

HUBUNGAN DUKUNGAN SOSIAL DENGAN TINGKAT KECEMASAN AKAN KEMATIAN PADA LANSIA DI PANTI SOSIAL TRESNA WERDHA UNIT ABIYOSO YOGYAKARTA

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INTISARI

Latar Belakang: Lansia adalah seseorang yang berusia lebih dari 60 tahun, memiliki kebutuhan dan masalah yang bervariasi serta lingkungan tempat tinggal yang bervariasi pula. Menurut *World Health Organization* (WHO) (2010), kelompok lansia meliputi mereka yang berusia 60-74 tahun, lansia tua 75-90 tahun, serta lansia sangat tua di atas 90 tahun. Memasuki usia menua tentunya banyak faktor yang mengganggu kesehatan lansia, salah satunya ialah kecemasan akan kematian dimana hal tersebut terkadang dipengaruhi oleh dukungan sosial disekitarnya.

Tujuan: Untuk mengetahui hubungan dukungan sosial dengan tingkat kecemasan akan kematian pada lansia di Panti Sosial Tresna Werdha Unit Abiyoso Yogyakarta.

Metode: Metode penelitian berbentuk analisis korelasi dengan rancangan *cross sectional* menggunakan teknik *simple random sampling*. Subjek penelitian sebanyak 56 responden sesuai kriteria inklusi dan eksklusi. Pengumpulan data menggunakan kuesioner serta analisa data yang digunakan ialah *Kendall's tau* (τ) ($\alpha = 0,10$).

Hasil: Dari 56 responden diperoleh hasil bahwa dukungan sosial lansia mayoritas berkategori baik yaitu sebanyak 27 responden (48,2%) dan tingkat kecemasan akan kematian mayoritas responden berkategori tidak cemas sebanyak 40 orang (71,4%).

Kesimpulan: Ada hubungan negatif antara dukungan sosial dengan tingkat kecemasan akan kematian pada lansia di Panti Sosial Tresna Werdha Unit Abiyoso Yogyakarta ($p\text{-value } 0,000 \leq 0,10$) dengan keeratan hubungan sebesar 0,599 (sedang).

Kata Kunci: dukungan sosial, tingkat kecemasan akan kematian, lansia.

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THE CORRELATION BETWEEN SOCIAL SUPPORT AND THE LEVEL OF ANXIETY ABOUT DEATH IN ELDERLY PEOPLE AT ABIYOSO UNIT, TRESNA WREDHA SENIOR NURSING HOME, YOGYAKARTA

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ABSTRACT

Background: Elderly people are those who are aged more than 60 years, elderly people have various needs, problems, and living environments. According to the WHO in 2010, the elderly age group consists of old people, aged between 60-74 years; old-old people, aged between 75-90 years; and elderly old people, aged over 90 years. Getting old means that people are getting more vulnerable to many factors related to health, one of such factors is the anxiety about death, which is often strongly influenced by the social support from people around.

Objective: To determine the correlation between social support and the level of anxiety about death in elderly people at Abiyoso Unit, Tresna Werdha Senior Nursing Home, Yogyakarta.

Method: This is a correlation analysis research which used a cross sectional approach. The sample collection for this research used random sampling technique. There were 56 people involved in this research as respondents; they were selected based on certain inclusion and exclusion criteria. The data for this research were collected with the help of questionnaires, and the data were then analyzed using the Kendall's rank correlation coefficient, or tau (τ) ($\alpha = 0.10$).

Results: From 56 respondents, the majority of elderly people (27 or 48.2%) enjoyed good social support. And, in terms of anxiety about death level, the majority of respondents (40 or 71.4%) also showed a low level of anxiety or in the category of not anxious.

Conclusion: There was a correlation between social support and the level of anxiety about death in elderly people at Abiyoso Unit, Tresna Werdha Senior Nursing Home, Yogyakarta ($p\text{-value } 0,000 \leq 0,10$) with a correlation closeness of 0.599 (medium).

Keywords: social support anxiety-about-death level, elderly people

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