

**PENGARUH TERAPI *PUZZLE* TERHADAP INTERAKSI  
SOSIAL PADA LANSIA DI UPT RUMAH PELAYANAN  
SOSIAL LANJUT USIA TERLANTAR  
BUDHI DHARMA**

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**INTISARI**

**Latar Belakang :** Lansia masih tetap berinteraksi sosial dengan teman satu kamarnya, namun tidak bersosialisasi dengan anggota lainnya dikarenakan hampir semua lansia mengalami masalah kualitas hidup seperti kecemasan, ketidakpuasan dengan hubungan sosial yang ada dipanti, dan merasa kurang puas dengan dukungan dari temannya juga penyakit fisik yang dapat menghambat aktivitas lansia.

**Tujuan :** Untuk mengetahui Pengaruh Terapi *puzzle* terhadap interaksi sosial pada lansia di UPT RPSLUT Budhi Dharma, Giwangan Yogyakarta.

**Metode :** Penelitian Ini merupakan penelitian *Pre Experimental* serta Penelitian *One Group Pre Post-test Design*. Teknik pengambilan sample menggunakan *total sampling*. Jumlah sample sebanyak 26 lansia di UPT RPSLUT Budhi Dharma, dengan pemberian selama 2 minggu. Interaksi sosial diukur menggunakan kuesioner interaksi sosial. Terdapat analisis data univariat dan bivariate uji statistik *Paired T-Test*.

**Hasil :** Sebelum terapi *puzzle* interaksi sosial cukup sebanyak 18 responden (69.2%), setelah terapi *puzzle* minggu pertama interaksi sosial cukup sebanyak 15 responden (57.7%), minggu kedua interaksi sosial baik sebanyak 18 responden (61.5%). Terdapat pengaruh dengan hasil uji *Paired T-Tes P = 0,000 < (0,05)*

**Kesimpulan :** Terdapat Pengaruh Terapi *puzzle* terhadap interaksi sosial pada lansia di UPT RPSLUT Budhi Dharma, Giwangan Yogyakarta.

**Kata Kunci :** Interaksi Sosial, Lansia, Terapi *Puzzle*.

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## **THE EFFECT OF PUZZLE THERAPY ON SOCIAL INTERACTION IN THE ELDERLY AT BUDHI DHARMA**

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### **ABSTRACT**

**Background :** Almost all elderly people have quality of life issues, such as anxiety, dissatisfaction with social relationships in the nursing home, and feeling dissatisfied with support from friends, in addition to physical illnesses that can limit their activities. As a result, although they still socialize with their roommates, they do not socialize with other members of the community.

**Objective :** To determine the effect of puzzle therapy on social interaction in the elderly at UPT RPSLUT Budhi Dharma, Giwangan Yogyakarta.

**Method :** This research is a Pre Experimental research and One Group Pre Post-test Design research. The sampling technique uses total sampling. The number of samples was 26 elderly people at UPT RPSLUT Budhi Dharma, with the provision of 2 weeks. Social interaction is measured using a social interaction questionnaire. There is univariate data analysis and bivariate Paired T-Test statistical test

**Results :** Before puzzle therapy, social interaction was sufficient as many as 18 respondents (69.2%), after the first week of puzzle therapy, social interaction was sufficient as many as 15 respondents (57.7%), the second week of social interaction was good as many as 18 respondents (61.5%). There is an influence with the results of the Paired T-Test test  $P = 0.000 < (0.05)$

**Conclusion:** There is an effect of puzzle therapy on social interaction in the elderly at UPT RPSLUT Budhi Dharma, Giwangan Yogyakarta.

**Keywords :** Social Interaction, Elderly, Puzzle Therapy

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