

# Hubungan antara self perception of aging dan death anxiety pada lansia yang memiliki penyakit kronis = The correlation between self perception of aging and death anxiety among older adults with chronic illness

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## Abstrak

Penelitian ini dilakukan untuk mendapatkan gambaran mengenai hubungan antara self perception of aging dan death anxiety pada lansia dengan penyakit kronis. Studi ini memiliki hipotesis bahwa terdapat hubungan yang negatif dan signifikan antara self perception of aging dan death anxiety. Alat ukur Attitudes Toward Own Aging (ATOA) digunakan untuk mengukur self perception of aging dan alat ukur Fear of Personal Death Scale (FPDS) digunakan untuk mengukur death anxiety. Penelitian ini dilakukan pada 123 lansia dengan penyakit kronis di Jabodetabek. Melalui penghitungan statistik dengan teknik korelasi Pearson, ditemukan bahwa death anxiety berkorelasi secara negatif dan signifikan dengan self perception of aging ( $r = -0,274$ ,  $p < 0.01$ ), artinya semakin positif self perception of aging lansia maka semakin rendah tingkat death anxiety yang dimilikinya.

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The purpose of this study was to find out if there is a correlation between self perception of aging and death anxiety among older adults with chronic illness. This study hypothesized that death anxiety correlates negatively and significantly with self perception of aging. Self perception of aging is measured with Attitudes Toward Own Aging (ATOA) and death anxiety is measured with Fear of Personal Death Scale (FPDS). There are 123 older adults with chronic illness in Jabodetabek involved in this study. The Pearson Correlation indicates that death anxiety correlates negatively and significantly with self perception of aging ( $r = -0,274$ ,  $p < 0.01$ ), meaning the more positive older adults' self perception of aging, the lower the death anxiety.