

Original Article

## THE RELATIONSHIP BETWEEN SELF-ESTEEM AND POST-POWER SYNDROME IN ELDERLY RETIREMENT IN THE ELDERLY POSYANDU JATIREJO VILLAGE, NGANJUK REGENCY

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### ABSTRACT

**Background.** The aging process is a natural stage of human life, and one of the phases faced by the elderly is retirement. Retirement often triggers anxiety, fear, and other psychological symptoms, known as Post-Power Syndrome. The purpose was to determine the relationship between self-esteem and Post-Power Syndrome in the elderly during retirement. **Research Method.** This research used a correlational study with a Cross-Sectional design. This research was conducted in July 2024 at the Elderly Posyandu Jatirejo Village, Nganjuk Regency. The sample size was 35 respondents, inclusion criteria are elderly  $\geq 60$  years old, have not worked for  $\geq 1$  year, are cooperative, healthy, and do not have physical disabilities. The independent variable is self-esteem and the dependent variable is Post-Power Syndrome in the elderly. Collecting data on self-esteem with Post-Power Syndrome elderly using a questionnaire sheet. Statistical tests using Spearman rank with a significant  $\alpha \leq 0.05$ . **Findings.** Based on the results of research from 35 respondents, most of them showed high self-esteem, namely 19 respondents (54.3%) and 18 respondents (51.4%) experienced mild Post-Power Syndrome. The results of the Spearman rank correlation test show a p-value of 0.012, and  $r = -0.42$  as moderate and negative correlation which means that there is a relationship between self-esteem and Post-Power Syndrome in the Elderly Retirement Period. **Conclusion.** The higher self-esteem felt by the elderly will decrease the Post Power Syndrome experienced. Appropriate psychological and social interventions in this regard are essential to improve the self-esteem and psychological well-being of the elderly in retirement.

**Keywords:** Elderly Retirement, Post-Power Syndrome, Self-esteem.

### BACKGROUND

Aging or growing old is a condition that occurs in human life. Growing old is a natural process that means a person has gone through three stages of life, namely child, adult, and old [1]. One of the circumstances that will be faced by the elderly is retirement. Individuals who experience retirement will experience anxiety and severe emotional shock. This anxiety occurs because they have to leave friends either as superiors or subordinates. Socio-economic status and other facilities that they obtained during their work. Continuous worry, anxiety, and fear will have an impact on the individual's emotional balance and will eventually manifest in various physical complaints, such a situation is known as post-power

syndrome. Post-power syndrome is mostly experienced by those who have just undergone retirement. The term appears for those who experience psychological disorders when entering retirement. Stress, depression, unhappiness, loss of self-esteem, and honor are some of the things experienced by those affected by post-power syndrome [2]. Post-power syndrome is caused by how a person lives and feels new circumstances after retirement. If someone is unable to accept these new conditions and feels disappointed and pessimistic, there will be inner conflict, fear, and low self-esteem. On the other hand, someone who has retired interprets this condition with high optimism and will face retirement with confidence [2]. Based on preliminary data from interviews with 5 elderly people on September 27, 2023, at the Jatirejo Village Elderly Posyandu, 3 elderly people said they experienced symptoms of Post-Power Syndrome such as drowsiness, lack of enthusiasm in carrying out daily activities, often sitting alone and not wanting to do activities, feeling unable to make their families happy, feeling often guilty, and irritable, 1 elderly person said he experienced symptoms that showed loss of self-esteem, 1 elderly person said he did not experience symptoms of Post-Power Syndrome or loss of self-esteem.

The World Health Organization (WHO) states that the world's elderly population in 2015 was 9.8%, estimated in 2020 to reach 11.34% or 28.8% million people. The number of elderly population >60 years is estimated to reach almost 600 million people and is projected to be 2 billion by 2050. The results of the 2010 population census show that Indonesia is among the top 5 countries with the largest number of elderly people in the world, reaching 18.1 million people in 2010 or 9.6% of the total population of around 25% experiencing symptoms of Post-Power Syndrome. From the data obtained from the Jatirejo Village government, Nganjuk Regency, the number of elderly people reached 63 people and 3 of them experienced symptoms of Post-Power Syndrome.

