HUBUNGAN ANTARA DUKUNGAN KELUARGA DENGAN KUALITAS HIDUP LANSIA PADA MASA PANDEMI *COVID-19* DI DESA NYATNYONO KECAMATAN UNGARAN BARAT

ABSTRAK

Latar Belakang: Di masa pandemi *Covid-19,* lansia merupakan kelompok dengan risiko tinggi terkena *Covid-19.* Lansia membutuhkan dukungan keluarga untuk memenuhi standar kesehatan dan kualitas hidup yang baik. Dukungan yang diberikan keluarga dapat membantu lansia dalam mencegah dan meminimalisir risiko masalah kesehatan. Tujuan penelitian ini untuk mengetahui hubungan antara dukungan keluarga dengan kualitas hidup lansia pada masa pandemi *Covid-19* di Desa Nyatnyono Kecamatan Ungaran Barat.

Metode: Penelitian ini merupakan penelitian kuantitatif dengan metode deskriptif korelasional menggunakan teknik *Non-Probability Sampling* jenis *Purposive Sampling* dengan populasi 950 orang dan sampel 91 responden. Instrumen yang digunakan yaitu kuesioner dukungan keluarga dan kuesioner kualitas hidup. Analisis bivariat menggunakan Uji Korelasi *Rank-Spearman.*

Hasil: Penelitian menunjukkan lansia yang memiliki dukungan keluarga sangat baik 35.2%, dukungan keluarga baik 33.0%, dukungan keluarga sedang 20.9%, dan dukungan keluarga buruk 11.0%. Lansia yang memiliki kualitas hidup sangat baik 27.5%, kualitas hidup baik 51.6%, dan kualitas hidup sedang 20.9%. Uji Korelasi *Rank-Spearman* diperoleh nilai (p $value$ = 0.000) < (α = 0.05), sehingga menunjukkan adanya hubungan yang signifikan antara dukungan keluarga dengan kualitas hidup lansia dengan koefisien korelasi sebesar (r = 0.709) yang menunjukkan jenis hubungan yang kuat.

Saran: Diharapkan keluarga dapat lebih memperhatikan, merawat, dan memberikan dukungan yang positif kepada lansia guna meningkatkan kualitas hidup lansia.

Kata Kunci: *Covid-19*, Lansia, Kualitas Hidup, Dukungan Keluarga

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THE RELATIONSHIP BETWEEN FAMILY SUPPORT AND QUALITY OF LIFE IN THE ELDERLY DURING THE COVID-19 PANDEMIC IN NYATNYONO VILLAGE, WEST UNGARAN DISTRICT

ABSTRACT

Background: During the Covid-19 pandemic, the elderly are a group with a high risk of contracting Covid-19. The elderly need family support to get health standards and good quality of life. The support provided by the family can help the elderly in preventing and minimizing the risk of health problems. The purpose of this study was to determine the relationship between family support and the quality of life of the elderly during the Covid-19 pandemic in Nyatnyono Village, West Ungaran District.

Methods: This research is a quantitative research with descriptive correlational method using non-probability sampling technique purposive sampling with a population of 950 people and a sample of 91 respondents. The instruments used were family support questionnaires and quality of life questionnaires. Bivariate analysis using Spearman's Rank Correlation Test.

Results: Research shows that the elderly have 35.2% very good family support, 33.0% good family support, 20.9% moderate family support, and 11.0% poor family support. Elderly who have very good quality of life 27.5%, good quality of life 51.6%, and moderate quality of life 20.9%. The Spearman Rank Correlation Test obtained a value (p value = 0.000) < (α = 0.05), thus indicating a significant relationship between family support and the quality of life of the elderly with a correlation coefficient of (r = 0.709) which indicates a strong type of relationship.

Suggestion: It is expected that families can pay more attention, care for, and provide positive support to the elderly in order to improve the quality of life of the elderly.

Keywords: Covid-19, Elderly, Quality of Life, Family Support