

ABSTRAK

GAMBARAN KESEJAHTERAAN PSIKOLOGIS PADA LANSIA DI DESA BANTERAN

Alfian Prasetya Yulianto, Asep Iskandar, Lita Heni Kusumawardani

Latar Belakang: Penurunan fungsi organ pada lansia dapat menghambat interaksi dengan lingkungan dan memengaruhi kesejahteraan psikologis. Lingkungan yang baik membantu lansia menerima diri, sedangkan lingkungan buruk dapat memicu depresi, stres, dan kesepian. Rasa terabaikan dari keluarga juga dapat memperburuk kondisi psikologis lansia. Penelitian ini bertujuan mengidentifikasi kesejahteraan psikologis lansia di Desa Banteran.

Metodologi: Penelitian deskriptif kuantitatif dengan pendekatan *cross sectional* yang melibatkan 95 lansia di Desa Banteran dengan menggunakan *simple random sampling*. Data diperoleh melalui pengisian kuesioner *Psychological Well-Being* kemudian diolah menggunakan analisis univariat, dengan menggunakan median dan nilai minimum-maksimum.

Hasil Penelitian: Responden penelitian ini lansia berusia antara 60-73 tahun, dengan jenis kelamin paling dominan adalah perempuan (65,3%). Penelitian didapatkan hasil bahwa kesejahteraan psikologis pada lansia di Desa Banteran dengan kesejahteraan psikologis rendah sebanyak 44 lansia (46,3%), sedang sebanyak 30 lansia (31%), dan tinggi sebanyak 21 lansia (22,1%).

Kesimpulan: Mayoritas responden memiliki kesejahteraan psikologis yang rendah. Oleh karena itu, lansia memerlukan dukungan sosial oleh lingkungan sekitar guna meningkatkan kesejahteraan lansia tersebut.

Kata kunci: Dukungan Sosial, Kesejahteraan Psikologis, Lansia.

ABSTRACT

OVERVIEW OF PSYCHOLOGICAL WELL-BEING IN ELDERLY IN BANTERAN VILLAGE

Alfian Prasetya Yulianto, Asep Iskandar, Lita Heni Kusumawardani

Background: Deterioration in organ function in the elderly can hinder interaction with the environment and affect psychological well-being. A supportive environment helps the elderly accept themselves, while a poor environment can trigger depression, stress, and loneliness. Feeling neglected by family can also worsen their psychological condition. This study aimed to identify the psychological well-being of the elderly in Banteran Village.

Methodology: This was a descriptive quantitative study with a cross-sectional approach, involving 95 elderly individuals from Banteran Village using simple random sampling. Data were collected through the Psychological Well-Being questionnaire and analyzed using univariate analysis incorporating the median and minimum-maximum values.

Results: The respondents in this study were elderly individuals aged between 60-73 years, with the most dominant gender being female (65.3%). The results showed that the psychological well-being of the elderly in Banteran Village was low in 44 elderly individuals (46.3%), moderate in 30 elderly individuals (31%), and high in 21 elderly individuals (22.1%).

Conclusion: The majority of respondents have low psychological well-being. Therefore, the elderly need social support from their surroundings to improve their well-being.

Keywords: Elderly, Psychological Well-Being, Sosial Support.

