

# Pengalaman lansia dengan penyakit kronik tinggal bersama keluarga memaknai hidup: Studi fenomenologi = Elderly experience with chronic diseases staying together with family in meaningful living: Phenomenology study

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Abstrak

**ABSTRAK**

Banyak lansia harus menjalani pengobatan seumur hidup disebabkan oleh penyakit kronik. Kondisi lansia dengan penyakit kronik akan menimbulkan gejala-gejala yang mempengaruhi aspek fisik, psikologis, sosial dan spiritual. Spiritualitas memegang peranan penting terhadap kondisi kesehatan dan hubungan sosial sehingga makna hidup dapat dirasakan saat individu mampu melihat hikmah dari kejadian hidup yang dialami. Tujuan penelitian untuk mendapatkan gambaran tentang pengalaman lansia dengan penyakit kronik memaknai hidup. Penelitian ini menggunakan metode fenomenologi deskriptif pada 13 lansia dengan penyakit kronis dengan menggunakan analisis tematik Collaizi. Hasil penelitian menemukan enam tema yaitu (1) mengalami reaksi proses berkabung, (2) keterbatasan finansial, mobilisasi dan kualitas ibadah, (3) fokus perilaku (behavior focus), (4) fokus spiritualitas (spiritual focus), (5) fokus kognitif (cognitive focus) (6) interaksi sosial, (7) transendensi diri, dan (8) jaminan kelangsungan hidup. Lansia dengan penyakit kronik merasakan masalah fisik dan psikologis menggunakan pola koping dalam memaknai hidup. Penelitian ini diharapkan dapat memberikan gambaran dalam memberikan intervensi keperawatan terhadap lansia dengan penyakit kronik dalam memaknai hidup.

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**ABSTRACT**

Many elderly should undergo lifelong treatment caused by chronic illness. The elderly condition with chronic disease will cause symptoms that affect the physical, psychological, social and spiritual aspects. Spirituality plays an important role in health conditions and social relationships so that the meaning of life can be felt when the individual is able to see the wisdom of life events experienced. The purpose of the research was to figure out the elderly experience with chronic illness to their meaning of life. This research was using descriptive phenomenology method to 13 older with chronic illness by using thematic analysis of Collaizi. The research found six themes: (1) experiencing reaction of the mourning process, (2) financial limitations, mobilization, and quality of worship, (3) behavior focus, (4) spirituality focus, (5) cognitive focus (6) social interaction, (7) self-transcendence, and (8) survival of life guarantee. Elderly with chronic illness felt physical and psychological problem using the coping pattern to take the meaning of life. This study is expected to provide an overview in providing nursing intervention to the elderly with chronic illness to make meaning of life.