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Digital Communication as a Predictor of the Psychological Well-Being of the Older People in the Digital Era

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Abstract

The older people in today's era are non-digital native societies, so adapting to changes in all aspects of life that have been digital-based takes greater effort than individuals under their age. The difficulty of adapting to this digitalization system allows older people to experience negative feelings that affect their psychological well-being. This is correlational quantitative research to investigate further the role of digital media communication on the psychological well-being of older people. The respondents are 55–75 years old, have gadgets, and are used to communicating digitally. A sample of 97 people was selected using a convenience sampling technique. The instrument used is the Indonesian version of the psychological well-being questionnaire and the adapted version of the communication questionnaire through digital media. The results showed that digital communication played a significant role ($p < .001$) in psychological well-being with an R-squared value of .121. This value means that the digital communication variable can predict the psychological well-being of older people by 12.1%.

Kata kunci:
kesejahteraan psikologis;
komunikasi digital;
orang lanjut usia.

Abstrak

Lansia di era sekarang merupakan masyarakat *non-digital native* sehingga untuk beradaptasi dengan perubahan di segala aspek kehidupan yang telah berbasis digital dibutuhkan usaha yang lebih besar dibandingkan individu di bawah usianya. Sulitnya beradaptasi dengan sistem digitalisasi ini memungkinkan lansia mengalami perasaan-perasaan negatif yang mempengaruhi kesejahteraan psikologisnya. Penelitian ini merupakan penelitian kuantitatif korelasional untuk mengkaji lebih jauh peran komunikasi melalui media digital terhadap kesejahteraan psikologis lansia. Responden berusia 55–75 tahun, memiliki gawai, dan terbiasa berkomunikasi secara digital. Sampel yang berjumlah 97 orang dipilih dengan menggunakan teknik *convenience sampling*. Instrumen yang digunakan adalah kuesioner kesejahteraan psikologis versi Bahasa Indonesia dan kuesioner komunikasi melalui media digital versi adaptasi. Hasil penelitian menunjukkan bahwa komunikasi digital berperan signifikan ($p < 0{,}001$) terhadap kesejahteraan psikologis dengan nilai R-squared sebesar 0,121. Nilai tersebut berarti variabel komunikasi digital mampu memprediksi kesejahteraan psikologis lansia sebesar 12,1%.

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INTRODUCTION

The definition of older people in this research is individuals who are in the category of pre-old age (45–59 years), old age (60 years and over), high-risk old age (age 60–70 years with health problems), potential old age (still able to do activities) and non-potential old age (individuals whose lives depend

on the help of others) as stated by Maryam (in Restyandito & Kurniawan, 2018). During old age, older people are expected to accept the condition of their age and the limitations of their physical strength to remain productive even though it is limited. In psychological aspects, they are expected to feel calm and peaceful, respect themselves, enjoy retirement with their children and grandchildren, and be adaptive regarding memory, learning ability, skills, feelings, and motivation. Furthermore, in the social aspect, older people are expected to be still able to socialize and play a role by sharing experiences with younger generations (Astutik et al., 2019; Nuriana et al., 2019; Santrock, 2012).

The older people in today's era are among digital natives (Nuriana et al., 2019). Not all can meet the expected conditions. Their decline in physical condition makes it difficult for them to adjust to existing technological developments. Some still have the potential for utilization, but their use is limited. Others are unable to adjust to the digital era. This condition can lead to a gap between the older and younger generations. Moreover, digitalization and automation are currently proliferating. Older people must adapt to changes in all aspects of life that are currently digital-based, including psychosocial aspects.

The inability to adapt to the digital era in old age for individuals can lead to psychological and social problems, such as the inability to accept new realities with digitalization where interaction and communication switch more digitally, feelings of being left behind and no longer needed due to the narrowing of social networks owned, and loneliness due to conditions and situations. In general, some older people experience retirement and are not actively working, living alone with a partner or away from family, living with family, but each family member has their own busy life, and some do fewer activities outside the home due to physical limitations (Astutik et al., 2019).

