

HUBUNGAN TINGKAT STRESS DENGAN KUALITAS HIDUP PADA LANSIA DI PANTI SOSIAL TRESNA WERDHA WELAS ASIH TASIKMALAYA

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ABSTRAK

Latar Belakang: Lansia merupakan kelompok usia yang memiliki kerentanan tinggi terhadap penurunan fungsi fisik, psikologis, sosial, maupun spiritual, khususnya bagi mereka yang tinggal di panti sosial. Stress menjadi salah satu permasalahan psikologis yang umum dialami dan berpotensi menurunkan kualitas hidup lansia. **Tujuan:** Penelitian ini bertujuan untuk menganalisis hubungan antara tingkat stress dengan kualitas hidup lansia di Panti Sosial Tresna Werdha Welas Asih Tasikmalaya. **Metode Penelitian:** Desain penelitian yang digunakan adalah kuantitatif dengan desain deskriptif korelasional dan metode *cross sectional*. **Sampel:** Penelitian ini melibatkan seluruh lansia, dengan jumlah sampel sebanyak 36 responden melalui teknik total sampling. **Instrumen Penelitian:** Data dikumpulkan melalui kuesioner yaitu Tingkat Stress diukur menggunakan kuesioner *Perceived Stress Scale* (PSS-10), sedangkan kualitas hidup diukur dengan instrumen WHOQOL-BREF. **Hasil Penelitian:** Analisa Data menggunakan Uji Spearman Rank menunjukkan hampir seluruh responden mengalami stress sedang sebanyak 32 orang (88.9%) dengan kualitas hidup baik sebanyak 29 orang (80.6%). Maka dapat disimpulkan adanya hubungan signifikan antara tingkat stress dan kualitas hidup karena nilai signifikansi ($\alpha = 0,05$) lebih tinggi dibandingkan p value (0,001). **Kesimpulan:** Semakin tinggi tingkat stress, maka semakin rendah kualitas hidup lansia. Oleh karena itu, penelitian ini merekomendasikan pelaksanaan intervensi keperawatan holistik yang meliputi aspek fisik, psikologis, sosial, dan spiritual untuk membantu menurunkan stress dan meningkatkan kualitas hidup lansia di panti sosial.

Kata Kunci : Lansia, Stress, Kualitas Hidup

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**THE RELATIONSHIP BETWEEN STRESS LEVELS AND QUALITY OF
LIFE IN THE ELDERLY IN THE SOCIAL INSTITUTES TRESNA WERDHA
WELAS ASIH TASIKMALAYA**

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ABSTRACT

Background: The elderly are an age group that is highly vulnerable to decline in physical, psychological, social, and spiritual functions, especially for those who live in social institutions. Stress is one of the common psychological problems experienced and has the potential to reduce the quality of life of the elderly. **Objective:** This study aims to analyze the relationship between stress levels and the quality of life of the elderly at the Tresna Werdha Welas Asih Tasikmalaya Social Institution. **Method:** The research design used is quantitative with a descriptive correlational design and cross-sectional method. **Sample:** This study involved all elderly, with a sample of 36 respondents through a total sampling technique. **Instrument:** Data were collected through questionnaires, namely Stress Levels were measured using the Perceived Stress Scale (PSS-10) questionnaire, while quality of life was measured using the WHOQOL-BREF instrument. **Results:** Data analysis using the Spearman Rank Test showed that almost all respondents experienced moderate stress, as many as 32 people (88.9%) with a good quality of life as many as 29 people (80.6%). Therefore, it can be concluded that there is a significant relationship between stress levels and quality of life because the significance value ($\alpha = 0.05$) is higher than the p value (0.001). **Conclusion:** The higher the stress level, the lower the quality of life of the elderly. Therefore, this study recommends the implementation of holistic nursing interventions that include physical, psychological, social, and spiritual aspects to help reduce stress and improve the quality of life of the elderly in social care institutions.

Keywords : Elderly, Stress, Quality Of Life

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