

**HUBUNGAN *SUBJECTIVE WELL – BEING* DENGAN KESEPIAN PADA LANSIA
DI RUMAH KEPERAWATAN LANSIA TITIAN BENTENG GADING
DAN PANTI SOSIAL TRESNA WERDHA BUDI PERTIWI
KOTA BANDUNG**

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ABSTRAK

Permasalahan-permasalahan terjadi pada lansia mengalami banyak perubahan diantaranya penurunan psikologis, dampak dari perubahan psikologis lansia ini mengalami kesepian. Kesepian dapat terjadi apabila lansia memiliki rendahnya kepuasan hidup jauh dari keluarga, pasangan, sahabat yang mempengaruhi tinggi dan rendahnya *subjective well-being*. Tujuan penelitian ini untuk mengetahui hubungan *subjective well-being* dengan kesepian pada lansia di Rumah Keperawatan Lansia Titian Benteng Gading dan Panti Sosial Tresna Werdha Budi Pertiwi Kota Bandung. Metode penelitian yang digunakan kuantitatif korelasional. Populasi pada penelitian ini di Rumah Keperawatan Lansia Titian Benteng Gading dan Panti Sosial Tresna Werdha Budi Pertiwi Kota Bandung sejumlah 36 lansia. Pengambilan sampel menggunakan Teknik *purposive sampling* dengan kriteria inklusi dan inklusi didapatkan 30 sampel. Instrument yang digunakan yaitu *subjective well-being* dan UCLA (*University California Of Loneliness Angeles*). Analisis dalam penelitian ini univariat menggunakan distribusi frekuensi, dan bivariat menggunakan uji *rank spearman*. Hasil penelitian menunjukkan lansia dengan *subjective well-being* kategori sedang berjumlah 16 responden (53.3%) serta kesepian kategori sedang berjumlah 15 responden (50%) dan terdapat hubungan *subjective well-being* dan kesepian pada lansia di Rumah Keperawatan Lansia Titian Benteng Gading dan Panti Sosial Tresna Werdha Budi Pertiwi Kota Bandung hal ini ditunjukkan p-value 0,00 ($p < 0,01$). Analisis peneliti ini terjadi faktor yang mempengaruhi salah satunya faktor lingkungan, di panti yang jauh dari keluarga nya cenderung memiliki keterbatasan dan mengalami kesulitan mengatur sehari-hari. Saran untuk panti lansia untuk memperbanyak program kegiatan yang sesuai kemampuan lansia dan hobi lansia seperti berkebun, kegiatan keagamaan, pengecekan Kesehatan untuk meningkatkan *subjective well-being* dan merendahkan kesepian.

Kata kunci : Kesepian, *Subjective well-being*
Referensi : 19 Buku (2013-2024)
42 Jurnal (2014- 2024)
1 website (2023-2024)

**THE RELATIONSHIP OF SUBJECTIVE WELL - BEING WITH LONELINESS
IN THE ELDERLY AT THE TITIAN BENTENG GADING ELDERLY NURSING HOME
AND BUDI PERTIWI TRESNA WERDHA SOCIAL HOME
BANDUNG CITY**

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ABSTRACT

Problems occur in the elderly experience many changes including psychological decline, the impact of psychological changes on these elderly people experiencing loneliness. Loneliness can occur if the elderly have low life satisfaction away from family, partners, friends who affect high and low subjective well-being. The purpose of this study was to determine the relationship between subjective well-being and loneliness in the elderly at Titian Benteng Gading Elderly Nursing Home and Budi Pertiwi Tresna Werdha Social Home in Bandung City. The research method used is quantitative correlation. The population in this study at Titian Benteng Gading Elderly Nursing Home and Budi Pertiwi Tresna Werdha Social Home in Bandung City was 36 elderly people. Sampling using purposive sampling technique with exclusion and inclusion criteria obtained 30 samples. The instruments used are subjective well-being and UCLA (University California Of Loneliness Angeles). Analysis in this study is univariate using frequency distribution, and bivariate using the spearman rank test. The results showed that the elderly with moderate category subjective well-being amounted to 16 respondents (53.3%) and moderate category loneliness amounted to 15 respondents (50%) and there was a relationship between subjective well-being and loneliness in the elderly at Titian Benteng Gading Elderly Nursing Home and Budi Pertiwi Tresna Werdha Social Home in Bandung City this was shown p-value 0.00 ($p < 0.01$). This researcher analysis occurs influencing factors, one of which is environmental factors, in institutions that are far from their families tend to have limitations and have difficulty managing their daily lives. Suggestions for elderly homes to increase activity programs according to the abilities of the elderly and the hobbies of the elderly such as gardening, religious activities, health checks to improve subjective well-being and reduce loneliness.

Keywords : Loneliness, Subjective well-being

*Reference : 19 Books (2013-2024)
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1 website (2023-2024)*