Darmojo (in Astutik et al., 2019) revealed that loneliness is the second largest psychosocial problem among older people in Indonesia after forgetfulness. Verawati (2015) discovered that loneliness occurs frequently in older people who live alone (96% moderate and 4% mild) or with their children (4% mild, 72% moderate, and 24% severe). Nuriana et al. (2019) have also concluded that automation and digitalization isolate older people.

Older people who are unable to accept change will experience inferiority, frustration, stress, depression, and loneliness, thus affecting their psychological well-being or quality of life (Andrews et al., 2019). Anugrah (2024) also wrote that in the scientific oration of the inaugural professor of psychiatry, Professor Martina W. S. Nasrun stated that older people who are unable to be independent both financially or health-wise, either in terms of motor or cognitive health, in today's technological era are likely to experience depression due to the helplessness they experience. This inability indicates that the older people have problems with their quality of life.

A quality life is well-being in life. Psychological well-being is a sign of successful adaptation during old age (Tandon, 2017). It refers to individuals' feelings of life satisfaction as a result of evaluating their life experiences and connectedness to the emotional assessment of themselves and their lives (Kovalenko & Spivak, 2018; Ryff, 2013). Furthermore, Ryff details the description of psychological well-being into six dimensions: (1) *autonomy*, meaning that individuals can determine their own lives without depending on others; (2) *environmental mastery*, meaning mastering the conditions of the surrounding environment; (3) *personal growth*, meaning being able to develop themselves; (4) *positive relations*, meaning having positive relationships with other individuals; (5) *purpose in life*, meaning having clear life goals; and (6) *self-acceptance*, meaning that individuals feel satisfied with their lives, experience positive emotions, and are able to endure bad experiences that can produce negative emotions.

Daulay and Daulay (2022) argue that the well-being of older people is characterized by their ability to achieve their life goals and feel satisfaction with their lives, meaning that they feel happy and prosperous, done by maintaining health, finding suitable activities, having good relationships and social support, and being willing and able to solve problems well. This statement aligns with the results of research conducted by Marmer (2011) and Lilyana and Cempaka (2023), which suggests that older people in Indonesia explain well-being as when they feel comfortable and safe living life in old age and have a positive mindset about their old age. They feel more cared for by their children and grandchildren, are able to control themselves, understand their own situation and condition as well as their environment, feel close to God so that they can accept their old age while still being able to build close family relationships with others, feel love and full support for their old age, and live independently, which can stimulate their creativity.

Based on some of these statements, one important indicator of well-being is building close relationships and feeling good social support. Santrock (2012) states that having a good social network can help older people people achieve good well-being.

In this digital era, the optimization of relationships and social networks is developing and being formed more with the help of technology and the Internet. Nuriana et al. (2019) refer to various sources that have detailed several benefits of technology for older people, including helping to facilitate older people to live independently, helping them remain productive and obtain finances independently, and helping them when they need help, especially those related to medical assistance through the use of smartphone features and applications and other technological devices. Furthermore, Heo et al. (2015) and Pirhonen et al. (2020) stated that Internet use with social support ultimately increases older people's life satisfaction and psychological well-being. This social support means that older people can communicate digitally and share their thoughts, feelings, and concerns with family and friends. Individuals who often interact socially experience greater psychological well-being (Kavalo, 2016; Oktaviana, 2019).

The various benefits of using technology and the Internet today in Indonesia are starting to be felt and are increasingly needed for older people to achieve a quality life. Central Agency of Statistics (Indonesian: *Badan Pusat Statistik*) noted that Internet usage continued to increase among Indonesia's older people from 2016 to 2020. In 2016, it was recorded that only 1.98% of older people people in Indonesia used the Internet. In 2017, the percentage increased to 2.98%; in 2018, it increased significantly to 5.73%; and in 2019, it increased to 7.94%. In 2020, with the outbreak of the COVID-19 pandemic in Indonesia, Internet usage among older people surged significantly to 11.44% (Rizaty, 2021). These data show that the pandemic period is an opportunity to improve the welfare of older people citizens by using and mastering digital technology, especially in social relations. Technology can overcome social barriers in social interaction with various communication devices that are easy and affordable to access. Therefore, older people need to be able to communicate in the digitalization era so that social connectedness, both in quality and quantity, is still felt and further improves their well-being.

