

KEBAHAGIAAN PADA LANSIA DI BALAI PELAYANAN SOSIAL TRESNAWERDHA UNIT BUDI LUHUR YOGYAKARTA

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ABSTRAK

Berdasarkan survei yang dilakukan LBH APIK tahun 2019-2020, menemukan kasus penelantaran mendominasi kasus-kasus kekerasan terhadap orang lanjut usia. Sebagian kasus berupa penelantaran, setidaknya terdapat 32 kasus, kekerasan psikologis 24 kasus, kekerasan fisik 12 kasus, serta 2 kasus kekerasan seksual terhadap lansia, perampasan harta dan eksploitasi masing-masing 1 kasus. Penelitian ini bertujuan untuk mengetahui kebahagiaan pada lansia di Balai Pelayanan Sosial Tresna Werdha Unit Budi Luhur Yogyakarta. Teknik pengumpulan data dalam penelitian ini menggunakan wawancara semi terstruktur, observasi terstruktur, dan dokumentasi pada 2 orang lansia yang tinggal di Balai Pelayanan Sosial Tresna Werdha Unit Budi Luhur Yogyakarta yang ditentukan melalui teknik purposive sampling. Metode analisis yang digunakan dalam penelitian ini adalah teknik analisis interaktif Miles dan Huberman. Hasil penelitian ini menunjukkan bahwa lansia di Balai Pelayanan Sosial Tresna Werdha Unit Budi Luhur Yogyakarta memiliki kebahagiaan yang meliputi kepuasan akan masa lalu berupa rasa lega dan rasa sakit di kehidupan masa lalu. Aspek optimisme akan masa depan berupa adanya keyakinan terhadap kepercayaan terhadap agama, serta harapan agar diberikan kesehatan bagi dirinya dan keluarga. Aspek kebahagiaan akan masa sekarang, berupa rasa senang dan nyaman di lingkungan panti jompo

Kata Kunci : *Kebahagiaan, Lanjut Usia, Tresna Werdha*

HAPPINESS IN THE ELDERLY AT THE TRESNA WERDHA SOCIALSERVICES CENTER, BUDI LUHUR UNIT YOGYAKARTA

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ABSTRACT

Based on a survey conducted by LBH APIK in 2019-2020, it was found that neglect cases dominated cases of violence against the elderly. Some of the cases were neglect, there were at least 32 cases, 24 cases of psychological violence, 12 cases of physical violence, and 2 cases of sexual violence against the elderly, property confiscation and exploitation 1 case each. This study aims to determine the happiness of the elderly at the Tresna Werdha Social Service Center Budi Luhur Unit Yogyakarta. Data collection techniques in this study used semi-structured interviews, structured observations, and documentation on 2 elderly people living at the Tresna Werdha Social Service Center, Budi Luhur Unit Yogyakarta, which were determined through purposive sampling technique. The analytical method used in this research is Miles and Huberman's interactive analysis technique. The results of this study indicate that the elderly at the Tresna Werdha Social Service Center Budi Luhur Unit Yogyakarta have happiness which includes satisfaction with the past in the form of relief and pain in past lives. Aspects of optimism about the future in the form of belief in religious beliefs, as well as the hope that health is given to himself and his family. Aspects of happiness in the present, in the form of feeling happy and comfortable in a nursing home environment

Keywords : Happiness, Elderly, Tresna Werdha