

Hubungan Dukungan Sosial dengan Self Efficacy Lanjut Usia Paska Tsunami di Lampung Selatan = Social Support Relationship with Self Efficacy on Elderly Post of Tsunami in South Lampung

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Abstrak

Bencana tsunami dapat menimbulkan perubahan kehidupan dan masalah psikologis serta trauma yang berkepanjangan bagi semua kelompok masyarakat termasuk lansia. Lansia yang selamat dari tsunami mengalami kesedihan dan kehilangan keyakinan diri (self efficacy) serta trauma akibat kehilangan anggota keluarga yang dicintai dan kehilangan tempat tinggal mereka. Tujuan penelitian ini untuk mengidentifikasi hubungan dukungan sosial dengan self efficacy lansia paska Tsunami di Lampung Selatan. Desain yang digunakan dalam penelitian ini adalah cross-sectional. Pengambilan sampel menggunakan Teknik cluster random sampling dengan jumlah sampel 303 lanjut usia. Pengumpulan data menggunakan kuesioner MSPSS (Multidimensional Scale of Perceived Social Support) untuk mengidentifikasi dukungan sosial yang dipersepsikan lanjut usia, dan GSES (General Self-Efficacy Scale) untuk mengidentifikasi self efficacy lanjut usia. Analisis univariat, bivariat menggunakan uji chi square dan analisis multivariat menggunakan uji regresi logistik berganda. Hasil penelitian menunjukkan 73,6% self efficacy tinggi; 56,4% dukungan sosial tinggi; 58,4% family support tinggi; 40,6% friends support tinggi; dan 38,6% significant other support tinggi. Terdapat hubungan antaran dukungan sosial (family support, friends support, dan significant other support) dengan self efficacy lanjut usia ($p < 0,000$). Lanjut usia dengan dukungan sosial tinggi berpeluang 16,526 kali untuk memiliki self efficacy yang tinggi dibandingkan dengan friends support, dan significant other support. Peningkatan self efficacy pada lanjut usia dapat dilakukan dengan pemberdayaan lingkungan sosial yang mampu meningkatkan peran serta seluruh dukungan sosial yang dimiliki lanjut usia dalam situasi paska bencana Tsunami.

.....The Relationship Between Social Support With Self Efficacy Among Elderly after The Tsunami in The Southern Lampung. Tsunami can cause life changes and psychological problems, as well as long-lasting trauma for all age groups including the elderly. The elderly who survived the tsunami experienced grief and loss of self-confidence (self-efficacy) and trauma due to the loss of loved ones and their home. The aim of this research is to identify the relationship between social support with self efficacy among elderly after the Tsunami in The Southern Lampung. The design used in this study is cross-sectional. Sampling used a cluster random sampling with sample size of 303 elderly. Data collection used MSPSS (Multidimensional Scale of Perceived Social Support) questionnaire to identify elderly's perceived social support and GSES (General Self-Efficacy Scale) to indentify elderly's self efficacy. Univariate, bivariate analysis using chi square test and multivariate analysis using multiple logistic regression test. The results showed 73,6% high self efficacy; 56,4% high social support; 58,4% high family support; 40,6% high friends support; and 38,6% high significant other support. There was a relationship between social support (family support, friends support, dan significant other support) with elderly's self efficacy ($p < 0,000$). Elderly with high social support were 16,526 times more likely to have high self efficacy compared to elderly with high friends support, dan significant other support. The improvement of self literacy in older age can be done with the empowerment of social environments capable of increasing the participation of all the elderly's social

support in post-tsunami disaster.