Most individuals who experience retirement syndrome or Post-Power Syndrome feel dissatisfied with their condition after retirement, preferring to be alone rather than meet and mingle with others [3]. Post-power syndrome is almost always experienced by people who are elderly and retired from their jobs. It's just that many people manage to get through this phase quickly and can accept reality with a big heart. This is because the elderly who have retired consider that when he is no longer working, he considers that his quality has failed because at his age he is no longer able to provide the best for his family so his sense of satisfaction and meaning in himself has begun to decrease. Meanwhile, respondents with normal self-esteem consider that although they accept their condition that they are no longer working, they sometimes assume and feel that the people around them do not show

appreciation like when they used to work so that this makes respondents feel less satisfied with themselves when they retire [4]. But in certain cases, where a person is unable to accept the existing reality, coupled with the demands of life that continue to urge, and he is the sole breadwinner of the family, the risk of severe post-power syndrome is even greater. Some cases of severe post-power syndrome are followed by mental disorders such as not being able to think rationally for a certain period of time, severe depression, or in introverted individuals there is severe psychosomatics (pain caused by unchanneled emotional burden) [5].

If a post-power syndrome sufferer can find a new self-actualization, it is very helpful for him. For example, if a manager is laid off, but can self-actualize in the new business he started (agribusiness for example), he will avoid the risk of post-power syndrome. Support and understanding from loved ones are very helpful for sufferers. If the Post-Power Syndrome sufferer sees that his loved ones understand and understand about his situation, or his inability to make a living, he will be more able to accept his situation and be more able to think coldly. This will restore his creativity and productivity. In addition, the support of the closest environment, in this case, the family, and one's emotional maturity are very influential in the passing of this post-power syndrome phase [5]. Therefore, researchers are interested in researching “The Relationship between Self Esteem and Post-Power Syndrome in Elderly Retirement in the Elderly Posyandu Jatirejo Village, Nganjuk Regency”

## **RESEARCH METHOD**

This research design uses a correlational study with a Cross-Sectional approach method. Cross-sectional research is a type of research that emphasizes the time of measurement/observation of data on independent and dependent variables only once at a time. [6].

This research was conducted on July 17, 2024, at the Elderly Posyandu Jatirejo Village, Nganjuk Regency. This research was conducted based on a letter of assignment given by Ns. Oktaffrasya W. Septafani, M. Kep. as the head of the Research and Community Service Center of STIKes Satria Bhakti Nganjuk to Ns. Lexy Oktora Wilda, M. Kep. with No. 013/073.138.PN/VI/20224. The population in this study were elderly retirees in the Elderly Posyandu of Jatirejo Village, Nganjuk Regency as many as 35 elderlies. The sample in this study was elderly seniors at the Elderly Posyandu Jatirejo Village, Nganjuk Regency, totaling 35 respondents. The inclusion criteria in this study were that the elderly were  $\geq 60$  years old, had not worked for  $\geq 1$  year, were cooperative, healthy, and had no physical

disability. The sampling technique in this study used the Total Sampling Technique. The independent variable or independent variable of this study is self-esteem, and the dependent variable of this study is Post-Power Syndrome in the elderly retirement period.

The instrument used in this study was the Post-Power Syndrome questionnaire adopted from Oktavia's research, using a Likert scale, namely positive statements “1 = Yes”, “2 = No”, negative statements “1 = No”, “2 Yes”, and self-esteem using a Likert scale, positive statements '3 = Strongly Agree (SA)', '2 = Agree (A)', '1 = Disagree (D)', '0 = Strongly Disagree (SD)', negative statements '0 = Strongly Agree (SA)', '1 = Agree (A)', '2 = Disagree (D)', '3 = Strongly Disagree (SD)'. The interpretation of the Post-Power Syndrome questionnaire is a score of  $\leq 24$  (Mild Post Syndrome), a score of 24-48 (Moderate Post Syndrome, and  $\geq 48$  (Severe Post Syndrome), while the interpretation of the self-esteem questionnaire is a score 25-33 (Low Self Esteem), score 34-42 (Moderate Self Esteem), and score 43-50 (High Self Esteem) [7].

Statistical data analysis was carried out with the Spearman Rank correlation test with  $\alpha = 0.05$ . The guidelines for hypothesis testing are if the p-value  $\leq \alpha$  (0.05), then  $H_a$  is accepted or  $H_0$  is rejected, which means that there is a relationship between self-esteem and Post-Power Syndrome in the elderly retirement period. Meanwhile, if the p-value  $> \alpha$  (0.05), then  $H_a$  is rejected and  $H_0$  is accepted, which means that there is no relationship between self-esteem and Post-Power Syndrome in the elderly retirement period.

