

ABSTRAK

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Tingkat Kesepian Lansia Di Panti Wreda Kota Semarang Di Masa Pandemi Covid-19
xiii + 85 Halaman + 14 Tabel + 2 Gambar + 10 Lampiran

Pandemi Covid-19 terjadi begitu cepat dan memiliki resiko yang lebih tinggi pada populasi rentan seperti lansia. Adanya pandemi Covid-19 membuat pemerintah Indonesia membuat beberapa peraturan untuk mengurangi penularan Covid-19 seperti penggunaan masker, menjaga jarak, dan pembatasan sosial masyarakat. Peraturan tersebut tentu menjadi faktor tersendiri dalam mengakibatkan munculnya perasaan kesepian lansia. Penelitian sebelumnya yang dilakukan oleh Kotwal et al menunjukkan terjadinya peningkatan tingkat kesepian pada 54% lansia di San Fransisco selama pandemi terjadi. Tujuan penelitian adalah untuk mengetahui gambaran tingkat kesepian lansia di panti wreda Kota Semarang pada masa Pandemi Covid-19. Penelitian ini dilakukan dengan menggunakan metode deskriptif survei. Total sampel dari penelitian ini adalah 107 responden lansia di 5 panti wreda Kota Semarang, dengan menggunakan teknik *total sampling*. Metode pengumpulan data menggunakan kuesioner *UCLA Loneliness Scale Version 3*. Hasil penelitian menunjukkan bahwa 51,4% lansia di panti wreda Kota Semarang pada masa pandemi Covid-19 mengalami kesepian dengan 61,82% diantaranya mengalami kesepian emosional. Lansia yang memiliki karakteristik berusia 60-74 tahun, status pernikahan cerai mati, dan lansia yang tidak mengikuti kegiatan sosial di panti memiliki tingkat kesepian yang tinggi. Hasil penelitian menunjukkan bahwa banyak lansia yang mengalami kesepian di panti wreda Kota Semarang selama pandemi Covid-19 hal ini dapat disebabkan oleh adanya peraturan pembatasan sosial dan tipe kepribadian masing-masing dari lansia. Panti wreda hendaknya dapat mengembangkan program kegiatan di panti yang dapat memberikan wadah bagi lansia agar dapat saling bersosialisasi seperti permainan catur, alat jahit, atau permainan kartu.

Kata Kunci : Lansia, Kesepian, Pandemi Covid-19
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ABSTRACT

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Loneliness in Elderly at Nursing Home in Semarang During The Covid-19 Pandemic

xiv + 86 Pages + 14 Tables + 2 Pictures + 10 Attachments

The Covid-19 pandemic is happening so fast and has a higher risk for vulnerable populations such as the elderly. The existence of the Covid-19 pandemic has made the Indonesian government make several regulations to reduce the transmission of Covid-19, such as wearing masks, maintaining social distance, and social restrictions. The regulation is certainly one of the factors that cause the feelings of loneliness in the elderly. Previous research conducted by Kotwal et al showed an increase in loneliness rates in 54% of elderly people in San Francisco during the pandemic. The purpose of the study was to describe the level of loneliness in elderly in the Semarang City Nursing Home during the Covid-19 Pandemic. This research was conducted using a descriptive survey method. The total sample of this study was 107 elderly respondents in 5 nursing homes in Semarang City, using the total sampling technique. The data collection method used the UCLA Loneliness Scale Version 3 questionnaire. The results showed that 51.4% of the elderly in the Semarang City nursing home during the Covid-19 pandemic experienced loneliness with 61.82% of them experiencing emotional loneliness. The elderly who have characteristics aged 60-74 years, divorced marital status, and the elderly who do not participate in social activities at the orphanage have a high level of loneliness. The results showed that many elderly people experienced loneliness in the nursing home in Semarang City during the Covid-19 pandemic, this could be due to the existence of social restriction regulations and the personality types of each of the elderly. Nursing homes should be able to develop an activity program at the orphanage that can provide a place for the elderly to socialize with each other such as chess games, sewing tools, or card games.

Keywords: Elderly, Loneliness, Covid-19 Pandemic

Bibliography : 53 (2013-2022)