

GAMBARAN KESEJAHTERAAN PSIKOLOGIS (*PSYCHOLOGICAL WELL BEING*) LANSIA DI PUSKESMAS KALASAN, KABUPATEN SLEMAN YOGYAKARTA

Irma¹, Rizqi Wahyu Hidayati²

INTISARI

Latar Belakang: Seorang yang lanjut usia sangat rentan terhadap gangguan kesehatan dan psikologis akibat adanya perubahan. Gangguan psikologis sejatinya dapat memperparah gangguan fisik, menyebabkan lansia mengalami kemunduran fisik berdampak terhadap aktivitas kehidupan sehari-hari, menambah ketergantungan, akhirnya mempengaruhi kesejahteraan pada lansia. Dampak lainnya dapat mempengaruhi kualitas hidup pada lansia.

Tujuan: Mengetahui gambaran Kesejahteraan Psikologis Lansia di Puskesmas Kalasan, Kabupaten Sleman Yogyakarta

Metode: Penelitian kuantitatif non eksperimen dengan jenis survey deskriptif dan menggunakan pendekatan *cross sectional*. Sampel yang digunakan adalah lansia berjumlah 66 orang yang diambil dengan menggunakan *purposive sampling*. Sampel yang diambil berdasarkan kriteria inklusi, yaitu lansia berumur ≥ 60 tahun yang menyetujui menjadi responden dan dapat berkomunikasi dengan baik, sedangkan kriteria eksklusi, yaitu lansia dengan gangguan kognitif (skor HVL ≤ 14), gangguan pendengaran dan gangguan fisik. Alat pengambilan data menggunakan kuesioner *Psychological Well Being* (PWB) dan kuesioner data demografi. Analisis data menggunakan analisis univariat.

Hasil: Karakteristik responden berada pada usia Karakteristik berdasarkan usia 60-74 tahun (81,8%), jenis kelamin responden perempuan (59,1%), pendidikan terakhir SMP (27,3%), bekerja di sektor tani (54,5%) dan penghasilan $< 1.649.800$ (63,6%). Gambaran kesejahteraan psikologis secara umum sebagian besar berada pada kategori cukup (71,2%).

Kesimpulan: Secara umum kesejahteraan psikologis lansia di Puskesmas Kalasan, Kabupaten Sleman Yogyakarta dalam kategori cukup. Diharapkan bagi keluarga yang tinggal dengan lansia untuk dapat membantu lansia tetap mampu bersosialisasi, memiliki hubungan yang positif dengan orang lain, harapan untuk tetap hidup dan merasa bahagia.

Kata Kunci: Lansia, Kesejahteraan Psikologis

¹Mahasiswa Keperawatan (S1) Universitas Jenderal Achmad Yani Yogyakarta

²Dosen Keperawatan (S1) Universitas Jenderal Achmad Yani Yogyakarta

DESCRIPTION OF PSYCHOLOGICAL WELL BEING OF THE ELDERLY IN KALASAN PUSKESMAS, SLEMAN REGENCY, YOGYAKARTA

Irma¹, Rizqi Wahyu Hidayati²

ABSTARCT

Background: An elderly person was very vulnerable to health and psychological disorders due to changes. Psychological disorders can actually exacerbate physical disorders, causing the elderly to experience physical decline which has an impact on activities of daily life, increases dependence, and ultimately affects the welfare of the elderly. Other impacts can affect the quality of life in the elderly.

Objective: To know the description of the Psychological Welfare of the Elderly at the Kalasan Health Center, Sleman Regency, Yogyakarta

Methods: Non-experimental quantitative research with descriptive survey type and using a cross sectional approach. The sample used was the elderly totaling 66 people who were taken using purposive sampling. Samples were taken based on the inclusion criteria, namely the elderly aged >60 years who agreed to be respondents and could communicate well, while the exclusion criteria were the elderly with cognitive impairment (HVLIT score <14), hearing loss and physical impairment. The data collection tool used a Psychological Well Being (PWB) questionnaire and a demographic data questionnaire. Data analysis used univariate analysis.

Results: Characteristics of respondents are in the age. Characteristics are based on age 60-74 years (81.8%), gender of respondents are female (59.1%), last education is junior high school (27.3%), work in the agricultural sector (54.5 %) and income <1,649,800 (63.6%). The description of psychological well-being in general is mostly in the adequate category (71.2%).

Conclusion: In general, the psychological well-being of the elderly at the Kalasan Health Center, Sleman Regency, Yogyakarta was in the sufficient category. It is hoped that families living with the elderly can help the elderly remain able to socialize, have positive relationships with other people, hope to stay alive and feel happy.

Keywords: Elderly, Psychological Well-being

¹Student of Nursing (S1), Universitas Jenderal Achmad Yani Yogyakarta

²Lecturer of Nursing (S1), Universitas Jenderal Achmad Yani Yogyakarta