Communication through digital media means communication through technological channels and electronic media during the 21st-century revolution. The Internet, email, smartphones, personal video calls (such as Skype and Zoom), and social media (such as Facebook, Twitter, Instagram, YouTube, WhatsApp, and LinkedIn) are all examples of digital communication technology (Grami, 2015). Digital media communication is classified as new media communication in interaction. Jenkins and colleagues defined media communication as a participatory culture-based process that enables individu-

als to actively produce and consume information through interaction with new media (Halverson et al., 2018; Jenkins et al., 2015).

Wardani (2018) quotes Jenkins that participatory culture is a culture that develops due to the support of information technology, where individuals or members of a community can play a role in creating and distributing content or works. The forms of participatory culture proposed by Jenkins (2009) consist of affiliation, expression, collaborative problem-solving, and circulation. Each form of participatory culture can be detailed as follows: (1) affiliation is the formal or informal joining of oneself in an online or offline community such as Facebook, Twitter, or WhatsApp group; (2) expression is self-expression both in communication and expression in the form of new creativity, such as video making, writing, and mash-ups; (3) collaborative problem-solving is characterized by cooperation in a group, both formally and informally, to complete tasks and develop new knowledge; and (4) circulation is an activity that forms the flow of information in the media to sharpen the information in it (such as creating podcasts and blogs).

The existence of communication through digital as a form of participatory culture can be a forum for social connection for older people, who are expected to be able to play a role in their psychological well-being in the era of digitalization. Numerous studies have been conducted on psychological well-being with digital communication, focusing on general well-being and, specifically, psychological well-being with information and communication technology (ICT). However, most of them were conducted outside Indonesia, including Heo et al. (2015), Rosell et al. (2022), Sen et al. (2022), Sims et al. (2017) and Szabo et al. (2019).

In Indonesia, research on the role of communication through digital media in the psychological well-being of older people is still minimal. Madanih and Purnamasari (2021) found that social media as a communication tool is related to the happiness of older people in Indonesia. Older people who use social media are happier than those who do not. The happiness variable in the study was measured by indicators including cursing at others, anger, despair, and depression.

Even so, there is still a need for more research and studies that link technology as a communication tool with happiness or well-being in older people in Indonesia. Therefore, this research aimed to investigate further the role of communication through digital media on the psychological well-being of older people in the digital era. The results of this research are expected to make a scientific contribution to strengthening empirical evidence regarding the relationship between communication through digital media with the psychological well-being of older people in the digital era and the importance of technological skills and mastery for older people in today's digital era.

METHODS

This research is correlational quantitative research. It was conducted to examine further the role of communication through digital media in the psychological well-being of older people. The population in this research is older people aged 55–75, following the categories proposed by Maryam (in Restyandito & Kurniawan, 2018), namely pre-old age starting from the age 45–59. Furthermore, the average age of retirement in Indonesia (starting from 57 and above), which is identically categorized as old age, is also a consideration. Other criteria are having gadgets and being accustomed to communicating digitally. Respondents to this research were selected using a convenience sampling technique. The number of respondents was 113 people, but usable data was obtained from 97 respondents.

This research used two instruments to measure both variables, namely the psychological well-being questionnaire adapted into Indonesian by Eva et al. (2020) based on the six dimensions of psychological well-being conceptualized by Ryff (2013) and the communication questionnaire through digital media developed by the researcher based on four forms of communication culture with a par-

ticipatory culture approach proposed by Jenkins (2009). The psychological well-being instrument consists of 20 statements, with 18 favorable statements and two unfavorable statements. Meanwhile, the digital communication instrument consists of 22 favorable statement items. Both instruments use a Likert scale model with four response options consisting of 1 (strongly disagree), 2 (disagree), 3 (agree), and 4 (strongly disagree).

The validity used for the psychological well-being instrument is the validity of the items determined by evaluating the individual correlation with the total item. The correlation coefficient for the psychological well-being instrument moves from .395–.773, while for the digital communication instrument, it moves from .392–.846. Content experts also assessed the validity of digital communication instruments. The content validity value with Aiken's V from two expert judgments in psychology ranged from .75–1. The reliability of both instruments was determined using Cronbach's alpha formula. The coefficient of the psychological well-being instrument was .934, while for the digital communication instrument, it was .917.

