

Perbedaan Tingkat Stres dan Strategi Koping pada Lansia yang Tinggal di Rumah Bersama Keluarga dan di Panti Sosial Tresna Wredha Kecamatan Peusangan Kabupaten Bireuen Nanggroe Aceh Darussalam = Differences in Levels of Stress and Strategies Coping on the Elderly Living at home With the Family and in Panti Social Tresna Wredha Sub District Peusangan Bireuen District Nanggroe Aceh Darussalam

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Abstrak

Penelitian ini bertujuan mengetahui perbedaan tingkat stres dan strategi koping pada lansia yang tinggal di rumah bersama keluarga dan di Panti Sosial Tresna Wredha Kecamatan Peusangan Kabupaten Bireuen. Jenis penelitian adalah analitik deskriptif menggunakan desain deskriptif komparatif. Sampel berjumlah 112 lansia berumur 60 tahun atau lebih. Pengambilan sampel dengan cara total sampling pada lansia di wilayah Panti dan multistage random sampling pada lansia di rumah. Analisa hasil penelitian meliputi analisa univariat dan bivariat yang menggunakan uji statistik Independent t-test dan regresi linear. Hasil penelitian membuktikan tingkat stres lansia di Panti lebih tinggi dibandingkan dengan lansia di keluarga. Strategi problem focused coping dan emotion focused coping lebih sering digunakan lansia di Panti, strategi religious coping lebih sering digunakan lansia di keluarga dan tidak ada perbedaan strategi seeking social support coping antara kedua tempat tinggal lansia. Ada hubungan strategi problem focused coping, emotion focused coping, seeking social support coping dan religious coping dengan tingkat stres pada lansia di keluarga dan di Panti. Ada perbedaan strategi religious coping menurut umur pada lansia di keluarga dan di Panti. Ada perbedaan tingkat stres dan strategi problem focused coping, strategi emotion focused coping menurut jenis kelamin pada lansia di keluarga. Ada perbedaan tingkat stres dan strategi problem focused coping menurut pendidikan pada lansia di keluarga. Ada perbedaan tingkat stres menurut pekerjaan pada lansia di keluarga dan di Panti. Ada perbedaan tingkat stres dan strategi emotion focused coping lansia menurut status pernikahan di keluarga dan di Panti. Mengingat stres dan strategi koping merupakan hal yang erat hubungan dengan lansia yang memiliki perubahan hidup secara kompleks maka perawat dan bagian terkait perlu melakukan berbagai intervensi untuk meningkatkan kesehatan dan kualitas hidup lansia.

.....The purpose of this research to find the differences between levels of stress and strategies coping on the elderly living at home with the family and in Panti Social Tresna Wredha sub District Peusangan in Bireuen District. Type of research is using descriptive analytical with comparative descriptive design approach. Sample of 112 elderly aged 60 years or more. Sampling with a total sampling area on the elderly in Panti and multistage random sampling in the elderly in family. Analysis of results of research include analysis univariat and bivariat the test statistics using Independent t- test and linear regression. Results of research to prove the level of stress on the elderly in Panti higher than the elderly in the family. Problem focused coping and emotion focused coping strategies are often used more the elderly in Panti, religious coping strategy is often used more the elderly in family and no differences in seeking social support coping strategy between the elderly living. There were relationship between problem focused coping, emotion focused coping, seeking social support coping and, religious coping strategies with the level of stress on the elderly in the family and in Panti. There was difference the use of religious coping strategy according to age on the elderly

in family and in Panti. There were differences levels of stress, the use of problem focused coping and emotion focused coping strategies according to gender on the elderly in family and in Panti. There were differences levels of stress and the use of problem focused coping strategy according to education on the elderly in family. There was difference levels of stress according to employment on the elderly in family and in Panti. There was differences levels of stress and the use of emotion focused coping strategy according to marriage status on the elderly in family and in Panti. In regarding of stress and strategies coping have a relationship with elderly which has complex change in life style, so that nurse of community and related instances require the intervention in order to improve health and quality life style of elderly.