

Aktivitas dan Lingkungan sebagai Pemicu Peningkatan Vitalitas Lansia Studi Kasus Desa Bendungan, Klaten, Jawa Tengah = Activities and Environment as Triggers for Increasing the Vitality of the Elderly Case Study of Bendungan Village, Klaten, Central Java

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Abstrak

Seorang lansia dapat memilih dimana dia akan menghabiskan sisa hidupnya, salah satunya dengan menua di tempat tinggal (aging in place). Lansia sendiri memiliki keterbatasan fisik, emosional, dan sosial serta perubahan karakteristik. Untuk itu diperlukan lingkungan yang dapat memenuhi kebutuhan hidupnya. Lingkungan yang terdiri dari ruang sosial dapat interaksi sosial dimana aktivitas sehari-hari lansia terjadi di dalamnya, hal ini akan mengakibatkan pembentukan ruang berdasarkan konsep spatial practice. Pada lokasi Desa Bendungan, Klaten, Jawa Tengah, kemudian dilakukan observasi kepada 3 orang lansia untuk mengetahui bagaimana aktivitas lansia dapat mendukung konsep spatial practice di lingkungan Desa Bendungan, bagaimana lingkungan dalam mendukung aktivitas lansia, dan bagaimana lingkungan dapat meningkatkan vitalitas lansia. hasil observasi Berdasarkan ditemukan bahwa lansia di Desa Bendungan melakukan aktivitas yang bermanfaat bagi diri sendiri, keluarga, dan lingkungan. Aktivitas tersebut dilakukan di lingkungan dalam skala mikro, meso, makro sebagai upaya peningkatan vitalitas kehidupannya untuk menjadi lansia sehat dan aktif dari segi fisik, emosional, sosial, ekonomi, dan spiritual.

.....An elderly person can choose where he or she will spend the rest of his or her life, one of which is by using the menu in residence (aging in place). The elderly themselves have physical, emotional, and social limitations as well as changes in characteristics. For this reason, an environment that can meet their life needs is needed. An environment consisting of social spaces can interact socially where the elderly's daily activities occur in it, this will result in the formation of a space based on the concept of spatial practice. At the location of Bendungan Village, Klaten, Central Java, then observations were conducted on 3 elderly people to determine how elderly activities can support the concept of spatial practice in the Bendungan Village environment, how the environment supports elderly activities, and how the environment can increase the vitality of the elderly. Observation results Based on the findings, it was found that elderly people in Bendungan Village carry out activities that are beneficial for themselves, their families, and the environment. These activities are carried out in the environment on a micro, meso, and macro scale as an effort to increase the vitality of their lives to become healthy and active elderly people in terms of physical, emotional, social, economic, and spiritual.