

# HUBUNGAN FUNGSI KELUARGA DENGAN KUALITAS HIDUP PASCA PENSIUN PADA PERSATUAN PURNAWIRAWAN ANGKATAN DARAT (PPAD) DI KABUPATEN GUNUNGGKIDUL

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## INTISARI

**Latar Belakang:** reaksi seseorang dalam menghadapi masa pensiun berbeda-beda. Beberapa perubahan yang terjadi ketika masa pensiun datang antara lain perubahan keadaan ekonomi, perubahan status jabatan dan peran, kehilangan aktivitas sosial, dan terkadang timbul perasaan yang tidak berguna atau perasaan kesepian karena tidak bisa bertemu lagi dengan teman-temannya. Kondisi-kondisi seperti inilah yang pada akhirnya akan berpengaruh terhadap kualitas hidup lansia. Fungsi keluarga pada pensiunan sebagai faktor yang penting diharapkan mampu membantu ketercapaian kualitas hidup pensiunan yang baik.

**Tujuan:** diketahuinya hubungan antara fungsi keluarga dengan kualitas hidup pasca pensiun pada Persatuan Purnawirawan Angkatan Darat (PPAD) di Kabupaten Gunungkidul.

**Metode:** penelitian ini merupakan penelitian kuantitatif korelasional menggunakan cross sectional dengan teknik sampling *quota sampling* dan jumlah sampel 76 orang. Fungsi keluarga pada pensiunan diukur menggunakan kuesioner APGAR *Family*, sementara kualitas hidup diukur menggunakan kuesioner WHOQOL-Bref yang telah valid dan reliabel. Analisis data menggunakan Uji Chi-Square.

**Hasil:** hasil penelitian fungsi keluarga pensiunan adalah 2.6% memiliki disfungsi berat, 50% disfungsi sedang, dan 47.4% keluarga berada pada status fungsional. Sedangkan kualitas hidup pensiunan 44.7% kualitas hidup sedang, sebanyak 52.6% baik, serta 2.6% kualitas hidup sangat baik. Hasil uji *Chi-Square* nilai  $p = 0,017$  ( $p < 0,05$ ) dengan nilai koefisien korelasi sebesar 0,369.

**Kesimpulan:** terdapat hubungan yang signifikan antara fungsi keluarga dengan kualitas hidup pensiunan di PPAD Kabupaten Gunungkidul dengan keeratan rendah. Semakin fungsional keluarga maka semakin baik kualitas hidup pensiunan.

**Kata Kunci:** Fungsi Keluarga, Pensiun, Kualitas Hidup

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# THE CORRELATION BETWEEN FAMILY FUNCTION AND POST-RETIREMENT QUALITY OF LIFE AT ARMY RETIREES GROUP (PPAD) IN GUNUNGKIDUL

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## ABSTRACT

**Background:** The reaction of a person facing their retirement is varied. Some of the changes that occur when retirement comes are changes in economic conditions, changes in position and role status, loss of social activities, and sometimes feelings of uselessness or loneliness because they were unable to gather with their friends again. These conditions will ultimately affect the quality of life of the retiree. The family function as an important factor is expected to be able to help retirees attain a good quality of life.

**Purpose:** This study aimed to identify the correlation between family function and quality of life among army retirees group (PPAD) in Gunungkidul Regency.

**Method:** This was a correlational quantitative study using cross sectional approach with quota sampling technique and sample number of 76 people. Family function in retirees was measured using the APGAR Family questionnaire, while quality of life was measured using a valid and reliable WHOQOL-Bref questionnaire. Analyze data using the Chi-Square Test.

**Result:** The results of the study on the function of retired families were 2.6% had severe dysfunctional, 50% were moderate dysfunctional, and 47.4% of families were functional. Meanwhile, the quality of life of retirees was moderate 44.7%, 52.6% was good, and 2.6% had a very good quality of life. The results of the Chi-Square test p-value 0.017 ( $p < 0.05$ ) with a correlation coefficient value of 0.369.

**Conclusion:** There is a correlation between family function and the quality of life among army retirees group (PPAD) in Gunungkidul Regency with low closeness. The more functional the family, the better the quality of life of the retirees.

**Keywords:** Family Function, Retirees, Quality of Life

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