

GAMBARAN KEBERSYUKURAN PADA LANSIA DI BALAI PELAYANAN SOSIAL TRESNA WREDHA ABIYOSO

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ABSTRAK

Populasi lansia di Indonesia semakin meningkat tiap tahunnya. Lansia merupakan periode perkembangan dewasa akhir yang akan terjadi tahap integrity vs despair. Pada lansia akan mengalami penurunan kemampuan fisik menyebabkan lansia merasa tidak berharga sehingga perlu adanya dukungan dari keluarga. Kesibukan anggota keluarga menyebabkan lansia menjadi kurang diperhatikan. Kehadiran panti wredha menjadi alternatif tempat tinggal bagi lansia. Lansia yang tinggal di panti wredha rentan menghadapi permasalahan seperti kurangnya adaptasi, kurangnya dukungan dari keluarga, serta permasalahan kesehatan mempengaruhi rasa kebersyukuran pada lansia. Penelitian ini bertujuan untuk menggambarkan dan menganalisis kebersyukuran pada lansia di Balai Pelayanan Sosial Tresna Wredha Abiyoso. Penelitian ini menggunakan metode kualitatif dengan pendekatan studi kasus. Teknik pengambilan data dilakukan dengan menggunakan wawancara dan observasi. Penelitian ini melibatkan 3 subjek yang dipilih menggunakan teknik purposive sampling dengan menetapkan kriteria khusus sesuai dengan yang dibutuhkan peneliti. Teori yang digunakan pada penelitian ini menggunakan teori kebersyukuran dari Mc Cullough, Emmons, & Tsang (2002) dengan 4 aspek yaitu : Intensity, Frequency, Span, dan Density. Hasil dari penelitian ini menunjukkan lansia yang tinggal di panti wredha memiliki berbagai kegiatan positif, merasa senang dan betah tinggal di panti, dapat menjalin keakraban dengan lansia lainnya, bersyukur dijenguk oleh keluarga, rutin beribadah, serta mendapatkan pelayanan dan kesehatan lansia diperhatikan yang pada akhir menumbuhkan rasa syukur pada diri lansia.

Kata Kunci: Balai Pelayanan Sosial Tresna Wredha Abiyoso, Kebersyukuran, Lansia

DESCRIPTION OF GRATITUDE IN THE ELDERLY AT THE TRESNA WREDHA ABIYOSO SOCIAL SERVICE CENTER

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ABSTRACT

The elderly population in Indonesia is increasing every year. Elderly is the final period of adult development where the integrity vs despair stage will occur. The elderly will experience a decline in physical abilities, causing the elderly to feel worthless, so they need support from the family. Busy family members cause the elderly to receive less attention. The presence of nursing homes is an alternative place to live for the elderly. Elderly people who live in nursing homes are vulnerable to problems such as lack of adaptation, lack of support from family, and health problems that affect the elderly's sense of gratitude. This research aims to describe and analyze gratitude for the elderly at the Tresna Wredha Abiyoso Social Service Center. This research uses a qualitative method with a case study approach. Data collection techniques were carried out using interviews and observation. This research involved 3 subjects who were selected using a purposive sampling technique by setting specific criteria according to what the researcher needed. The theory used in this research is the theory of gratitude from Mc Cullough, Emmons, & Tsang (2002) with 4 aspects, namely: Intensity, Frequency, Span, and Density. The results of this research show that elderly people who live in nursing homes have various positive activities, feel happy and at home living in the nursing home, can build close relationships with other elderly people, are grateful to be visited by their family, regularly worship, and receive care and care for elderly people's health which ultimately improves their health. gratitude towards the elderly.

Keywords: *Elderly, Gratitude, Tresna Wredha Abiyoso Social Service Center*