During data collection, demographic components related to both variables were also identified, including the type of digital communication media used by respondents, current employment status, age, gender, region of residence, and whom they live with. Data was collected through Google Forms and direct filling. The collected data was analyzed using simple linear regression to determine the role of digital communication as a variable that predicts the psychological well-being of older people in the digital era.

RESULTS

The results of the analysis of the research sample show a description of the distribution and demographic characteristics of respondents, including the majority of respondents aged between 60–69 years (51.5%), female (61.9%), and domiciled in urban areas in several provinces (53.6%). East Java Province has the largest number of respondents (54.6%). The next demographic characteristic is that most respondents are retirees who are currently unemployed (43.3%), and most live with their families (82.5%). The overall data on the demographic distribution of respondents can be seen in Table 1 below.

Table 1.
Data Demography of Respondent

Demography	Category	Frequency	Mean pwb	Mean digc	Percentage
Age	55–59	41	68.78	67	42.3%
	60–69	50	68.86	61	51.5%
	70–75	6	69.67	61	6.2%
Gender	Male	37	70.59	65.19	38.1%
	Female	60	67.82	62.82	61.9%
Living area	Urban	52	69.40	63.63	53.6%
	Rural	45	68.27	63.82	46.4%
Province	East Java	53	67.08	60.04	54.6%
	Central Java	18	71.61	68.17	18.6%
	Yogyakarta	2	67.50	68.45	5.2%
	West Java	5	70.20	68.94	2.1%
	Jakarta	12	70.83	72.83	12.4%
	Banten	1	76	57	1%
	Outside from Java	6	70.83	64.83	6.2%

Demography	Category	Frequency	Mean pwb	Mean digc	Percentage
Job Status	Retirees now not work	43	69.57	64.24	44.3%
	Retirees now work	18	69.78	64.47	18.5%
	An employee	19	67.57	65.53	19.6%
	Housewives	12	65.67	57.42	12.4%
	Self-employee/ entrepreneurial/farmer	5	72.2	64.80	5.2%
Living with	Family	80	68.98	62.76	82.5%
	Alone	15	68.33	67.80	15.5%
	Caregiver with duration	2	68.50	71.50	2.1%

Note. pwb = psychological well being, digc = digital communication.

Table 2.
Number of Digital Communication Media Users

Media	Frequency
WA	26
WA, IG, FB	5
WA, YouTube	14
WA, YouTube, Line	1
WA, IG, YouTube, FB	7
WA, IG, YouTube	3
WA, FB	18
WA, YouTube, FB, TikTok	1
WA, IG, FB, YouTube	1
WA, YouTube, FB	8
WA, FB, IG, YouTube, TikTok	3
WA, IG, FB, YouTube, TikTok	1
WA, YouTube, TikTok	1
WA, IG, FB, TikTok	2
WA, IG	3
WA, FB, Twitter	1
IG	1
YouTube, FB	1

Note. WA = WhatsApp, IG = Instagram, FB = Facebook.
Twitter has been officially known as X since 2023.

The data in Table 2 show that WhatsApp, Facebook, and YouTube are the digital communication media most widely accessed by older people. Table 3 explains the results of the descriptive analysis of the variables.

Table 3.
Results of Descriptive Analysis of Variables

Variables	Mean of hypothetic				Mean of empiric			
	Max	Min	Mean	SD	Max	Min	Mean	SD
Psychological well-being	80	20	50	10	79	57	68.92	6.23
Digital communication	88	22	55	11	88	27	63.72	11.12

Based on Table 3, psychological well-being and digital communication are recorded to have an empirical mean higher than the hypothetical mean. This suggests that respondents' psychological well-being and digital communication tend to be higher in reality than the psychological well-being and digital communication predicted by the scale. The psychological well-being of respondents was in the high category, with 88 respondents (90.7%), as was digital communication, with 48 respondents (49.5%). The categorization of psychological well-being and digital communication is shown in the table below.

