

GAMBARAN HARGA DIRI PADA LANSIA DI PANTI SOSIAL TRESNA WERDHA BUDI MULIA I CIPAYUNG, JAKARTA TIMUR

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Abstrak

Lansia akan mengalami proses penuaan yang dapat terlihat dengan penurunan kemampuan fisik. Hal tersebut akan menimbulkan masalah psikologis salah satunya adalah penilaian negatif terhadap dirinya sendiri yang dapat menyebabkan gangguan pada harga diri lansia. Penelitian ini bertujuan untuk menganalisis gambaran harga diri pada lansia di Panti Sosial Tresna Werdha Budi Mulia I Cipayung. Penelitian ini menggunakan desain penelitian deskriptif untuk menggambarkan atau menjelaskan variabel-variabel yang diteliti tanpa menganalisa hubungan antar variabel. Teknik pengambilan sampel menggunakan Total Sampling dengan jumlah sampel 50 responden. Instrumen yang digunakan adalah Kuesioner *Rosenberg Self-Esteem Scale* (RSES) untuk mengukur harga diri lansia. Hasil penelitian ini mayoritas lansia berusia 63 tahun yaitu 6 (12%) responden, perempuan sebanyak 27 (54%) responden, tingkat pendidikan SD 28 (56%) responden, status perkawinan cerai mati 23 (46%) responden, jumlah anak < 2 Anak 32 (64%) responden, dan lama tinggal di panti \geq 2 Tahun 33 (66%) responden. Peneliti menyarankan instansi panti werdha terus mempertahankan kegiatan kegiatan yang dilakukan rutin yang dapat meningkatkan ataupun mempertahankan harga diri lansia yang berada di panti.

Kata Kunci: Harga Diri, Lansia, Panti

AN OVERVIEW OF SELF-ESTEEM IN THE ELDERLY AT THE TRESNA WERDHA BUDI MULIA I CIPAYUNG EAST JAKARTA

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Abstract

The elderly will experience an aging process that can be seen with a decrease in physical abilities. This will cause psychological problems, one of which is a negative assessment of himself which can cause disturbances in the self-esteem of the elderly. This study aims to analyze the picture of self-esteem in the elderly at Tresna Werdha Budi Mulia I Cipayung Social Institution. This study uses a descriptive research design to describe or explain the variables studied without analyzing the relationship between variables. The sampling technique uses Total Sampling with a sample of 50 respondents. The instrument used was the Rosenberg Self-Esteem Scale (RSES) Questionnaire to measure the self-esteem of the elderly. The results of this study were the majority of elderly aged 63 years, namely 6 (12%) respondents, women as many as 27 (54%) respondents, elementary school education level 28 (56%) respondents, marital status divorced 23 (46%) respondents, number of children < 2 Children 32 (64%) of respondents, and length of stay in the orphanage ≥ 2 years 33 (66%) of respondents. Researchers suggest nursing homes to continue to maintain activities that are carried out routinely which can increase or maintain the self-esteem of the elderly who are in the orphanage.

Keywords: Elderly, Nursing Home, Self-esteem