## FINDINGS

### Characteristics Respondents

Table 1. Characteristics of respondents by Gender, Age, Educational History, Employment History, Living Together, Length of Inactivity

No	Gender	Frequency ( <i>f</i> )	Percentage (%)
1	Man	17	48.6
2	Woman	18	51.4
<b>Total</b>		<b>35</b>	<b>100.0</b>
No	Education	Frequency ( <i>f</i> )	Percentage (%)
1	High School	10	28.6
2	Higher Education	25	71.4
<b>Total</b>		<b>35</b>	<b>100.0</b>
No	Work History	Frequency ( <i>f</i> )	Percentage (%)
1	Civil Servants, Army, Police	27	77.1
2	Private	8	22.9
<b>Total</b>		<b>35</b>	<b>100.0</b>
No	Living Together	Frequency ( <i>f</i> )	Percentage (%)
1	Husband/Wife	18	51.4
2	Husband/Wife and Children	13	37.1
3	Child	4	11.4

<b>Total</b>		<b>35</b>	<b>100.0</b>
<b>No</b>	<b>Long Time Not Working</b>	<b>Frequency (f)</b>	<b>Percentage (%)</b>
1	1-2 years	0	0.0
2	>2 years	35	100.0
<b>Total</b>		<b>35</b>	<b>100.0</b>

Table 1. showed that of the 35 respondents, most of the respondents were female, as many as 18 respondents (51.4%), based on Age almost all respondents aged 60-74 years were 29 respondents (82.9%), based on education history the majority of respondents had Higher Education/Diploma Education History, as many as 25 respondents (71.4%), based on work history almost all respondents had a Retired Work History of Civil Servants/TNI/Polri as many as 27 respondents (77.1%), based on living together most of the respondents lived with their husband/wife as many as 18 respondents (51.4%), and based on long time not working, All respondents  $\geq 2$  Years Not Employed, as many as 35 respondents (100.0%)

Table 2. Distribution of Self-Esteem Frequency in the Elderly in Retirement at the Posyandu Elderly in Jatirejo Village, Nganjuk Regency

No	Self-esteem	Frequency (f)	Percentage (%)
1	Low	1	2.9
2	Moderate	15	42.9
3	High	19	54.3
Total		35	100.0

Table 2. shows that of the 35 respondents, most of them had high self-esteem, with as many as 19 respondents (54.3%). There is 1 respondent had low self-esteem (2.9%).

Table 3. Frequency of Post-Power Syndrome in the Elderly in Retirement at the Elderly Posyandu Jatirejo Village, Nganjuk Regency

No	Post-Power Syndrome	Frequency (f)	Percentage (%)
1	Mild	18	51.4
2	Moderate	16	45.7
3	Severe	1	2.9
Total		35	100.0

Table 3. shows that of the 35 respondents, most of them have mild Post-Power Syndrome as many as 18 respondents (51.4%). There is 1 respondent had severe post-power syndrome (2.9%).

Table 4. Cross-tabulation of the Relationship between Self-Esteem and Post-Power Syndrome in the Elderly in Retirement Age at the Elderly Posyandu in Jatirejo Village, Nganjuk Regency

Self-esteem	Post-Power Syndrome						Total	
	Mild		Moderate		Severe		$\Sigma$	%
	f	%	f	%	f	%		

Low	0	0.0	0	0.0	1	2.9	1	2.9
Moderate	5	14.3	10	28.6	0	0.0	15	42.9
High	13	37.1	6	17.1	0	0.0	19	48.6
Total	18	51.4	16	45.7	1	2.9	35	100
P value = 0.012 ; $\alpha \leq 0.05$ ; $r = -0.420$								

Table 4. It is known that of 35 respondents, most of them, namely 13 respondents (72.2%) have high self-esteem and mild Post-Power Syndrome. The results of the Spearman rank correlation test showed  $p\text{-value} = 0.012$ ,  $p\text{-value} \leq \alpha = 0.05$ , so  $H_a$  was accepted, which means that there is a relationship between self-esteem and Post-Power Syndrome in the Elderly in Retirement Age at the Elderly Posyandu Jatirejo Village, Nganjuk Regency with a value of  $r = -0.420$  which means a close relationship is moderate. A negative  $r$  value means that the higher the self-esteem, the lighter the Post-Power Syndrome.

