

HUBUNGAN TINGKAT KECEMASAN DAN KESEPIAN DENGAN KUALITAS HIDUP LANSIA PENDERITA PENYAKIT KRONIS DI DESA PARUNGPANJANG, BOGOR

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Abstrak

Lansia penderita penyakit kronis merupakan kelompok yang rentan mengalami masalah psikologis, seperti kecemasan dan kesepian, yang dapat berdampak negatif terhadap kualitas hidup. Perubahan kondisi fisik, keterbatasan aktivitas, serta berkurangnya interaksi sosial menjadi faktor yang memperburuk kondisi tersebut. Penelitian ini bertujuan untuk mengetahui hubungan antara kecemasan dan kesepian dengan kualitas hidup lansia penderita penyakit kronis di Desa Parungpanjang, Kabupaten Bogor. Penelitian ini menggunakan desain kuantitatif dengan pendekatan cross-sectional. Sebanyak 114 responden lansia dipilih menggunakan teknik purposive sampling. Instrumen penelitian meliputi kuesioner kecemasan menggunakan kuesioner *Geriatric Anxiety Scale (GAS)*, kesepian menggunakan kuesioner *UCLA Loneliness Scale*, dan kualitas hidup menggunakan kuesioner *WHOQOL-BREF* yang telah diuji validitas dan reliabilitasnya. Analisis data dilakukan menggunakan uji korelasi Spearman. Hasil penelitian menunjukkan terdapat hubungan yang signifikan antara kecemasan dan kualitas hidup serta antara kesepian dan kualitas hidup lansia ($p < 0,05$). Kesepian menunjukkan hubungan yang sangat kuat dengan kualitas hidup lansia penderita penyakit kronis. Kesimpulan penelitian ini menunjukkan bahwa semakin tinggi tingkat kecemasan dan kesepian, maka semakin rendah kualitas hidup lansia. Oleh karena itu, diperlukan intervensi psikososial untuk mengelola kecemasan dan mengurangi kesepian guna meningkatkan kualitas hidup lansia.

Kata kunci: kecemasan; kesepian; kualitas hidup; lansia; penyakit kronis.

THE RELATIONSHIP BETWEEN ANXIETY AND LONELINESS LEVELS AND QUALITY OF LIFE OF ELDERLY PEOPLE WITH CHRONIC DISEASE IN PARUNG PANJANG VILLAGE, BOGOR

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Abstract

Elderly individuals with chronic diseases are a vulnerable group to psychological problems, such as anxiety and loneliness, which can negatively affect their quality of life. Changes in physical condition, limitations in daily activities, and reduced social interaction are factors that exacerbate these conditions. This study aimed to determine the relationship between anxiety and loneliness and the quality of life of elderly individuals with chronic diseases in Parungpanjang Village, Bogor Regency. This study employed a quantitative design with a cross-sectional approach. A total of 114 elderly respondents were selected using purposive sampling. The research instruments included the Geriatric Anxiety Scale (GAS) to measure anxiety, the UCLA Loneliness Scale to assess loneliness, and the WHOQOL-BREF questionnaire to evaluate quality of life, all of which had been tested for validity and reliability. Data were analyzed using the Spearman correlation test. The results showed a significant relationship between anxiety and quality of life and between loneliness and quality of life among the elderly ($p < 0.05$). Loneliness demonstrated a very strong correlation with the quality of life of elderly individuals with chronic diseases. In conclusion, higher levels of anxiety and loneliness are associated with lower quality of life among the elderly. Therefore, psychosocial interventions are needed to manage anxiety and reduce loneliness in order to improve the quality of life of elderly individuals.

Keywords: anxiety; chronic disease; elderly; loneliness; quality of life.