

# Hubungan Dukungan Sosial dengan Kesepian pada Lansia selama Masa Pandemi COVID-19 di Pelayanan Kesehatan Sosial Jakarta Timur = The Relationship between Social Support and Loneliness in the Elderly during the COVID-19 Pandemic in East Jakarta Social Health Services

Elvira Dewina, author

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## Abstrak

Kesepian merupakan salah satu gangguan psikososial yang disebabkan oleh isolasi sosial dan emosional. Pandemi COVID-19 memberikan dampak berupa isolasi sosial akibat dari pembatasan sosial. Lansia termasuk dalam kelompok rentan terdampak COVID-19. Selama masa pandemi COVID-19 lansia mengalami pembatasan interaksi sosial sehingga berdampak mengalami kesepian. Kesepian dapat diatasi oleh beberapa faktor diantaranya dengan dukungan sosial. Penelitian ini bertujuan untuk mengidentifikasi hubungan antara kesepian dengan dukungan sosial pada lansia di Pelayanan Kesehatan Sosial di Jakarta. Penelitian ini menggunakan metode kuantitatif dengan desain cross-sectional. Jumlah responden penelitian ini sebanyak 95 lansia (> 60 tahun), dikumpulkan dengan teknik purposive sampling. Instrumen yang digunakan adalah The University of California Los Angeles Loneliness Scale version 3 dan Social Support Quistionaire. Hasil penelitian didapatkan nilai p value 0,000 ( $p < 0,05$ ). Sehingga, dapat disimpulkan terdapat hubungan antara kesepian dengan dukungan sosial pada lansia. Dukungan sosial dapat ditingkatkan selama masa transisi dan atau sudah mulai selesainya PPKM untuk mnegurangi risiko kesepian pada lansia.

.....Loneliness is one of the psychosocial disorders caused by social and emotional isolation. The COVID-19 pandemic has had an impact in the form of social isolation due to social distancing. The elderly are among the vulnerable groups affected by COVID-19. During the COVID-19 pandemic, the elderly experienced restrictions on social interactions, which resulted in experiencing loneliness. Loneliness can be overcome by several factors including social support. This study aims to identify the relationship between loneliness and social support in the elderly at the Social Health Service in Jakarta. This study uses quantitative methods with cross-sectional design. The number of respondents to this study was 95 elderly (> 60 years), collected using purposive sampling techniques. The instruments used are The University of California Los Angeles Loneliness Scale version 3 and Social Support Quistionaire. The results of the study obtained a p value of 0.000 ( $p < 0.05$ ). Thus, it can be concluded that there is a relationship between loneliness and social support in the elderly. Social support can be increased during the transition period and or the completion of PPKM to reduce the risk of loneliness in the elderly.