

HUBUNGAN DUKUNGAN SOSIAL DAN KESEJAHTERAAN PSIKOLOGIS DENGAN TINGKAT KESEPIAN LANSIA DI PANTI SOSIAL TRESNA WERDHA BUDI MULIA 1 CIPAYUNG, JAKARTA

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Abstrak

Kesepian menjadi masalah psikologis yang sering terjadi pada lansia, yang tercipta dari perasaan terasingkan dan terisolasi oleh lingkungan. Penting bagi lansia untuk mendapatkan dukungan sosial yang memadai dan diperhatikan kesejahteraan psikologisnya, karena dapat membantu mengurangi perasaan kesepian lansia. Penelitian ini bertujuan untuk mengetahui hubungan dukungan sosial dan kesejahteraan psikologis dengan tingkat kesepian lansia di Panti Sosial Tresna Werdha Budi Mulia 1 Cipayung, Jakarta. Metode *cross-sectional* dan uji korelasi *Spearman* digunakan dalam penelitian ini untuk mengetahui kekuatan hubungan antara variabel dukungan sosial, kesejahteraan psikologis, dan tingkat kesepian. Jumlah sampel penelitian dihitung menggunakan *total sampling* serta *purposive sampling* sebagai teknik pengambilan sampel pada 107 lansia. Instrumen yang digunakan meliputi *Multidimensional Scale of Perceived Social Support (MSPSS)*, *The Psychological Well-Being – Post-Traumatic Changes Questionnaire (PWB-PTCQ)*, serta *UCLA Loneliness Scale*. Hasil penelitian terdapat hubungan antara dukungan sosial, kesejahteraan psikologis, dan tingkat kesepian dengan nilai *p-value* 0,000 dan 0,000 serta hubungan antara kedua variabel tersebut sebesar -0,764 dan -0,726. Hubungan antara variabel independen dan dependen berada pada hubungan kuat dan bersifat negatif. Penelitian diharapkan dapat menjadikan perawat mengembangkan intervensi yang lebih efektif dalam mengurangi kesepian lansia di panti werdha.

Kata Kunci: Dukungan Sosial; Kesejahteraan Psikologis; Lansia; Tingkat Kesepian

**THE RELATIONSHIP OF SOCIAL SUPPORT AND
WELFARE PSYCHOLOGY WITH THE LEVEL
OF LONELY IN THE ELDERLY AT THE
TRESNA WERDHA BUDI SOCIAL
HOME MULIA 1 CIPAYUNG,
JAKARTA**

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Abstract

Loneliness is a prevalent psychological issue among the elderly, stemming from feelings of alienation and isolation within their environment. It is crucial for the elderly to receive adequate social support and have their psychological well-being attended to, as this can significantly mitigate feelings of loneliness. This study aims to examine the relationship between social support, psychological well-being, and the level of loneliness among the elderly at the Tresna Werdha Budi Mulia 1 Social Home in Cipayung, Jakarta. A cross-sectional method and Spearman correlation test were used to determine the strength of the relationships between social support, psychological well-being, and loneliness levels. The sample size was calculated using total sampling, with purposive sampling techniques applied to 107 elderly individuals. Instruments used include the Multidimensional Scale of Perceived Social Support (MSPSS), The Psychological Well-Being – Post-Traumatic Changes Questionnaire (PWB-PTCQ), and the UCLA Loneliness Scale. The study found a significant relationship between social support, psychological well-being, and loneliness levels, with p-values of 0.000 and correlation coefficients of -0.764 and -0.726, indicating a strong and negative relationship. The results of this research are expected to be used by nurses to create more effective programs to address loneliness among the elderly in nursing homes.

Keywords: *Elderly; Level of Loneliness; Psychological Well-Being; Social Support*