

ABSTRAK

HARGA DIRI LANSIA DALAM MENGHADAPI USIA SENJA DI POSYANDU LANSIA KARTINI TIRTOUDAN KOTA KEDIRI

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Latar Belakang : Harga diri pada lansia dapat mengalami perubahan dimana seringkali akan muncul perasaan tidak berguna dan tidak berharga. Fokus penelitian ini adalah kondisi fisik, faktor psikologis dan lingkungan sosial lansia dalam menghadapi usia senja.

Metode : Metode penelitian yang digunakan adalah kualitatif dengan pendekatan studi kasus. Informan diambil dengan teknik *purposive sampling* yang memenuhi kriteria inklusi dan eksklusi dengan informan sebanyak 11 orang. Teknik pengumpulan data melalui wawancara mendalam, dokumentasi, observasi. Teknik analisa data kualitatif menggunakan reduksi data, penyajian data, penarikan kesimpulan/*verification*. Uji keabsahan data dimana peneliti menggunakan triangulasi sumber.

Hasil Dan Analisa : Berdasarkan hasil penelitian diketahui bahwa kondisi fisik pada lansia dalam menghadapi usia senja dimana mengalami masalah kesehatan seperti badan panas, pusing, batuk pilek, lemas, sesak nafas, kedua kaki sering sakit/kesemutan, pelupa, sering terbangun pada malam hari, kolesterol, tekanan darah tinggi, gangguan pendengaran. Faktor psikologis dimana lansia selalu merasa bahagia, menerima kondisi saat ini dan berusaha untuk tetap sehat, selalu bersyukur, sabar dan tabah, merasa senang karena ditemani oleh cucu dan selalu berpikiran positif dalam menghadapi usia senja walaupun terpisah dari anak dan cucu-cucunya. Lansia juga selalu aktif berdoa/Sholat untuk memohon kepada Yang Maha Kuasa agar tetap diberikan kesehatan dalam menghadapi usia senja. Lansia juga merasa senang karena mengikuti kegiatan senam lansia. Lingkungan sosial lansia dimana lansia mendapat dukungan dan perhatian dari keluarga dengan memberikan usaha kecil-kecilan kepada lansia dengan menjual dagangan, mendukung lansia aktif berkunjung ke posyandu lansia, lansia bergabung dilingkungan ketika ada kerja bakti, bergabung bersama teman lansia lainnya untuk mengaji dan senam lansia.

Kesimpulan : Berdasarkan hasil penelitian maka disimpulkan bahwa lansia memiliki harga diri yang baik dalam menghadapi usia senja didukung dengan faktor psikologis dan lingkungan social yang mendukung walaupun lansia sering mengalami masalah kesehatan, akan tetapi tidak menjadi halangan bagi lansia untuk merasa bahagia.

Kata Kunci : Harga Diri, Lansia, Usia Senja

ABSTRACT

SELF-ESTEEM OF THE ELDERLY IN FACING OLD AGE AT POSYANDU ELDERLY KARTINI TIRTOUDAN KEDIRI CITY

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Introduction : Self-esteem in the elderly can experience changes where feelings of uselessness and worthlessness often arise. . The focus of this research is the physical condition, psychological factors and social environment of the elderly in facing old age.

Method : The research method used is qualitative with a case study approach. Informants were taken using a purposive sampling technique that met the inclusion and exclusion criteria with 11 informants. Data collection techniques through in-depth interviews, documentation, observation. Qualitative data analysis techniques use data reduction, data presentation, drawing conclusions/verification. Test the validity of the data where the researcher uses source triangulation.

Results and Analysis : Based on the results of the study, it is known that the physical condition of the elderly in facing old age where they experience health problems such as fever, dizziness, cough and cold, weakness, shortness of breath, both legs often hurt/tingle, forgetfulness, often wake up at night, cholesterol, high blood pressure, hearing loss. Psychological factors where the elderly always feel happy, accept the current conditions and try to stay healthy, always grateful, patient and steadfast, feel happy because they are accompanied by grandchildren and always think positively in facing old age even though they are separated from their children and grandchildren. The elderly are also always active in praying/praying to ask the Almighty to continue to be given health in facing old age. The elderly also feel happy because they participate in elderly gymnastics activities. The social environment of the elderly where the elderly get support and attention from the family by providing small businesses to the elderly by selling merchandise, supporting the elderly to actively visit the elderly posyandu, the elderly join the environment when there is community service, join with other elderly friends to recite the Koran and elderly gymnastics.

Discussion : Based on the research results, it is concluded that the elderly have good self-esteem in facing old age, supported by psychological factors and a supportive social environment, even though the elderly often experience health problems, this does not prevent the elderly from feeling happy.

Keywords : Self-Esteem, Elderly, Old Age