Table 4.
Categorization of Psychological Well-being and Digital Communication (Based on Hypothetical Mean)

Variables	Category	Frequency	Percentage
Psychological well-being	Low	0	0%
	Middle	9	9.3%
	High	88	90.7%
Digital communication	Low	4	4.1%
	Middle	45	46.4%
	High	48	49.5%

In the next step, assumption tests were conducted, including residual data normality, linearity, and heteroscedasticity tests. The data is stated to have met the assumption test, namely that the residual data is normally distributed, there is no heteroscedasticity, and digital communication is linearly related to psychological well-being so that it can be continued for regression testing on psychological well-being with digital communication to support the hypothesis that has been formulated.

Hypothesis testing with a single linear regression technique is used to answer whether digital communication plays a role in the psychological well-being of older people. The results of hypothesis testing can be seen in Table 5 below.

Table 5.
Results of Hypothesis

Variables	β	t	Sig.	R-squared	F	Sig.	Statement
Digital communication	.347	3.608	$p < .001$	.121	13.019	$p < .001$	Significant
Psychological well-being							

The results of hypothesis testing show that the regression significance value between digital communication and psychological well-being is .001. The positive impact of digital communication on psychological well-being in older people suggests that it plays a significant role as a predictor of psychological well-being. This means that the more digital communication individuals use, the greater their psychological well-being.

The coefficient of determination shown in Table 6 obtained an R-squared value of .121. This value means that digital communication can predict the psychological well-being of older people by 12.1%, while other variables influence the remaining 87.9%.

DISCUSSION

The results showed that digital communication plays a positive role in psychological well-being. This finding means that digital communication can improve the psychological well-being of older people. These results align with research by Heo et al. (2015) and Szabo et al. (2019), which state that using the Internet to communicate and socialize positively affects older people's life satisfaction and psychological well-being. This result is possible due to the high level of digital communication among older people. Older people can build supportive relationships online with family and friends. Digital communication can be a coping mechanism in times of crisis (such as the COVID-19 pandemic). In the digital era, strengthened by the conditions of the post-COVID-19 period, digital communication media is increasingly in demand and can be accessed by anyone, including older people.

The findings of this research note that each older person uses more than one application to communicate digitally. The most widely used application is WhatsApp. This is possible because the WhatsApp application provides various conveniences and benefits for its users. Jumiatmoko (2016) states that WhatsApp can adjust to the social culture of its users, including in communication, without reducing the quantity, quality, and modernity of communication. Utomo (2018) revealed several reasons why Indonesian people use WhatsApp more than other digital media, including: (1) easy to create a profile; (2) directly connected to the number in the telephone contacts; (3) the interface is simple, easy to understand, and saves battery and Internet data; (4) there are various features in it such as personal chat, group chat, telephone, status, file sharing, and video calls; (5) not a medium for stalking; and (6) ad-free.

Besides WhatsApp, the older people use Facebook a lot (48 users). This is possible since Facebook precedes WhatsApp as a social media platform, and the friends, communities, or groups that older people engage with have been established on Facebook, facilitating communication for this age group. This assumption is supported by the results of research conducted by Jung et al. (2017) on older people people who are, on average, 80 years old regarding the reasons for using Facebook. Jung claimed that older people utilize Facebook to maintain friendships, share photographs, ensure social engagement, connect with family members, and facilitate communication and curiosity. Sheldon et al. (2021) complement the findings of the reasons for using Facebook for older people, notably for time diversion (filling spare time), entertainment, maintaining relationships and friendships, and meeting new people.

Another communication medium that older people widely use is YouTube (41 users). According to Harley (2014), YouTube provides new roles and new meeting places for older people who go online. YouTube has also been proven to support contact with peers and older people and intergenerational exchanges outside the scope of the family (general public), providing friendship and a sense of belonging in the online community. Many users were also found on Instagram (26 users). These results seem to be supported by the research from Sheldon et al. (2021), which identifies that the reasons older people use Instagram are relationship monitoring, documentation, inspiration, leisure engagement, and self-promotion.

The diversity of digital communication media used by older people indicates that they want to develop themselves, are persistent in continuing to develop themselves, are open to new experiences, and try to optimize their potential so that they feel psychologically well continuously (Ryff, 2013).

The findings of this research indicate that the personal growth dimension of respondents as a whole is in the high category.

