

Makna Hidup Pada Lansia Penyandang Disabilitas Fisik Di BRTPD (Balai Rehabilitasi Terpadu Penyandang Disabilitas)

**Muhammad Zaenudin
Tabah Aris Nurjaman**

Program Studi Psikologi
Fakultas Bisnis & Humaniora
Universitas Teknologi Yogyakarta
Email: muhammadzaennjr@gmail.com

ABSTRAK

Lansia merupakan periode penutup dalam rentang hidup seseorang yang ditandai dengan perubahan fisik dan psikologis tertentu. Masalah umum yang terjadi pada lansia dimana keadaan fisik lemah dan tak berdaya sehingga harus bergantung pada orang lain. Disabilitas adalah seseorang yang memiliki keterbatasan fisik, intelektual, dan mental sehingga beberapa lansia penyandang disabilitas mengalami hambatan dalam beraktivitas dan kesulitan untuk beradaptasi. Disabilitas fisik adalah gangguan fungsi gerak, antara lain lumpuh, kaku, paraplegia, cerebral palsy (CP), akibat amputasi, stroke, kusta, dan lain-lain. Penelitian ini bertujuan untuk mengetahui gambaran makna hidup pada lansia penyandang disabilitas fisik di Yogyakarta. Penelitian ini menggunakan metode kualitatif, pengambilan data dilakukan dengan wawancara, observasi dan dokumentasi dengan menggunakan tehnik purposive sampling, yaitu peneliti mempunyai pertimbangan tertentu. Subjek penelitian berjumlah tiga orang lansia penyandang disabilitas fisik dan dua significant other. Pengumpulan data pada penelitian ini menggunakan wawancara yang disusun dari teori makna hidup dari Basteman (2007) berdasarkan lima aspek yaitu pemahaman diri, bertindak positif, pendalaman catur nilai, dan ibadah. Hasil penelitian dari ketiga subjek penelitian tersebut memiliki persamaan dan perbedaan dalam memaknai makna hidup yang dapat ditemukan pada kehidupan, baik dalam keadaan menyenangkan maupun kesedihan. Ketiga subjek mengambil sikap yang tepat terhadap apa yang sedang dialaminya dengan ditunjukkan, mampu beradaptasi terhadap kondisi yang dialami, hidup yang penuh semangat, melakukan tindakan positif, bersyukur atas hidup yang dijalani dan mempunyai tujuan serta memiliki iman.

Kata kunci: *Disabilitas Fisik, Lansia, Makna Hidup*

The Meaning of Life in Elderly People with Physical Disabilities at BRTPD (Integrated Rehabilitation Center for Persons with Disabilities)

**Muhammad Zaenudin
Tabah Aris Nurjaman**

Psychology Study Program
Faculty of Business & Humanities
University of Technology Yogyakarta
Email: muhammadzaennjr@gmail.com

ABSTRACT

Elderly is a closing period in a person's life span which is marked by certain physical and psychological changes. Common problems that occur in the elderly where the physical condition is weak and helpless, so they have to depend on others. Disability is someone who has physical, intellectual, and mental limitations so that some elderly people with disabilities experience obstacles in their activities and have difficulty adapting. Physical disability is impaired movement function, including paralysis, stiffness, paraplegia, cerebral palsy (CP), due to amputation, stroke, leprosy, and others. This study aims to describe the meaning of life in elderly people with physical disabilities in Yogyakarta. This study uses qualitative methods, data collection is done by interviews, observation and documentation using purposive sampling techniques, namely researchers have certain considerations. The research subjects were three elderly people with physical disabilities and two significant others. Data collection in this study used interviews compiled from the theory of the meaning of life from Basteman (2007) based on five aspects, namely self-understanding, positive action, deepening of chess values, and worship. The research results of the three research subjects have similarities and differences in interpreting the meaning of life that can be found in life, both in happy and sad situations. The three subjects took the right attitude towards what they were experiencing by showing being able to adapt to the conditions they were experiencing, living with enthusiasm, taking positive actions, being grateful for the life they lived and having goals and having faith.

Keywords: *Physical Disability, Elderly, Meaning of Life*