

Hubungan Social Engagement dengan Kesejahteraan Psikologis pada Lansia di Depok = The Relationship between Social Engagement and Psychological Well-Being in the Older People in Depok

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Abstrak

Lansia menghadapi tantangan dalam menjaga kesejahteraan psikologis, terutama mereka dengan keterlibatan sosial rendah. Penelitian ini bertujuan untuk mengetahui hubungan antara social engagement dengan kesejahteraan psikologis. Penelitian ini menggunakan pendekatan cross-sectional dengan teknik pengambilan sampel proportionate stratified random sampling. Sampel penelitian sebanyak 112 lansia di Depok yang masih mampu berkomunikasi dua arah. Alat pengumpulan data menggunakan Social Disengagement Index dan Ryff's Psychological Well-Being Scale ($r = 0.325 - 0.783$; $= 0.908$). Data dikumpulkan melalui pengisian kuesioner dan dianalisis dengan uji Fisher's exact. Hasil menunjukkan mayoritas lansia memiliki social engagement baik, namun kesejahteraan psikologis dominan pada tingkat sedang ($p \text{ value} = 0.038$). Terdapat hubungan signifikan antara social engagement dengan kesejahteraan psikologis lansia di Depok. Kelompok lansia perempuan, tinggal sendiri, tidak bekerja, dan kehilangan pasangan lebih rentan memiliki kesejahteraan psikologis yang rendah. Sehingga, diperlukan penguatan program seperti Bina Keluarga Lansia (BKL) dan Posbindu Lansia yang mendukung keterlibatan sosial lansia untuk meningkatkan kualitas hidup mereka.

.....Older people face challenges in maintaining psychological well-being, particularly those with low social engagement. This study aims to determine the relationship between social engagement and psychological well-being. This study uses a cross-sectional approach with the proportionate stratified random sampling technique. The research sample consisted of 112 older people in Depok who were still able to communicate bidirectionally. The data collection tools used were the Social Disengagement Index and Ryff's Psychological Well-Being Scale ($r = 0.325 - 0.783$; $= 0.908$). Data were collected through questionnaire completion and analyzed using Fisher's exact test. The results show that the majority of the older people have good social engagement, but psychological well-being is predominantly at a moderate level ($p \text{ value} = 0.038$). There is a significant relationship between social engagement and the psychological well-being of the older people in Depok. Groups of older women, living alone, not working, and having lost their partners are more vulnerable to having low psychological well-being. Therefore, strengthening programs such as Bina Keluarga Lansia (BKL) and Posbindu that support the social engagement of the older people is necessary to improve their quality of life.