaman hidup dan pengalaman kaunseling bagi penghuni berbangsa Melayu di Rumah Seri Kenangan Cheras, Selangor dengan menggunakan terapi kenangan dan memperoleh penghayatan daripada pengalaman-pengalaman yang dilalui oleh penghuni. Kadar jangka hayat di Malaysia semakin bertambah, namun saki-baki kehidupan warga emas biasanya dilalui dalam keadaan yang tidak memuaskan, dalam keadaan uzur dan hilang upaya. Maka, kaunseling menjadi salah satu faktor yang mampu membantu warga emas untuk berada dalam keadaan yang lebih baik di usia emas sekaligus membantu mereka memperoleh penuaan berjaya. Kajian ini mempunyai dua persoalan kajian iaitu: (1) Apakah pengalaman hidup yang dialami oleh penghuni di Rumah Seri Kenangan Cheras, dan (2) Apakah pengalaman kaunseling yang dialami oleh penghuni di Rumah Seri Kenangan Cheras.

Kajian ini menggunakan rekabentuk kualitatif asas. Enam warga emas berbangsa Melayu telah diberikan kaunseling selama enam minggu dengan menggunakan terapi kenangan. Selepas sesi tamat, responden telah ditemuramah untuk mendapatkan pengalaman berkenaan kaunseling yang diterima oleh mereka. Kedua-dua sesi kaunseling dan temu ramah telah dirakam dan ditranskripsi secara verbatim. Data mentah telah dialih bahasa daripada Bahasa Melayu kepada Bahasa Inggeris dan telah dianalisa menggunakan kaedah perbandingan berterusan.

Dapatan analisis memperoleh sebanyak dua puluh dua tema bagi pengalaman yang dialami dan telah dibahagikan mengikut persoalan kajian. Dapatan bagi pengalaman hidup telah memperoleh sembilan tema: (1) Kesedihan berada berjauhan keluarga tersayang, (2) Penggunaan jenaka dalam kehidupan seharian, (3) Risau tentang kematian, (4) Tidak dapat lagi berdikari, (5) Agama Islam sebagai tunjung utama kehidupan, (6) Gemar untuk mengimbau kembali kenangan lampau, (7) Risau tentang tahap kesihatan mereka, (8) Tidak mempunyai diet yang sihat, dan (9) Suka memberi nasihat dan tunjuk ajar.

Dari tema-tema untuk pengalaman kaunseling, dua belas tema telah diperoleh: (1) Persepsi buruk terhadap kaunseling, (2) Mula menukar persepsi buruk terhadap kaunseling, (3) Belajar melalui pelbagai perasaan takut/marah tinggal di Rumah Seri Kenangan, (4) Bercakap sebagai terapi, (5) Lebih penerimaan terhadap diri sendiri, (6) Lebih penerimaan tentang kesan penuaan, (7) Kesedaran tentang pentingnya terus melakukan aktiviti-aktiviti pada usia emas, (8) Berasa lebih gembira selepas sesi

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 terapeutik 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.

Members of the Thesis Examination Committee were as follows:

Shamsuddin Ahmad, PhD

Faculty of Educational Studies
Universiti Putra Malaysia
(Chairman)

Rusnani Abdul Kadir, PhD

Associate Professor
Faculty of Educational Studies
Universiti Putra Malaysia
(Internal Examiner)

Wan Marzuki Wan Jaafar, PhD

Faculty of Educational Studies
Universiti Putra Malaysia
(Internal Examiner)

Ruhani Mat Min, PhD

Faculty of Social Development
Universiti Malaysia Terengganu
(External Examiner)

SEOW HENG FONG, PhD

Professor and Deputy Dean
School of Graduate Studies
Universiti Putra Malaysia

Date: 2 August 2012

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

Halimatun Halaliah Mokhtar, PhD

Senior Lecturer
Faculty of Educational Studies
Universiti Putra Malaysia
(Chairman)

Maznah Baba, PhD

Senior Lecturer
Faculty of Educational Studies
Universiti Putra Malaysia
(Member)

BUJANG BIN KIM HUAT, PhD

Professor and Dean
School of Graduate Studies
Universiti Putra Malaysia
Date: 2 August 2012

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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