

HUBUNGAN INTERAKSI SOSIAL DAN *SELF-ESTEEM* DENGAN KESEPIAN PADA LANSIA DI PANTI SOSIAL TRESNA WERDHA BUDI MULIA 1 DAN 2 JAKARTA

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Abstrak

Kesepian merupakan permasalahan psikososial yang umum dialami lansia yang tinggal di panti werdha dan berkaitan dengan keterbatasan interaksi sosial serta *self-esteem*. Meskipun berbagai penelitian telah membahas faktor psikososial pada lansia, kajian yang secara simultan menelaah hubungan interaksi sosial dan *self-esteem* dengan kesepian pada lansia di panti sosial masih terbatas di Indonesia. Penelitian ini bertujuan menganalisis hubungan interaksi sosial dan *self-esteem* dengan tingkat kesepian pada lansia di Panti Sosial Tresna Werdha Budi Mulia, Jakarta. Penelitian menggunakan desain *cross-sectional* dengan 139 responden yang dipilih melalui *purposive sampling*. Data dikumpulkan menggunakan DUKE Social Support Index (DSSI), Rosenberg *Self-esteem* Scale (RSES), dan UCLA Loneliness Scale (UCLA LS). Hasil analisis univariat menunjukkan sebagian besar lansia memiliki interaksi sosial rendah hingga sedang (93,5%), *self-esteem* sedang (77%), dan tingkat kesepian sedang (63,3%). Uji korelasi Spearman menunjukkan hubungan signifikan antara interaksi sosial dan kesepian ($r = -0,761$; $p = 0,001$) serta antara *self-esteem* dan kesepian ($r = -0,571$; $p = 0,001$). Temuan ini menunjukkan bahwa rendahnya interaksi sosial dan *self-esteem* berkaitan dengan meningkatnya kesepian pada lansia di panti werdha. Hasil ini memberikan gambaran mengenai keterkaitan faktor psikososial dengan kesepian lansia di panti werdha dan dapat menjadi dasar dalam pengembangan program pendampingan lansia berorientasi pada aspek sosial dan psikologis.

Kata Kunci: Interaksi Sosial, Kesepian, Lansia, Panti Werdha, *Self-esteem*

**ASSOCIATION OF SOCIAL INTERACTION AND SELF-ESTEEM
WITH LONELINESS AMONG ELDERLY RESIDENTS AT
BUDI MULIA 1 AND 2 NURSING HOMES, JAKARTA**

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Abstract

Loneliness is a psychosocial problem commonly experienced by older adults living in nursing homes and is associated with limited social interaction and decreased self-esteem. This condition may affect older adults' quality of life, particularly in psychological and social aspects. Although numerous studies have examined psychosocial factors among older adults, research that simultaneously analyzes the relationship between social interaction and self-esteem and loneliness among older adults residing in social institutions remains limited, especially in Indonesia. Therefore, this study aimed to analyze the relationship between social interaction and self-esteem and the level of loneliness among older adults at the Budi Mulia Tresna Werdha Social Institution, Jakarta. This study employed a cross-sectional design involving 139 older adults selected using purposive sampling. Data were collected using the DUKE Social Support Index (DSSI), Rosenberg Self-esteem Scale (RSES), and UCLA Loneliness Scale (UCLA LS), which have demonstrated acceptable validity and reliability. Univariate analysis showed that most older adults had low to moderate levels of social interaction (93.5%), moderate self-esteem (77%), and moderate levels of loneliness (63.3%). Bivariate analysis using Spearman's correlation test revealed a significant relationship between social interaction and loneliness ($r = -0.761$; $p = 0.001$) and between self-esteem and loneliness ($r = -0.571$; $p = 0.001$). These findings indicate that lower social interaction and self-esteem are associated with higher levels of loneliness among older adults living in nursing homes.

Keyword: *Elderly, Loneliness, Nursing Homes, Self-esteem, Social Interaction*