The significant results of digital communication's role in the psychological well-being of older people can also be seen from age. The mean score of psychological well-being in this research is higher the older the age, while the mean score for digital communication of the older people is lower the older the age. This means that many things affect the psychological well-being of older individuals, and digital communication is one of them.

Lee (2024) showed that Internet use in older people will decrease as they get older. Advanced age is significantly associated with declining health and cognition and reduced social support, inhibiting the oldest old from accessing digital technologies and services. This indicates that older individuals can optimally manage their environment, which means that respondents are aware of their condition and can manage the environment according to their needs and values, as the results of the environmental mastery dimension are mostly in the high category.

Furthermore, Havighurst (Zadworna-Cieślak, 2020) identified that during old age, individuals will be required to adapt to the conditions of their aging, such as a decline in various aspects of life. However, they also need to fulfill more specific developmental tasks in psychosocial aspects optimally. Therefore, it is predicted that in digital communication, the mean score of older individuals (70–75) is smaller than that of younger individuals. This condition means that older individuals can accept all the positive and negative things about themselves, which in turn can be the basis for positively responding to everything in themselves, as the category of this research's self-acceptance dimension tends to be high.

The area of residence can also be why digital communication plays a role in the psychological well-being of older individuals. Respondents who live in urban areas have a higher mean psychological well-being score than those in rural areas. Research by Ahmad et al. (2014) found that in the older people who live in urban areas, the dimensions of autonomy, personal growth, positive relationships with others, self-acceptance, and mastery of the environment tend to be higher than the older people in the village, while life goals are relatively the same. This is because according to Cholil (in Ahmad et al., 2014), urban communities are much more accustomed to living independently, are open to new things, and are more promising for growth with various facilities that are more optimal than in villages. Therefore, it is easier for urban communities to recreate, do business, and practice religion so that they feel more prosperous.

The high level of psychological well-being of respondents living in urban areas may be because many live with their families (46 people) compared to respondents living in rural areas (36 people). In other words, respondents living in rural areas were more likely to live alone or with a caregiver of some duration. Respondents who live with family and/or with a nurse of duration have a higher mean psychological well-being score than those who live alone. These results are in line with the research results of Kovalenko and Spivak (2018), which stated that older people who live with their families, have the opportunity to communicate with other people, and do not feel alone, have higher psychological well-being compared to older people people who live alone. Some studies suggest that connecting with family and friends through the Internet reduces loneliness and increases social attachment, improving older individuals' well-being (Chopik, 2016; Silva et al., 2022; Szabo et al., 2019; Yu et al., 2021).

The researcher refers to this in assuming that respondents who live in rural areas have a higher mean score for digital communication than respondents who live in urban areas, meaning that the older people in villages continue to interact with other people who live far away (such as migrating

children and relatives residing outside urban areas) or join online communities so that they still feel a sense of well-being. As the results of this research show, the overall psychological well-being of respondents is high, predictably, because both older people who live with family, with long-term caregivers, and alone are still able to have more social interactions, which can currently be facilitated by digital communication even though it is still limited in space and time. So, it also appears in the results of digital communication that overall tends to be high.

The psychological well-being of older people influenced by digital communication can also be assessed from their main daily activities. Respondents whose daily life is currently as a housewife have the lowest mean score of psychological well-being compared to respondents who are still active as employees, retirees who work or do not work, entrepreneurs, or self-employed. This is possible because the respondent's role has changed from an employee to a housewife. Kubicek et al. (2011) stated that individuals who consider social status (such as work) a very valuable resource will experience a decline in psychological well-being when they retire and change roles to become housewives. This is because resources in the form of social relationships, goal achievement, freedom, and income in their lives are lost. Rodriguez-Stanley et al. (2020) also corroborated the finding that domestic work can indirectly have a negative effect on individual well-being. The indirect effect of domestic work hours on individual well-being is seen from the perception of justice felt in the future.

Meanwhile, retired, entrepreneurial, or self-employed respondents have a higher mean well-being score than those who are still employees (not retired). This result is in line with the findings of Stenholm and Vahtera (2017), who states that retirement is a time to relieve work pressure and live comfortably, positively impacting psychological and physical health. The older people in retirement enjoy their old age without pressure, especially from work, so they feel more prosperous in their lives. Some respondents in the retirement status category are not working, but some are working. Respondents with retirement status but working have a higher mean psychological well-being score than those without work. These findings differ from the findings of Xie et al. (2021), who showed that in China, those older people who returned to work after retirement experienced increased depression scores and worsened mental health. This is because the biggest desire factor in working is financial needs compared to the need to work (looking for activities), to activate their strength, and to fulfill their spirituality.

