

**PERBEDAAN TINGKAT KESEJAHTERAAN PSIKOLOGIS LANSIA
GRANDPARENTING DAN NON-GRANDPARENTING DI DESA WIRADADI
KECAMATAN SOKARAJA KABUPATEN BANYUMAS**

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ABSTRAK

Latar Belakang: *Grandparenting* menjadi salah satu fenomena yang banyak ditemui di masyarakat. Kegiatan *grandparenting* menimbulkan dampak positif bagi lansia seperti memberikan kebermaknaan hidup yang baik di masa tua. Sementara itu, terdapat pula dampak negatif seperti berkurangnya waktu untuk melakukan kegiatan yang diinginkan.

Tujuan: Penelitian ini bertujuan untuk mengetahui perbedaan tingkat kesejahteraan psikologis lansia *grandparenting* dan *non-grandparenting* di Desa Wiradadi Kecamatan Sokaraja Kabupaten Banyumas

Metode: Penelitian ini menggunakan desain komparatif dan pendekatan *cross sectional*. Teknik pengambilan sampel menggunakan *quota sampling* dengan total jumlah 60 responden (30 lansia *grandparenting* dan 30 lansia *non-grandparenting*). Pengukuran tingkat kesejahteraan psikologis menggunakan *Psychological Well-Being Scale* (PWBS). Data dianalisis menggunakan uji *Mann Whitney*.

Hasil: Median skor kesejahteraan psikologis pada lansia *grandparenting* adalah 88, sedangkan *non-grandparenting* adalah 85. Hasil uji statistik *Mann Whitney* menunjukkan nilai *p value* 0,006 ($\alpha < 0,05$).

Kesimpulan: Terdapat perbedaan tingkat kesejahteraan psikologis yang bermakna antara lansia *grandparenting* dan *non-grandparenting* di Desa Wiradadi Kecamatan Sokaraja Kabupaten Banyumas.

Kata kunci: *grandparenting*, *non-grandparenting*, kesejahteraan psikologis.

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PSYCHOLOGICAL WELL-BEING DIFFERENCE BETWEEN ELDERLY WHO ASSUME GRANDPARENTING ROLE AND THOSE WHO DOES NOT IN WIRADADI VILLAGE, SOKARAJA SUB-DISTRICT, BANYUMAS DISTRICT

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ABSTRACT

Background: Grandparenting is one of many phenomenon among the society. Grandparenting has a positive effect on the elderly such as give a better life-meaning. However, it could give a negative impact for elderly such as lack of time to do their desire an activity.

Objective: This research aims to know the difference of psychological well-being level of grandparenting elderly and non-grandparenting in Wiradadi Village, Sokaraja Sub-district, Banyumas District.

Methods: This is a cross sectional with comparative design. This study used 60 respondents (30 grandparenting elderly and 30 non-grandparenting elderly). Psychological well-being was used to measure Psychological Well-Being Scale (PWBS). Data was analyzed using Mann Whitney test.

Results: Median score of psychological well-being in grandparenting elderly is 88, while non-grandparenting is 85. Mann Whitney statistical test showed *p value* = 0,006 ($\alpha < 0,05$).

Conclusion: There is a significant psychological well-being difference between elderly who assume grandparenting role and those who does not in Wiradadi Village Sokaraja Sub-district, Banyumas District.

Keywords: grandparenting, non-grandparenting, psychological well-being.

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