

Gambaran Tingkat Stress pada Lansia di Masa Pandemi COVID-19 = Overview of Stress Levels in the Elderly During the COVID-19 Pandemic

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Abstrak

Pandemi COVID-19 merupakan salah satu stressor pada lansia. Penelitian ini menggunakan desain penelitian kuantitatif yang bertujuan untuk mengidentifikasi tingkat stress pada lansia di masa pandemi COVID-19. Sampel pada penelitian ini adalah lansia di Kecamatan Bendosari yang berjumlah 136 orang dan teknik pengambilan sampel yang digunakan adalah teknik random sampling. Instrumen yang digunakan adalah Perceived Stress Scale (PSS 10). Data yang diperoleh dianalisis dengan analisis univariat. Hasil penelitian menunjukkan bahwa sebagian besar lansia mengalami stress ringan sebanyak 107 responden (78.7%), sedangkan sebanyak 29 responden mengalami stress sedang (21.3%). Hasil penelitian ini merekomendasikan adanya penelitian lebih lanjut mengenai faktor-faktor yang memengaruhi stress serta meningkatkan promosi kesehatan mengenai kesehatan jiwa pada lansia khususnya di Kecamatan Bendosari.

.....The COVID-19 pandemic is one of the stressors for the elderly. This study uses a quantitative research design to identify stress levels in the elderly during the COVID-19 pandemic. The sample in this study was the elderly in Bendosari District, amounting to 136 people and the sampling technique used was random sampling technique. The instrument used is the Perceived Stress Scale (PSS 10). The data obtained were analyzed by univariate analysis. The results showed that most of the elderly experienced mild stress as many as 107 respondents (78.7%), while as many as 29 respondents experienced moderate stress (21.3%). The results of this study recommend further research on the factors that influence stress and improve health promotion regarding mental health in the elderly, especially in Bendosari District.