Meanwhile, respondents with entrepreneurial or self-employed status have the highest average psychological well-being. This is assumed to be the same as respondents in the retired but still working category. Entrepreneurs and self-employed are predicted to be able to meet activity needs, activate their strengths, and fulfill their spirituality. It is possible that what they do and live with pleasure affects their psychological well-being. Unfortunately, the results of this research did not delve deeper into whether the status as a housewife is a new status due to retirement or since becoming a wife has been a housewife as well as those with entrepreneurial or self-employed status, as well as the reasons for older people who have retired to continue working.

Different results were reached by depicting digital communication in relation to its key everyday activities. Respondents with employment status have the greatest mean score in digital communication, whereas housewives have the lowest score. Respondents in this category are expected to be younger than those who are retired. They remain confident in the optimization of technology usage. Individuals in the pre-old age group continue to have vast social networks, and the use of digital media for communication remains critical, particularly for chores or jobs, as well as communicating with family and friends. As Rosell et al. (2022) found that ageism (prejudice and stereotypes related to older people) affects the motivation of older individuals to use ICT. The older the individual gets,

the less they use ICT. This condition is certainly related to their status. In Indonesia, the retirement age is set to start at 56 years old in accordance with *Peraturan Pemerintah (PP) Nomor 45 Tahun 2015 tentang Penyelenggaraan Program Jaminan Pensiun* (Regulation of the Government Number 45 of 2015 on the Administration of Pension Security Program; 2015). At that age, there is a possibility of ageism emerging, which affects the confidence in using digital media.

Meanwhile, regarding the respondents in the housewife category, the mean result for digital communication was the lowest. The results are possible because household chores are not time-bound and do not require extensive collaboration, allowing digital communication activities to be carried out during free time only. This assumption aligns with the findings of Divatia and Patel (2017), which state that housewives prefer to complete all their household chores before using their time to interact on the Internet. Connecting with others through communication can create satisfaction, expression of feelings, a sense of acceptance, relaxation, mastery, and physical health (Adler & Rodman, 2006). Thus, the digital communication carried out by housewives positively impacts their psychological well-being.

This research found that digital communication enhances the psychological well-being of older people proving the statement by Santrock (2012) that individual well-being can be achieved by having a good social network. Older people who want to use various social media applications for digital communication indicate that they are able to adapt diligently to this digital era and show a sense of independence in their later years.

However, older people still need to be aware that their condition will naturally decline, including their ability to use digital media. Therefore, as older people age, their digital communication activities will decrease. Therefore, as older people age, their digital communication activities will decrease. They also realize that there are changes in their daily activities, specifically as they reach retirement and their tasks and responsibilities are reduced. Therefore, in the results of this research, the average high score on the psychological well-being dimension is in the autonomy and self-acceptance dimensions.

Research on psychological well-being needs to measure various aspects to see the relationship between variables, so this research also reviews the sociodemographic aspects of the respondents. Unfortunately, in this research, the aspects of education, the type of work before retirement, and the intensity of digital communication were not measured. In future research, it would be better to specify the sociodemographic aspects to be measured in the study of psychological well-being and digital communication so that the findings are more optimal.

CONCLUSION

The results of this research further add evidence that digital communication impacts individuals' psychological well-being. Individuals with high digital communication skills have high psychological well-being. Digital communication skills can reduce feelings of loneliness and social isolation and increase engagement and connectivity within groups, whether family, friendships, or communities, thereby improving the psychological well-being of older adults. This research did not examine the intensity of digital communication use, the education level of older people, or other variables such as ageism or communication goals. In future studies, it is highly recommended that the intensity and type of media or applications used when studying well-being and digital communication or Internet and social media use be studied. In addition, it is highly recommended that the variable ageism or communication goals be added to the same research topic and type of respondents. The finding that many older people are still working is also an interesting topic to study.

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