

## ABSTRAK

Saffin Aziza Fathia

### **Tingkat Stres Lansia di Panti Wreda Kota Semarang pada Masa Pandemi COVID-19**

**x + 73 Halaman + 15 Tabel + 2 Gambar + 17 Lampiran**

Masalah psikologis yang paling banyak dialami oleh lansia di panti wreda adalah stres. Stres disebabkan karena keterbatasan-keterbatasan yang timbul seiring bertambahnya umur lansia. Pandemi COVID-19 menyebabkan keterbatasan yang dimiliki lansia di panti wreda semakin banyak. Hal tersebut dapat diakibatkan karena penerapan peraturan pembatasan kegiatan dan isolasi bagi penghuni panti untuk mencegah terjadinya penularan COVID-19. Tujuan penelitian ini adalah untuk mengetahui tingkat stres pada lansia di panti wreda Kota Semarang pada masa pandemi COVID-19. Metode penelitian yang digunakan adalah survei deskriptif dengan pendekatan *cross sectional*. Teknik sampling yang digunakan adalah *total sampling* dengan jumlah sampel 107 lansia. Pengambilan data dilakukan menggunakan kuesioner *Perceived Stress Scale* (PSS-10). Hasil penelitian menunjukkan sejumlah 66,4% mengalami stres ringan dan sebanyak 33,6% menderita stres sedang. Mayoritas lansia mengalami stres ringan pada masa pandemi COVID-19 yang dapat mempengaruhi kondisi kesehatan lansia. Hasil penelitian diharapkan lansia dapat membangun hubungan yang baik dengan lingkungan sekitarnya dan dapat membuat kegiatan yang diminatinya dalam mengisi waktu luang. Selain itu, pihak panti wreda diharapkan dapat memfasilitasi kebutuhan lansia dalam melakukan aktivitas yang diminatinya.

**Kata kunci** : Lansia, Panti Wreda, Tingkat Stres  
**Daftar pustaka** : 75 (1983-2022)

Department of Nursing  
Faculty of Medicine  
Diponegoro University  
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## ABSTRACT

Saffin Aziza Fathia

### **Stress Levels of the Elderly in Nursing Homes in Semarang City during the COVID-19 Pandemic**

**x + 73 Pages + 15 Tables + 2 Pictures + 17 Attachments**

*The most common psychological problem experienced by the elderly in nursing homes is stress. Stress is caused by limitations that arise as the elderly get older. The COVID-19 pandemic has caused more and more limitations for the elderly in nursing homes. This can be caused by the implementation of restrictions on activities and isolation for residents of the orphanage to prevent the spread of COVID-19. The purpose of this study was to determine the level of stress in the elderly in a nursing home in Semarang City during the COVID-19 pandemic. The research method used is a descriptive survey with a cross sectional approach. The sampling technique used is total sampling with a sample of 107 elderly. Data were collected using a Perceived Stress Scale (PSS-10) questionnaire. The results showed that 66.4% (71 elderly) experienced mild stress and 33.6% (36 elderly) experienced moderate stress. The majority of the elderly experience mild stress during the COVID-19 pandemic which can affect the health condition of the elderly. The results of the study are expected that the elderly can build good relationships with the surrounding environment and can make activities that they are interested in in their spare time. In addition, the nursing home is expected to be able to facilitate the needs of the elderly in carrying out activities that interest them.*

**Keywords** : elderly, nursing home, stress level,  
**References** : 75 (1983-2022)