

ABSTRAK

FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN POST POWER SYNDROME PADA LANSIA PENSIUNAN

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Latar Belakang: *Post power syndrome* adalah sekumpulan gejala pasca kekuasaan yang negatif dan dialami oleh individu setelah pensiun. Gejala ini dipengaruhi oleh beberapa faktor diantaranya adalah golongan PNS, koping religius positif, koping religius negatif dan resiliensi. Penelitian ini bertujuan mengetahui faktor yang berkorelasi signifikan secara statistik dengan *post power syndrome*.

Metodologi: Penelitian dengan pendekatan *cross sectional*. Uji korelasi *Spearman* untuk golongan PNS dan Uji korelasi *Pearson* untuk koping religius positif, koping religius negatif dan resiliensi.

Hasil Penelitian: Dari empat variabel, hanya koping religius negatif yang mempunyai korelasi secara statistik dengan *post power syndrome*. Melalui uji korelasi *Pearson* didapatkan nilai koping religius negatif ($p=0,006$) dan uji t parsial koping religius negatif dengan hasil ($p=0,012$)

Kesimpulan: Secara statistik hanya koping religius negatif yang berhubungan signifikan dengan *post power syndrome*.

Kata Kunci: Penyakit jiwa, Gerontik, Koping, Manajemen, Spiritualitas

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ABSTRACT

FACTORS ASSOCIATED WITH POST POWER SYNDROME IN ELDERLY RETIREES

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Background: *Post power syndrome is a set of negative post power symptoms experienced by individuals after retirement. This symptom is influenced by several factors, including job level, positive religious coping, negative religious coping and resilience. This study aims to determine the factors that correlate with post power syndrome.*

Methods: *This study used a cross sectional approach. Spearman r correlation is used to test the relationship between job level and post power syndrome. Pearson r correlation was used to test the relationship between variables positive religious coping, negative religious coping, resilience and post power syndrome. Linear regression with a partial t -test predict the cause-effect relationship model.*

Results: *Only negative religious coping had a statistical correlation with post power syndrome. Through the Pearson correlation test, negative religious coping values ($p=0,006$) and negative religious partial t test ($p=0,012$).*

Conclusion : *Statistically, only negative religious coping was significantly associated with post power syndrome.*

Keywords : *Mental Illness, Gerontic, Coping, Management, Spirituality*

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