# ABSTRAK

Naufal Muhammad Agil

**Gambaran *Self Efficacy* dan Resiliensi pada Lansia di Panti Wredha Pucang Gading Semarang**

**lxiii + 113 halaman + 18 tabel + 3 gambar + 9 lampiran**

Lansia butuh *self efficacy* saat menjalankan aktivitas mental guna memecahkan masalah sehari-hari. Lansia juga butuh kemampuan resiliensi untuk menjaga kestabilan sistem dalam dirinya. *Self-efficacy* dan resiliensi dalam pandangan keperawatan holistik dikategorikan pada dimensi psikologis. Terganggunya dimensi psikologis sebagai sebuah sistem menyebabkan efek domino pada dimensi lain. Hal tersebut mengakibatkan hilangnya eksistensi bahkan transendensi lansia. Lansia dengan *self efficacy* dan resiliensi yang baik punya kemampuan berperilaku secara adaptif dan positif sehingga dapat mencapai kehidupan yang produktif dan memuaskan. Gambaran mengenai *self efficacy* dan resiliensi memberikan manfaat bagi peneliti dan pihak-pihak di sekitar lansia untuk membantu lansia menjalani masa tua dengan sukses. Tujuan penelitian ini adalah untukmengidentifikasi *self efficacy* dan resiliensi pada lansia di Panti Wredha Pucang Gading Semarang. Penelitian ini menggunakan metode penelitian kuantitatif yang bersifat deskriptif. Metode pengambilan sampel adalah *total sampling* dengan jumlah sampel 82 responden. Hasil penelitian menunjukkan bahwa lansia memiliki *self efficacy* yang tinggi yaitu sebanyak 50% responden, dan 66% responden memiliki tingkat resiliensi yang rendah. Lansia dapat meningkatkan *self efficacy* dengan cara laksanakan program *Healthy Aging Mind Body Interaction* (*MBI*)*,* latih *activities daily living* (ADL) secara mandiri serta menghabiskan waktu bersama teman dekat. Lansia dapat melatih kemampuan resiliensi dengan cara mengembangkan strategi koping dan menjauhkan diri dari kesendirian. Peran serta semua pihak diharapkan memberikan perhatian akan pentingnya *self efficacy* dan resiliensi lansia guna kualitas hidup yang lebih baik.

**Kata kunci : *Self Efficacy*, Resiliensi, Lansia**

**Daftar pustaka : 111 (1978-2021)**

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# ABSTRACT

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**Overview of Self Efficacy and Resilience in the Elderly at Panti Wredha Pucang Gading Semarang**

**lxiii + 113 pages + 18 tables + 3 pictures + 9 attachments**

 *The elderly need self-efficacy when carrying out mental activities to solve daily problems. The elderly also need resilience skills to maintain the stability of the system in themselves. Self-efficacy and resilience in holistic nursing are categorized on the psychological dimension. Disruption of the psychological dimension as a system causes a domino effect on other dimensions. This results in the loss of existence and even transcendence of the elderly. Elderly with good self-efficacy and resilience have the ability to behave in an adaptive and positive manner so that they can achieve a productive and satisfying life. The description of self-efficacy and resilience provides benefits for researchers and parties around the elderly to help the elderly live their old age successfully. The purpose of this study was to identify self-efficacy and resilience in the elderly at Panti Wredha Pucang Gading Semarang. This study uses a descriptive quantitative research method. The sampling method is total sampling with a sample of 82 respondents. The results showed that the elderly had high self-efficacy as many as 50% of respondents, and 66% of respondents had low levels of resilience. The elderly can increase self-efficacy by implementing the Healthy Aging MBI program, practicing daily living (ADL) activities independently and spending time with close friends. Elderly can practice resilience skills by developing coping strategies and staying away from loneliness. The participation of all parties is expected to pay attention to the importance of self-efficacy and resilience of the elderly for a better quality of life.*

**Keywords : *Self Efficacy*, Resiliensi, Elderly**

**References : 111 (1978-2021)**