

PENGARUH TERAPI SENI TERHADAP PENURUNAN TINGKAT KESEPIAN PADA LANSIA DI BPSTW UNIT ABIYOSO YOGYAKARTA

Emilatul Kiptiyah¹, Anastasia Suci Sukmawati²,
Email: emilatulkiptiyah@gmail.com

INTISARI

Latar Belakang: Kesepian adalah perasaan subjektif yang dirasakan oleh lansia karena hilangnya komunikasi dengan orang lain. Hal ini dapat diatasi dengan kegiatan yang ekspresif seperti terapi seni. Terapi seni sesuai untuk menyampaikan perasaan dan keinginan yang sulit diungkapkan dengan kata-kata secara lebih santai.

Tujuan Penelitian: Diketahui bahwa terapi seni mewarnai memiliki dampak positif bagi lansia di BPSTW Unit Abiyoso Yogyakarta

Metode Penelitian: Metode penelitian *quasi eksperimen pre-test dan post-test one group design* pada 55 lansia menggunakan teknik *Stratified Random Sampling*. Intervensi mewarnai menggunakan gambar gerabah selama 3 sesi terapi, dan pengumpulan data dengan kuesioner *Loneliness UCLA Version 3*. Analisis data dilakukan dengan uji *Wilcoxon*.

Hasil: Sebelum intervensi terapi seni, mayoritas lansia mengalami tingkat kesepian sedang dengan persentase 54,5%. Setelah intervensi, jumlah lansia yang mengalami kesepian sedang menurun menjadi kesepian ringan sebesar 69,1%. Hasil analisis statistik menunjukkan nilai *p-value* sebesar 0,000 ($<0,05$), yang mengindikasikan bahwa terapi seni memiliki pengaruh yang signifikan terhadap lansia di BPSTW Unit Abiyoso Yogyakarta.

Kesimpulan: Ada pengaruh pemberian terapi seni terhadap penurunan Tingkat kesepian pada lansia di BPSTW Unit Abiyoso Yogyakarta.

Kata Kunci: Lansia, Terapi Seni, Kesepian

¹Mahasiswa Program Studi S1 Keperawatan Universitas Jenderal Achmad Yani Yogyakarta

²Dosen Pembimbing Program Studi S1 Keperawatan Universitas Jenderal Achmad Yani Yogyakarta

**THE EFFECT OF ART THERAPY ON REDUCING THE LEVEL OF
LONELINESS IN THE ELDERLY AT BPSTW UNIT ABIYOSO
YOGYAKARTA**

Emilatul Kiptiyah¹, Anastasia Suci Sukmawati²,
Email: emilatulkiptiyah@gmail.com

ABSTRACT

Background: Loneliness is a subjective feeling felt by the elderly due to the loss of communication with others. This can be overcome with expressive activities such as art therapy. Art therapy is suitable for conveying feelings and desires that are difficult to express in words in a more relaxed manner.

Objective: It is known that coloring art therapy has a positive impact on the elderly at BPSTW Unit Abiyoso Yogyakarta.

Methods: Quasi-experimental research method pre-test and post-test one group design on 55 elderly using Stratified Random Sampling technique. Intervention coloring mug pottery for 3 therapy sessions, and data collection with the Loneliness UCLA Version 3 questionnaire. Data analysis was performed with the Wilcoxon test.

Results: Before the art therapy intervention, the majority of elderly people experienced a moderate level of loneliness with a percentage of 54.5%. After the intervention, the number of elderly people who experienced moderate loneliness decreased to mild loneliness of 69.1%. The results of statistical analysis show a p-value of 0.000 (<0.05), which indicates that art therapy has a significant effect on the elderly at BPSTW Unit Abiyoso Yogyakarta.

Conclusion: There is an effect of providing art therapy on reducing the level of loneliness in the elderly at BPSTW Abiyoso Unit Yogyakarta.

Keywords: Elderly, Art Therapy, Loneliness

¹Student of S1 Nursing Study Program, Universitas Jenderal Achmad Yani Yogyakarta

²Supervisor of S1 Nursing Study Program, Jenderal Achmad Yani University Yogyakarta