

ABSTRAK

HUBUNGAN *PSYCHOLOGICAL WELL-BEING* DENGAN KESEPIAN PADA LANSIA DI DESA KALIANGET TIMUR

Oleh : Sitti Haqiqatun Wahdaniyah

Masalah kesepian pada lansia masih banyak ditemukan di masyarakat terutama lansia. Kesepian merupakan perasaan dimana seseorang merasa terasing, tersisihkan, serta terpencil dari orang lain, dimana individu merasa ada ketidaksesuaian antara keinginan dan hasrat tentang hubungan sosial yang diharapkan dengan kenyataan hubungan baik secara kualitas maupun kuantitas. Salah satu faktor risiko terjadinya kesepian pada lansia yaitu *psychological well-being*, sehingga tujuan penelitian ini yaitu untuk mengetahui hubungan *psychological well-being* dengan kesepian pada lansia di Desa Kalianget Timur.

Jenis penelitian yaitu kuantitatif berupa korelasional dengan rancangan penelitian *cross sectional*. Populasinya adalah seluruh lansia yang berusia 60-70 tahun di Desa Kalianget Timur. Sampel penelitian ini sebanyak 105 lansia, dengan menggunakan teknik *simple random sampling*. Pengumpulan data menggunakan kuesioner *UCLA Loneliness Scale* dan *Scale Of Psychological Well-Being*. Variabel yang diteliti yaitu kesepian pada lansia sebagai variabel terikat dan variabel bebasnya adalah *psychological well-being*. Analisa data menggunakan uji statistic korelasi spearman (*spearman rho*).

Hasil penelitian menunjukkan, hampir setengahnya lansia di Desa Kalianget Timur memiliki *psychological well-being* yang tinggi dengan kesepian ringan. Hasil analisis uji statistic menggunakan korelasi *spearman* menunjukkan $p = 0,000$ di ketahui bahwa $p < \alpha (0,05)$.

Kesimpulan yang di peroleh adalah terdapat hubungan *psychological well-being* dengan kesepian pada lansia. Untuk mencegah terjadinya kesepian pada lansia diperlukan kolaborasi yang baik antara tenaga kesehatan dan keluarga dalam memberikan dukungan untuk mengurangi tingkat kesepian yang dialami lansia.

Kata kunci : *Psychological Well-Being*, Kesepian, Lansia

ABSTRACT

THE RELATIONSHIP OF PSYCHOLOGICAL WELL-BEING AND LONELINESS IN THE ELDERLY IN EAST KALIANGET VILLAGE

By : Sitti Haqiqatun Wahdaniyah

The problem of loneliness in the elderly is still widely found in society, especially the elderly. Loneliness is a feeling where a person feels alienated, excluded, and isolated from other people, where the individual feels there is a mismatch between desires and desire about expected social relationships with the reality of relationships both in quality and quantity. One of the risk factors for loneliness in the elderly is psychological well-being, so the purpose of this study is to determine the relationship between psychological well-being and loneliness in the elderly in Kalianget Timur Village.

The type of research is quantitative in the form of correlation with a cross sectional research design. The population is all elderly people aged 60-70 years in East Kalianget Village. A sample of 105 elderly people in East Kalianget Village, using simple random sampling technique. Collecting data using the UCLA Loneliness Scale questionnaire and the scale of psychological well-being. The variable studied is loneliness in the elderly as the dependent variable and the independent variable is psychological well-being. Analysis of the data used is statistical test spearman rho correlation (spearman rho).

The results showed that almost half of the elderly in Kalianget Timur Village had high psychological well-being and mild loneliness. The results of statistical test analysis using Spearman correlation showed $p = 0.000$ in the known that $p < (0.05)$.

The conclusion obtained is that there is a relationship between psychological well-being and loneliness in the elderly. To prevent loneliness in the elderly, it is necessary to have good collaboration between health workers and families in providing support to reduce the level of loneliness experienced by the elderly.

Keywords : Psychological Well-Being, Loneliness, Elderly