

# HUBUNGAN INTERAKSI SOSIAL TERHADAP KUALITAS HIDUP LANJUT USIA DI POSYANDU JAMBEAN KECAMATAN PAJANGAN BANTUL YOGYAKARTA

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## INTISARI

**Latar Belakang :** Berdasarkan data *USA Bureau of the Census*, pada tahun 2005 jumlah lanjut usia di Indonesia mencapai 8,48% (19,9 juta jiwa), pada tahun 2010 mencapai 9,77% (23,9 juta jiwa) dan diperkirakan pada tahun 2020 jumlah lanjut usia mencapai 11,34% (28,8 juta jiwa). Lanjut usia sering dianggap lamban, baik dalam berpikir maupun bertindak. Keterlibatan sosial dianggap penting dan meyakinkan untuk menjadi dukungan bagi lansia dalam menghadapi masalah kualitas hidup yang terjadi.

**Tujuan Penelitian :** Diketahui hubungan interaksi sosial terhadap kualitas hidup lanjut usia di Posyandu Jambean Kecamatan Pajangan Bantul.

**Metode Penelitian :** Jenis penelitian *deskriptif korelatif* dengan pendekatan *cross sectional*. Sampel diambil dengan teknik *simple random sampling* yaitu 54 orang lansia. Instrumen penelitian adalah kuesioner. Hasil penelitian dianalisis dengan uji *Two Sample Kolmogorov-Smirnov Test*.

**Hasil penelitian :** Lansia di Posyandu Jambean Kecamatan Pajangan Bantul Yogyakarta memiliki interaksi sosial asosiatif kategori baik (79,6%), interaksi sosial disosiatif kategori kurang (57,4%), dan bentuk interaksi sosial kategori cukup (66,7%). Kualitas hidup lansia di Posyandu Jambean Kecamatan Pajangan Bantul Yogyakarta adalah baik (85,2%). Hasil uji *Two Sample Kolmogorov-Smirnov Test* hubungan interaksi sosial asosiatif dengan kualitas hidup lansia diperoleh *p-value* sebesar 0,007, interaksi sosial disosiatif dengan kualitas hidup lansia ( $p=0,045$ ), bentuk interaksi sosial dengan kualitas hidup lansia ( $p=0,014$ ).

**Kesimpulan :** Ada hubungan interaksi sosial asosiatif, interaksi social disosiatif dan bentuk interaksi sosial dengan kualitas hidup lansia di Posyandu Jambean Kecamatan Pajangan Bantul Yogyakarta.

Kata kunci : Bentuk Interaksi sosial, Kualitas hidup, Lansia

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**THE RELATIONSHIP BETWEEN SOCIAL INTERACTION AND QUALITY OF LIFE OF THE OLDER PEOPLE IN INTEGRATED SERVICE POST JAMBEAN, PAJANGAN, BANTUL, YOGYAKARTA**

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**ABSTRACT**

**Background:** According to the Census of US Bureau in 2005, the number of older people in Indonesia reached 8.48% (19.9 million). This number is increased to 9.77% (23.9 million) in 2010 and it is predicted that this amount will reach 11.34% (28.8 million) in 2020. The older people is often considered to be slow, both in thought and action. The social involvement is an important factor to enhance the quality of life of the older people.

**Objective:** This research aimed to identify the relationship between social interaction and older people in integrated service post Jambean, Pajangan, Bantul, Yogyakarta.

**Method:** This research used a descriptive correlative study with cross sectional approach. Samples were collected by simple random sampling technique with total of 54 respondents. The research instrument was used a questionnaire. The results of the study were analyzed by Two Sample Kolmogorov-Smirnov Test.

**Result:** The older people in integrated service post Jambean, Pajangan, Bantul, Yogyakarta had a good category of associative social interaction (79.6%), less category of dissociative social interaction (57.4%), and fair category of social interaction (66.7%). The older people in integrated service post Jambean was good (85.2%). The results of Two Sample Kolmogorov Smirnov Test showed that there were relationship between quality of life of the older people with associative social interaction ( $p=0,007$ ), dissociative social interaction ( $p=0,045$ ), and forms social interaction ( $p=0,014$ ).

**Conclusions:** There was a relationship of associative social interaction, dissociative social interaction and form of social interaction with elderly's quality of life in the Posyandu Jambean, Pajangan, Bantul, Yogyakarta.

**Keywords** : social interaction, quality of life, older people

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