## DISCUSSIONS

### Self-esteem in the Elderly in Retirement at the Posyandu Elderly in Jatirejo Village, Nganjuk Regency

Based on the results of the study, it was shown that the self-esteem of the elderly in retirement at the Elderly Posyandu in Jatirejo Village, Nganjuk Regency, out of 35 respondents was in the category of high self-esteem, as many as 19 respondents (54.3%). This study contradicts previous research that high self-esteem in the elderly tends to increase in young and middle age, reaching a peak at the age of 60 but starting to decline when entering old age, which is partly due to changes in health status experienced by the elderly. [8]. Entering old age, individuals begin to withdraw from society, allowing them to focus on themselves. Allowing individuals to focus on themselves. Psychological changes in the elderly can cause a decline in social interaction as evidenced by the elderly experiencing feelings of inferiority, feeling guilty, or feeling useless, which will make the elderly not interested in social interaction with the surrounding environment. [9].

This is influenced by demographic data on the characteristics of most of the respondents are female, namely as many as 11 respondents (57.8%), almost all of them are 60-74 years old, namely as many as 18 respondents (94.7%), almost all of them have a Higher Education/Diploma History, which is as many as 15 respondents (78.9%), almost all of them have a retirement work history of civil servants/TNI/Polri, namely 15 respondents (78.9%), most of them live With their husbands/wives, there were 11 respondents (57.8%), and all of them had not worked for  $\geq 2$  years, namely 19 respondents (100.0%)

Some factors that affect self-esteem are acceptance or contempt for oneself. Individuals who feel they are valuable will have a better or positive assessment of themselves compared to individuals who do not experience this, as for other factors such as leadership or popularity. [10]. Self-assessment or meaning is obtained by a person when the individual must behave by the demands given by his social environment, namely a person's ability to distinguish himself from others or his environment. Age can affect self-esteem in the elderly because in human life a person's self-esteem will increase with age, in old age self-esteem problems will arise due to physical disorders, declining finances due to entering retirement, or due to psychological disorders. One of the psychological disorders experienced by the elderly is due to the loss of a life partner from the elderly. The development of self-esteem in young adults to old age shows that self-esteem will increase in young and middle adults in the age range of 25-60 years, and will reach its peak at the age of 60. After that, it will experience a decrease in self-esteem in the age range of 60-100 years [8]. The level of education is also the most important thing in facing and solving problems. The higher a person's education, the more experience, and the experience of retirement can lower self-esteem. [11]. Therefore, a retiree then joins a new community such as a group that will build a new meaning to old age, so that they will be better prepared to face the problems that occur. [12].

The results of the research conducted by the researcher showed that most of the self-esteem in the elderly in retirement at the elderly posyandu in Jatirejo village, Nganjuk regency has high self-esteem, the researcher assumes that it is due to several factors that affect including age, increasing age, many elderlies have higher self-esteem because their life experience has given them a broader perspective, and deeper self-acceptance. They may be better able to accept their shortcomings. While many seniors face challenges that can lower their self-esteem, there are also many who manage to maintain or even improve their self-esteem through self-acceptance, independence, and social support. In addition, education history also affects the self-esteem of the elderly, where a higher level of education in the elderly will make them think more rationally, logically, and more insightfully in responding to problems, while lower levels of education tend to lack confidence, overdo in work by thinking that when they retire, they are no longer useful and feel no longer needed because they are old and productivity decreases.



## **Post-Power Syndrome in the Elderly in Retirement at the Elderly Posyandu Jatirejo Village, Nganjuk Regency**

Based on table 8, it shows that of the 35 respondents, most of them have moderate Post-Power Syndrome as many as 18 respondents (51.4%). Of the 18 respondents who had mild Post-Power Syndrome, supported by the results of cross-tabulation data on respondent characteristics, among others, almost all of them were 60-74 years old, namely 17 respondents (94.4%). However, based on the results of statistical tests, the age p-value was  $0.025 \leq 0.05$  so Post-Power Syndrome was significantly influenced by age. This study is in line with previous research that most people with post-power syndrome in the study are between 60-74 years old [7].

Post-Power Syndrome can be affected by age because in retirement the elderly have a very low tendency to Post-Power Syndrome. This condition is related to the characteristics of the research subjects who are 60 to 70 years old with a maximum retirement period of 10 years. The longer an individual experiences retirement, the more the individual will develop his ability to be able to adjust to his retirement. The tendency of Post-Power Syndrome which is classified as very low indicates that it can live and feel its new state as a retiree with a feeling of confidence, not feeling lonely, and optimistic. Individuals feel relieved, satisfied, and happy because they have done all their institutional duties or obligations with the maximum possible effort so that they can reduce negative feelings due to Post-Power Syndrome. [13].

