

PENERAPAN *ART THERAPY* DALAM MENURUNKAN KESEPIAN LANSIA DI BALAI PELAYANAN SOSIAL TRESNA WERDHA ABIYOSO

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INTISARI

Latar Belakang: Lansia yang tinggal di balai pelayanan sosial tresna werdha rentan mengalami perasaan terisolasi hingga kesepian. Intervensi keperawatan yang dapat dilakukan untuk menurunkan kesepian pada lansia yaitu *art therapy*.

Tujuan: Tujuan studi kasus ini yaitu untuk mengetahui *art therapy* mampu menurunkan kesepian lansia di balai tresna werdha.

Metode: Metode yang digunakan yaitu studi kasus meliputi pengkajian keperawatan, analisa data, diagnosa keperawatan, merencanakan intervensi keperawatan, implementasi keperawatan, dan evaluasi keperawatan. Studi kasus ini dilakukan selama tiga hari berturut-turut, dengan durasi 10-15 menit setiap pertemuan. Dilaksanakan di Balai Pelayanan Sosial Tresna Werdha (BPSTW) Abiyoso. Pemberian intervensi menggunakan demonstrasi langsung pada lansia yang mengalami kesepian. Populasi pada studi kasus ini sebanyak 2 responden. Pengumpulan data pada studi kasus meliputi observasi, tanya jawab melalui kuesioner, pengumpulan sumber pustaka, dan melakukan rekapitulasi hasil tindakan intervensi. Instrumen yang digunakan dalam studi kasus ini yaitu kuesioner *UCLA Version 3*, dan SOP *art therapy*.

Hasil: Hasil skor kuesioner *UCLA Version 3*, didapatkan responden pertama dari skor 55 (kesepian sedang) menjadi 33 (tidak kesepian), dan responden kedua dari skor 50 (kesepian sedang) menjadi 30 (tidak kesepian).

Kesimpulan: Dapat disimpulkan bahwa *art therapy* mampu menurunkan kesepian lansia di balai pelayanan sosial tresna werdha. Diharapkan pihak Balai Pelayanan Sosial Tresna Wredha (BPSTW) dapat menerapkan *art therapy* untuk menurunkan kesepian lansia di balai.

Kata kunci: *art therapy*, balai, kesepian, lansia

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**APPLICATION OF ART THERAPY IN REDUCING LONELINESS OF THE
ELDERLY AT THE TRESNA WERDHA ABIYOSO SOCIAL SERVICE
CENTER**

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ABSTRACT

Background: Elderly living in nursing home tend experiencing feelings of isolation, and even loneliness. The nursing intervention that could affect loneliness for elderly is an art therapy.

Purpose: The aim of this case report is to know art therapy can reduce loneliness of elderly in nursing home.

Method: The method used is case report including assessment, data analysis, nursing diagnosis, planning nursing intervention, nursing implementation, and nursing evaluation. This case report that carried out for three consecutive days, with the duration 10-15 minutes per session. It will be held in Balai Pelayanan Sosial Tresna Werdha (BPSTW) Abiyoso or (nursing home) of Abiyoso. The interventions using direct demonstrations to elderly people who experience loneliness. The population in this case study are 2 respondents. To collecting data using observation, questions and answers through questionnaires, collecting library sources, and recapitulating the results of intervention. The instruments in this case report are questionnaires UCLA Version 3, and SOP art therapy.

Result: The result of questionnaire UCLA Version 3, that the first respondent has score 55 (moderate loneliness) to 33 (don't feel lonely), and the second respondent has score 50 (moderate loneliness) to 30 (don't feel lonely).

Conclusion: It was concluded that art therapy can reduce loneliness of elderly. It is hoped that the nursing home can apply art therapy for elderly in nursing home.

Keywords: art therapy, nursing home, loneliness, elderly

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