

Dukungan Sosial Komunitas Terhadap Kesehatan Jiwa Lansia di Indonesia = Community Social Support for Elderly Mental Health in Indonesia

Alicia Lourdes Joaqin, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20527257&lokasi=lokal>

Abstrak

Kajian literatur ini membahas mengenai dukungan sosial komunitas terhadap kesehatan jiwa lansia di Indonesia. Kajian literatur ini ditulis dengan bentuk critical review, yakni penulis mengulas kelebihan serta kekurangan yang dimiliki masing-masing penelitian berlandaskan kaidah-kaidah penulisan ilmiah sembari mengulas hasil temuan lapangan penelitian terkait dalam menjawab pertanyaan penulisan. Adapun tiga penelitian empirik sebelumnya yang menjadi acuan dalam penulisan kajian literatur ini, yakni penelitian milik Khuzaimah et al. (2021), Yunita et al. (2018), dan Zulfahmi et al. (2020). Hasil pengkajian literatur dalam penulisan ini menunjukkan bahwa kesehatan jiwa lansia merupakan suatu fenomena yang kompleks. Terlebih lansia merupakan individu yang mengalami banyak perubahan, meliputi aspek biologis, psikologis, dan sosial yang ekstrem. Salah satu cara efektif dan efisien dalam menghambat permasalahan kesehatan jiwa ini dan/atau meningkatkan taraf kesehatan jiwa ialah dengan memberikan dukungan sosial melalui komunitas sebagai lingkungan terdekat pada kehidupan keseharian lansia. Kesimpulan pengkajian hasil penelitian terakit ialah dukungan sosial yang dapat diupayakan komunitas meliputi Dukungan Psikologis (Self-esteem support), Dukungan Keberfungsian Sosial (Appraisal Support), Dukungan Jaringan Sosial (Belonging Support), dan Dukungan Pemberdayaan dan Perawatan biologis/fisik (Tangible Support) dengan mengkoordinir program dan/atau kegiatan sosial khusus lansia meliputi program promotif (pencerdasan dasar), preventif (pencegahan dini), kuratif (pendektsian dan penanganan dini), dan rehabilitatif (pemulihan).

.....This literature review discusses community social support for the mental health of the elderly in Indonesia. This literature review is written in the form of a critical review, in which the author reviews the advantages and disadvantages of each research based on the principles of scientific writing while reviews the findings of related research fields in answering writing questions. There are three previous empirical studies that serve as references in writing this literature review, namely the research of Khuzaaimah et al. (2021), Yunita et al. (2018), and Zulfahmi et al. (2020). The results of the literature review of this paper indicate that the mental health of the elderly is a complex phenomenon. Moreover, the elderly are individuals who experience many changes, including extreme biological, psychological, and social aspects. One of the effective and efficient ways to prevent these mental health problems and/or improve mental health levels is to provide social support through the community as the closest environment in the daily life of the elderly. The conclusion of this literature review of related research is that social support that can be sought by the community includes Psychological Support (Self-esteem support), Social Functional Support (Appraisal Support), Social Network Support (Belonging Support), and Biological/physical Empowerment and Treatment Support (Tangible Support) by coordinating special social program for the elderly including promotive (basic intelligence), preventive (early prevention), curative (early detection and treatment) and rehabilitative (recovery) programs.