The results of the study conducted by the researcher showed that most of the Post-Power Syndrome in the elderly retirement age at the elderly posyandu in Jatirejo Village, Nganjuk Regency had mild Post-Power Syndrome, the researcher assumed that it was due to factors that affected including age. As you get older, you will feel retired from work or withdraw from important roles in society. This loss can lead to a sense of helplessness and loss of identity, as the job or role may have been a big part of them for years

## **The Relationship between Self-Esteem and Post-Power Syndrome in the Elderly in Retirement at the Elderly Posyandu in Jatirejo Village, Nganjuk Regency**

Based on the results of the study, it was shown that of the 35 respondents, most of the respondents with Post-Power Syndrome in the mild category, had high self-esteem, namely 13 respondents (72.2%). The results of the Spearman rank correlation test showed a p-value of  $0.012 \leq \alpha = 0.05$ , so  $H_a$  was accepted, which means that there is a relationship between self-esteem and Post-Power Syndrome in the Elderly in Retirement Age at the Elderly Posyandu Jatirejo Village, Nganjuk Regency with a value of  $r = -0.420$  which means



a close relationship is moderate. A negative  $r$  value means that the higher the self-esteem, the lighter the Post-Power Syndrome. This is in line with previous findings that there is a negative relationship between self-esteem and the tendency of post-power syndrome can be accepted. The higher the self-esteem, the lower the tendency of the post-power syndrome, on the contrary, the higher the price of self-regulation, the higher the tendency of the post-power syndrome [13].

Self-esteem develops according to the quality of interaction between individuals and their environment, and can go well, and can increase or decrease individual self-esteem. A person can have high self-esteem when working because of the feeling of being useful to others and their environment. High self-esteem is characterized by high self-confidence, satisfaction, having clear goals and always maintaining a positive outlook. In addition, retirement can also have a number of negative impacts. Retirement can lead to economic hardship, reduced self-esteem, reduced activity, and decreased physical and mental capacity, and feelings of uselessness to the environment and others. Losing a job, deteriorating health, and losing contact with acquaintances and co-workers in the later stages of adulthood can trigger a person's self-esteem to drop. Self-esteem will project an individual's perspective on their environmental situation, in other words, self-esteem will also determine how retired civil servants respond in adjusting to the changes in retirement that they experience [3]

Self-esteem and Tendency of Post-Power Syndrome in Retired Civil Servants Members of PWRI Cirebon City Branch [14]. The results of this study showed a significant negative relationship between self-esteem and the tendency to Post-Power Syndrome in retired civil service members of PWRI Cirebon City Branch ( $r_{xy}=-0.779$ ;  $p<0.001$ ). The higher the self-esteem of retirees, the lower the tendency to Post-Power Syndrome, and vice versa. The Relationship Between Self-Esteem and Retirement Syndrome Among Former Managers of Angkasa Pura obtained a value of  $r = -0.462$ , so it was concluded that there was a relationship between self-esteem and retirement syndrome in the Angkasa group. Pura's top-level managerial retirees in the face of his retirement [3]. In this case, the direction of the two variables is negative which means that retirees with high self-esteem will experience a less severe retirement syndrome, and vice versa, retirees with low self-esteem will experience a more severe retirement syndrome.

Based on the results of this study, the researcher argues that the higher the self-esteem, the milder the tendency to Post-Power Syndrome. The opposite is also true, the lower the self-esteem, the more severe the tendency to Post-Power Syndrome. The higher the self-esteem of the retirees, the better their ability to adjust to the retirement period they are

experiencing. This means that to reduce stress due to the retirement period that they are living, a high self-esteem is needed so that individuals can make self-adjustments. To overcome Post-Power Syndrome in old age, social and mental support is essential. Encourage seniors to discover new interests or hobbies, get involved in the community, or take on new roles that give meaning and purpose to help reduce negative impacts. One of the roles of nurses as educators is an important aspect of gerontic nursing, where nurses have the responsibility to provide accurate and relevant information to the elderly and their families about health. By providing effective education, gerontic nurses help increase the understanding and independence of the elderly in managing their health. In this case, the role of nurses provide direction to families to be more open to the elderly so that there is trust in the elderly to tell stories to families.

## CONCLUSION

A person's self-esteem will increase as they get older and have experience. The higher the level of self-esteem felt by the elderly, the higher the level of Post-Power Syndrome experienced the importance of appropriate psychological and social interventions to improve the self-esteem and psychological well-being of the elderly in retirement.

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