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HUBUNGAN KESEPIAN DENGAN KESEJAHTERAAN MENTAL PADA LANSIA DI PANTI JOMPO

ABSTRAK

Latar Belakang: Kesepian merupakan kondisi subjektif ketika individu merasa kurang terhubung secara sosial maupun emosional. Fenomena ini sering dialami lansia di panti jompo akibat berkurangnya interaksi keluarga dan perubahan lingkungan. Kesepian berdampak negatif terhadap kesejahteraan mental, meliputi regulasi emosi, kepuasan hidup, dan kualitas hubungan interpersonal.

Tujuan: Penelitian ini bertujuan menganalisis hubungan antara kesepian dengan kesejahteraan mental pada lansia di panti jompo di Salatiga.

Metode: Penelitian menggunakan desain deskriptif korelasional dengan pendekatan cross-sectional. Populasi berjumlah 103 lansia, dengan sampel 82 responden yang ditentukan melalui purposive sampling. Instrumen kesepian menggunakan *UCLA Loneliness Scale*, sedangkan kesejahteraan mental diukur dengan *Ryff's Psychological Well-Being Scale*. Analisis data dilakukan dengan uji korelasi Spearman Rank.

Hasil: Dari 82 responden, 14 lansia (17,1%) dengan kesepian rendah menunjukkan kesejahteraan mental tinggi (78,6%). Sebaliknya, lansia dengan tingkat kesepian tinggi mayoritas memiliki kesejahteraan mental rendah (50,0%) dan sedang (46,2%). Uji Spearman Rank dengan hasil ($r = -0,581$) yang menunjukkan adanya hubungan negatif signifikan antara kesepian dan kesejahteraan mental ($p = 0,000 < 0,05$).

Saran: Lansia diharapkan lebih aktif mengikuti kegiatan sosial dan kelompok untuk mengurangi kesepian serta meningkatkan kesejahteraan mental. Panti jompo disarankan menyediakan intervensi psikososial berupa terapi kelompok, kegiatan rekreasi, dan dukungan spiritual. Selain itu, keluarga diharapkan melakukan kunjungan rutin guna memperkuat kondisi psikologis lansia.

Kata kunci: kesepian, kesejahteraan mental, lansia, panti jompo

Referensi: 52 (2019–2025)

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***THE RELATIONSHIP BETWEEN LONELINESS AND MENTAL WELL-
BEING AMONG ELDERLY IN NURSING HOMES***

ABSTRACT

Background: Loneliness is a subjective condition in which individuals feel socially and emotionally disconnected. This phenomenon is often experienced by elderly residents in nursing homes due to reduced family interaction and environmental changes. Loneliness negatively affects mental well-being, including emotional regulation, life satisfaction, and interpersonal relationships.

Objective: This study aimed to analyze the relationship between loneliness and mental well-being among elderly residents in nursing homes in Salatiga.

Methods: A descriptive correlational design with a cross-sectional approach was employed. The study population consisted of 103 elderly individuals, with 82 respondents selected through purposive sampling. Loneliness was measured using the UCLA Loneliness Scale, while mental well-being was assessed using Ryff's Psychological Well-Being Scale. Data were analyzed using the Spearman Rank correlation test.

Results: Of the 82 respondents, 14 elderly individuals (17.1%) with low loneliness demonstrated high mental well-being (78.6%). Conversely, elderly individuals with high loneliness predominantly showed low (50.0%) and moderate (46.2%) levels of mental well-being. The Spearman Rank test revealed a significant negative correlation between loneliness and mental well-being ($p = 0.000 < 0.05$).

Suggestions: Elderly residents are encouraged to actively participate in social and group activities to reduce loneliness and enhance mental well-being. Nursing homes are advised to provide psychosocial interventions such as group therapy, recreational programs, and spiritual support. Families are also expected to conduct regular visits to strengthen the psychological resilience of the elderly.

Keywords: loneliness, mental well-being, elderly, nursing home

References: 52 (2019–2025)