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Skripsi, 2026
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**HUBUNGAN PENERIMAAN DIRI DENGAN KESEPIAN PADA LANSIA DI PANTI
WREDA MERGO MUKTI REMBANG**

ABSTRAK

Latar belakang: Penuaan merupakan tahap alamiah yang ditandai oleh perubahan fisik, psikologis, dan sosial yang dapat memicu perasaan kesepian pada lansia, terutama yang tinggal di panti wreda. Studi pendahuluan dari 5 lansia menunjukkan adanya perasaan kesepian, kurang dihargai, kehilangan kebahagiaan, serta merasa seperti “dititipkan” oleh keluarga, yang mengindikasikan rendahnya penerimaan diri.

Metode: Penelitian ini menggunakan desain *deskriptif korelasional* dengan teknik total sampling. Instrumen penelitian berupa *Self-Acceptance Questionnaire* (SAQ) Berger dan *UCLA Loneliness Scale* uji validitas diperoleh r tabel sebesar 0,361 seluruh butir pernyataan memiliki nilai r hitung lebih besar dari r tabel sehingga dinyatakan valid. Uji reliabilitas menunjukkan nilai Cronbach’s Alpha 0,938 pada variabel penerimaan diri dan 0,890 pada variabel kesepian ($\alpha > 0,60$), sehingga instrumen reliabel. Analisis bivariat menggunakan chi-square.

Hasil: Sebagian besar pada kategori penerimaan diri tinggi sebesar 47 responden (67.1%). Dan kategori kesepian rendah sebesar 48 responden (68.6%). Hasil analisis dengan *chi-square* diperoleh nilai p -value 0.000 ($p < 0.05$) yang berarti terdapat hubungan yang signifikan antara penerimaan diri dan kesepian pada lansia.

Simpulan: Terdapat hubungan yang signifikan antara penerimaan diri dengan kesepian pada lansia di Panti Wreda Mergo Mukti Rembang. Saran: Lansia diharapkan dapat berpartisipasi aktif dan menjalin interaksi sosial untuk membantu meningkatkan penerimaan diri dan mengurangi perasaan kesepian di panti werdha.

Kata Kunci: Penerimaan Diri, Kesepian, Lansia

Kepustakaan: 37 (2021-2025)

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Thesis, 2025
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***The Relationship Between Self-Acceptance and Levels of Loneliness Among Elderly
People at the Mergo Mukti Rembang Nursing Home***

ABSTRACT

Background: Aging is a natural stage characterized by physical, psychological, and social changes that can trigger feelings of loneliness in older adults, especially those living in nursing homes. A preliminary study of five older adults showed feelings of loneliness, lack of appreciation, loss of happiness, and feeling like they had been “left behind” by their families, indicating low self-acceptance.

Method: This study used a correlational descriptive design with total sampling technique. The research instruments were Berger's Self-Acceptance Questionnaire (SAQ) and the UCLA Loneliness Scale. The validity test obtained a table r of 0.361, and all statement items had a calculated r value greater than the table r , thus declaring them valid. The reliability test showed a Cronbach's Alpha value of 0.938 for the self-acceptance variable and 0.890 for the loneliness variable ($\alpha > 0.60$), indicating that the instruments were reliable. Bivariate analysis using Chi-square.

Results: Most respondents (47 respondents or 67.1%) were in the high self-acceptance category. Forty-eight respondents (68.6%) were in the low loneliness category. Chi-square analysis yielded a p -value of 0.000 ($p < 0.05$), indicating a significant relationship between self-acceptance and loneliness in the elderly.

Conclusion: There is a significant relationship between self-acceptance and loneliness among the elderly at the Mergo Mukti Rembang Nursing Home. Suggestion: The elderly are expected to actively participate and establish social interactions to help increase self-acceptance and reduce loneliness.

Keywords: Self-acceptance, Level of loneliness, Elderly

Bibliography: 37 (2021-2025)