

## Hubungan Kesejahteraan Spiritualitas dengan Tingkat Kesepian Lansia di BPSTW Unit Abiyoso Yogyakarta

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### INTISARI

**Latar belakang:** Fenomena kesepian yang terjadi pada lansia merupakan masalah kesehatan mental yang sering di temui. Tingkat kesepian lansia dapat terjadi pada lansia yang bertempat tinggal di komunitas dan tinggal dengan keluarganya maupun lansia yang di panti werdha. Namun, tingkat kesepian yang terjadi akan lebih tinggi ketika lansia hidup di panti, walaupun di panti terdapat fasilitas bimbingan spiritualitas dan kerohanian kepada lansia.

**Tujuan:** Penelitian ini bertujuan mengetahui hubungan kesejahteraan spiritualitas dengan tingkat kesepian lansia di BPSTW Unit Abiyoso Yogyakarta.

**Metode Penelitian:** Penelitian ini merupakan penelitian kuantitatif dengan desain penelitian adalah *cross sectional* di BPSTW Unit Abiyoso Yogyakarta. Teknik pengambilan sampel menggunakan teknik *purposive sampling* dengan hasil 52 responden. Pengambilan data menggunakan kuesioner *Spiritual Well-Being Scale* (SWBS) dan *University of California Loneliness Assessment* (UCLA).

**Hasil:** Hasil penelitian ini menunjukkan bahwa 19 responden (36.5%) memiliki tingkat kesejahteraan spiritualitas tinggi, dan sebanyak 35 responden (67.3%) berada pada tingkat kesepian sedang. Hubungan antara kesejahteraan spiritualitas dengan tingkat kesepian. Hasil analisis uji statistik korelasi Gamma, dengan nilai *p value* 0,001 ( $P < 0,05$ ) dengan *Correlation Coefficient r* sebesar  $-0,704$  yang berarti semakin tinggi tingkat kesejahteraan spiritualitas, maka tingkat kesepian lansia akan semakin rendah.

**Kesimpulan:** Terdapat hubungan antara kesejahteraan spiritualitas dengan tingkat kesepian pada lansia yang tinggal di BPSTW Unit Abiyoso Yogyakarta dengan tingkat keeratan kuat.

Kata kunci: Lansia, Kesejahteraan Spiritualitas, Kesepian

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## The Relationship between Spiritual Well-Being and The Level of Loneliness of the Elders at BPSTW Abiyoso Unit Yogyakarta

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### ABSTRACT

**Background:** The phenomenon of loneliness that is experienced by the elders is a commonly-encountered mental health issue. The level of loneliness of the elders can occur in those who live in a community and live with their families as well as those who are in nursing homes. However, the level of loneliness that occurs will be higher when they live in a nursing home, even though it has spiritual and religious guidance facilities for the elders.

**Objective:** The study aims at finding out the relationship between spiritual well-being and the level of loneliness of the elders at BPSTW Abiyoso Unit Yogyakarta.

**Research Methods:** This research is a quantitative study with a cross-sectional research design took place at BPSTW Abiyoso Unit Yogyakarta. The sampling technique used was purposive sampling with the results of 52 respondents. Data were collected using a Spiritual Well-Being Scale (SWBS) questionnaire and the University of California Loneliness Assessment (UCLA).

**Results:** The results of the study indicates that 19 respondents (36.5%) have a high level of spiritual well-being, and as many as 35 respondents (67.3%) are at a moderate level of loneliness. The relationship between spiritual well-being and the level of loneliness. The results of the statistical analysis of the Gamma correlation test, with a p value of 0.001 ( $P < 0.05$ ) with a Correlation Coefficient  $r$  of -0.704, which means the higher the level of spiritual well-being, the lower the level of loneliness of the elders.

**Conclusion:** There is a relationship between spiritual well-being and the level of loneliness of the elders who live in BPSTW Abiyoso Unit Yogyakarta with a strong level of closeness.

**Keywords:** Elders, Spiritual Welfare, Loneliness

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