

# Hubungan antara partisipasi lansia di Posbindu dengan tingkat kesepian lansia di Kelurahan Depok Jaya, Kota Depok = The relationship between the elderly participation in Posbindu with elderly loneliness levels in Kelurahan Depok Jaya Kota Depok

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## Abstrak

Penelitian ini membahas hubungan antara partisipasi di Posbindu Lansia dengan tingkat kesepian lansia di kelurahan Depok Jaya Kota Depok. Hasil penelitian menemukan bahwa pengaruh partisipasi lansia dalam kegiatan posbindu sebesar hampir 5 kali terhadap tingkat kesepian lansia. Sementara dukungan keluarga dan partisipasi hanya sebesar 2 kali pengaruhnya terhadap kesepian lansia. Hal ini disebabkan kegiatan posbindu lansia yang sangat banyak dan bervariasi. saran saya selaku peneliti adalah sebagai berikut: (1) pengembangan lebih lanjut kegiatan posbindu yang sudah ada (2) partisipasi pemerintah dalam penyelenggaraan dan pengembangan kegiatan sosial-keagamaan (3) pengembangan program pemberdayaan lansia dengan sasaran keluarga lansia.

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This study examines the relationship between Elderly participation in Posbindu with elderly loneliness levels at urban kelurahan Depok Jaya, Kota Depok. The study found that the effects of participation in the activities Posbindu elderly by almost 5 times the rate of lonely elderly. While family support and participation by only 2 times the effect on the lonely elderly. This is due to the activities Posbindu elderly are many and varied, such as the activities of theatre or music. Based on the findings above, my advice as a researcher is as follows: (1) develop further government Posbindu activities that have been held in each kelurahan. (2) participate in development of socio-religious activities. (3) develop empowerment programs targeting elderly seniors family.