

ABSTRAK

HUBUNGAN KUALITAS HIDUP DENGAN KEPUASAN HIDUP PADA LANSIA DI PANTI WREDHA ST YOSEPH KOTA KEDIRI

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Berkurangnya integrasi sosial berakibat produktivitas dan aktivitas atau kegiatan lansia semakin menurun. Hal ini berpengaruh negatif terhadap kondisi sosial psikologis, karena mereka merasa sudah tidak diperlukan lagi oleh lingkungannya, sehingga mereka bergantung pada pihak lain, untuk mengatasi permasalahan tersebut. Tujuan dari penelitian ini yaitu untuk mengetahui Mengetahui hubungan kualitas hidup dengan kepuasan hidup pada lansia di Panti Wredha St Yoseph Kota Kediri.

Desain penelitian merupakan analitik korelasional dengan pendekatan rancangan cross sectional. Variabel independent adalah kualitas hidup sedangkan variabel dependent yaitu kepuasan hidup. Populasinya adalah seluruh lansia di Panti Wredha St Yoseph Kota Kediri sebanyak 30 responden dengan teknik total sampling. Teknik pengambilan data menggunakan kuesioner.

Hasil penelitian diperoleh bahwa hampir seluruh responden memiliki kualitas hidup yang sedang yaitu sebanyak 24 responden (80,0%) dan sebagian besar responden memiliki kepuasan hidup yang sedang yaitu sebanyak 20 responden (66,7%)

Analisis data menggunakan uji Spearman Rank didapatkan hasil nilai sig (2-tailed) pvalue: 0,000 dan taraf kesalahan (α) : 0,05, jadi $p < \alpha$ sehingga H1 diterima, artinya ada hubungan kualitas hidup dengan kepuasan hidup pada lansia di Panti Wredha St Yoseph Kota Kediri. Nilai correlation sebesar 0,617 artinya keeratan hubungan termasuk kategori cukup kuat.

Munculnya kepuasan hidup disebabkan oleh adanya relasi sosial yang baik, keberhasilan dalam hidup, kebutuhan terpenuhi, kesehatan, beribadah kepada Tuhan, kenyamanan, bermanfaat, serta mandiri. Keterkaitan antara keduanya dilatar belakangi oleh prinsip hidup serta kondisi pada fase lansia

Kata kunci : Kualitas Hidup, Kepuasan Hidup, Lansia

ABSTRACT

RELATIONSHIP BETWEEN QUALITY OF LIFE AND LIFE SATISFACTION IN THE ELDERLY AT THE ST YOSEPH NURSING HOME, KEDIRI CITY

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Reduced social integration results in the elderly's productivity and activities decreasing. This has a negative effect on social psychological conditions, because they feel they were no longer needed by their environment, so they depend on other parties to overcome these problems. The aim of this research was to find out the relationship between quality of life and life satisfaction in the elderly at the St Yoseph Nursing Home, Kediri City.

The research design was correlational analytic with a cross sectional design approach. The independent variable was quality of life while the dependent variable was life satisfaction. The population was all elderly people at the St Yoseph Nursing Home, Kediri City, totaled 30 respondents used a total sampling technique. The data collection technique used a questionnaire.

The research results showed that almost all respondents had a moderate quality of life, namely 24 respondents (80.0%) and most respondents had moderate life satisfaction, namely 20 respondents (66.7%)

Data analysis used the Spearman Rank test resulted in a sig (2-tailed) pvalue: 0.000 and error level (α): 0.05, so $p < \alpha$ (so H1 was accepted, meaning there was a relationship between quality of life and life satisfaction in elderly people in nursing homes St. Yoseph, Kediri City. The correlation value was 0.617, meaning that the closeness of the relationship was in the quite strong category.

The emergence of life satisfaction is caused by good social relations, success in life, fulfilled needs, health, worship of God, comfort, usefulness, and independence. The connection between the two is based on life principles and conditions in the elderly phase

Keywords: Quality of Life, Life Satisfaction, Elderly