

HUBUNGAN ANTARA DUKUNGAN SOSIAL DENGAN KUALITAS HIDUP LANSIA DI DESA CEBONGAN SLEMAN YOGYAKARTA TAHUN 2015

INTISARI

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Latar Belakang: Lansia adalah bagian dari proses tumbuh kembang dan dimasa ini akan mengalami kemunduran fisik, mental dan sosial secara bertahap. Setiap lansia akan mengalami proses degeneratif sehingga menimbulkan masalah kesehatan antara lain gangguan pembuluh darah, gangguan metabolik, gangguan persendian dan gangguan psikososial. Kesejahteraan lansia tersebut dinilai dari kualitas hidupnya. Kualitas hidup digunakan secara luas sebagai indikasi kesejahteraan psikologis pada lanjut usia dan bersifat subjektif. Hasil survei terhadap 10 lansia didapatkan bahwa 7 orang lansia mengalami penurunan kualitas hidup terutama dalam rasa kesepian dan kurangnya perhatian dari anggota keluarga lain

Tujuan: Mengetahui hubungan antara dukungan sosial dengan kualitas hidup pada lansia di Desa Cebongan Sleman

Metode: Penelitian ini menggunakan jenis penelitian deskriptif kuantitatif dan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah lansia yang berada di Desa Cebongan Sleman Yogyakarta. Teknik sampel yang digunakan adalah *random sampling*. Analisa yang digunakan adalah *pearson product moment*.

Hasil: Karakteristik lansia di Desa Cebongan Sleman sebagian besar berumur 60-70 tahun yaitu sebanyak 107 responden dan berjenis kelamin laki-laki yaitu sebanyak 84 responden. Dukungan sosial yang diberikan pada lansia di Desa Cebongan Sleman yaitu rata-rata 3,87 dan SD sebesar 0,329. Kualitas hidup pada lansia di Desa Cebongan Sleman yaitu rata-rata sebesar kualitas fisik 65.31, kualitas psikologi 62.47, kualitas social 70.14, Kualitas lingkungan 65.48, Kualitas komulatif 65.85 dan SD 11,531. Hasil uji *pearson product* diperoleh p-value sebesar $0,000 < 0,05$ dengan nilai koefisiensi kolerasi sebesar 0,616

Kesimpulan: Ada hubungan antara dukungan sosial dengan kualitas hidup pada lansia di Desa Cebongan Sleman dengan keeratan yang kuat.

Kata Kunci: Dukungan Sosial dan Kualitas Hidup

- ¹ Mahasiswa Program studi ilmu keperawatan Stikes Jenderal Achmad Yani Yogyakarta
- ² Dosen Program studi ilmu keperawatan Stikes Jenderal Achmad Yani Yogyakarta
- ³ Dosen Program studi ilmu keperawatan Stikes Jenderal Achmad Yani Yogyakarta

**THE RELATION BETWEEN SOCIAL SUPPORT AND QUALITY OF LIFE OF THE
ELDERLY IN THE VILLAGE OF CEBOGAN,
SLEMAN, YOGYAKARTA, 2015
ABSTRACT**

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Background: Elderly period is a part of growth process and during this time will undergo physical, mental and social degradation gradually. Every elderly people will experience degenerative process that generate health problems including blood vessel disorders, metabolic disorders, joint disorders, and psycho-social disorders. The elderly welfare is assessed from their quality of life. Quality of life is used widely as the indication of the psychological welfare of elder age and subjective. A survey to 10 elderly people found out that seven elderly people experienced quality of life degradation especially in the sense of loneliness and lack of attention from other family members.

Objective: To find out the relation between social support and quality of life of the elderly in the village of Cebongan, Sleman

Methods: This study used quantitative descriptive research type and cross sectional approach. The population in this study was the elderly in the village of Cebongan, Sleman, Yogyakarta. Sampling technique applied random sampling. The analysis used was *pearson product moment*.

Results: Characteristics of the elderly in the village of Cebongan, Sleman, were mostly aged 60-70 years old as many as 107 respondents and male sex as many as 84 respondents. Social support which was given to the elderly people in the village of Cebongan, Sleman, was of average 3.87 and SD of 0.329. Quality of life of the elderly in the village of Cebongan, Sleman, was of average values as follows; Physical quality of 65.31, Psychology quality of 62.47, social quality of 70.14, environmental quality 65.48, Cumulative quality of 65.85, and SD of 11.531. The result of Pearson Product examination figured out $0,000 < 0,05$ with correlative coefficient value of 0,616.

Conclusion: There is a relation between social support and quality of life of the elderly in the village of Cebongan, Sleman, with close significance level.

Keywords : Social Support and Quality of Life

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