

## Hubungan antara perceived social support dan self perception of aging pada lansia dengan penyakit kronis = The correlation between perceived social support and self perception of aging in older adults with chronic illness / Hasna Nadira

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### Abstrak

The recent studies have concluded that older adults with declining health conditions tend to have a negative self perception of aging. On the other hand, social relationship of people nearby can improve self perceptions of aging. Therefore, the purpose of this study is to investigate the correlation between perceived social support and self-perception of aging in older adults with chronic illness. This study hypothesized that perceived social support correlates positively and significantly with self perception of aging. The Multidimensional Scale of Perceived Social Support (MSPSS) is used to measure perceived social support and Attitudes Toward Own Aging (ATOAs) is used to measure self perception of aging. 127 older adults are involved in this study, consisting of 46 males (36,2%) and 81 females (63,8%). Based on statistical analysis using Pearson Correlation, it is found that perceived social support correlate positively and significantly with self perception of aging ( $r=0,250$ ;  $n=127$ ;  $p<0,01$ , one tailed).

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Beberapa penelitian terkini melihat bahwa lansia dengan kondisi kesehatan yang menurun cenderung memiliki persepsi negatif terhadap penuaan. Di sisi lain, adanya hubungan sosial dari orang terdekat dapat meningkatkan persepsi terhadap penuaan yang lebih positif. Oleh karena itu, penelitian ini bertujuan untuk mengetahui hubungan antara perceived social support dan self perception of aging pada lansia dengan penyakit kronis. Penelitian ini memiliki hipotesis bahwa perceived social support memiliki hubungan yang positif dan signifikan dengan self perception of aging. Pengukuran dilakukan dengan menggunakan alat ukur Multidimensional Scale of Perceived Social Support (MSPSS) untuk mengukur perceived social support dan Attitudes Toward Own Aging (ATOAs) digunakan untuk mengukur self perception of aging. Penelitian ini melibatkan 127 lansia yang terdiri dari, 46 orang laki-laki (36,2%) dan 81 orang perempuan (63,8%). Berdasarkan pengolahan data menggunakan teknik statistik Pearson Correlation, ditemukan bahwa perceived social support berkorelasi positif dan signifikan dengan self perception of aging ( $r = 0,250$ ;  $n = 127$ ;  $p < 0,01$ , one tailed).