

## Gambaran loneliness (kesepian) pada lansia di Kelurahan Depok = Descriptive study about loneliness among elderly people in Depok

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### Abstrak

Loneliness (kesepian) merupakan salah satu persepsi subjektif yang dialami seseorang akibat kurangnya kontak sosial dengan orang lain. Lansia merupakan salah satu kelompok usia yang berisiko tinggi mengalami loneliness (kesepian) akibat berbagai penurunan dan kehilangan yang dialami baik secara fisik, psikologis, dan lingkungan sosial.

Penelitian ini bertujuan untuk mengetahui gambaran loneliness (kesepian) pada lansia di kelurahan Depok dengan sampel sebanyak 103 responden. Desain penelitian menggunakan metode deskriptif yaitu teknik random sampling dengan cluster sampling. Instrumen penelitian menggunakan UCLA loneliness scale untuk mengetahui kejadian loneliness (kesepian) pada lansia.

Hasil analisis deskriptif menyatakan bahwa sebanyak 52% lansia di kelurahan Depok tidak mengalami loneliness (kesepian). Mempertahankan dan meningkatkan aktivitas rutin secara individu maupun kelompok di komunitas perlu diperhatikan oleh keluarga dan perawat komunitas untuk menghindari terjadinya loneliness (kesepian) pada lansia.

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Loneliness is one of the subjective perception that being experienced by individual as result of the lack of social interaction with others. Elderly is groups of certain age who has certain quite high number at risk of loneliness. It happens due to degrading physical, psychological ability and social environment.

The purpose of study was to describe the loneliness among elderly in certain area of Depok, with 103 respondents sample. Descriptive method of random sampling with cluster was being chosen as design research methodology. And UCLA loneliness scale was being used as the research instrument.

The result of this research stated that 52% of elderly people in certain area of Depok did not experience loneliness. Maintaining and improving routine activities in both individual level and community can be one of suggestion and need to being considered by family and community nurse to avoid loneliness in the elderly groups.