

ABSTRAK

PENGALAMAN LANSIA DALAM MENGHADAPI KESEPIAN DI MASA TUA : STUDI FENOMENOLOGI DI KECAMATAN KAWALI, KABUPATEN CIAMIS

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Latar Belakang: Kesepian merupakan salah satu masalah psikososial yang sering dialami lansia akibat kehilangan pasangan hidup, berkurangnya interaksi sosial, dan perubahan peran dalam keluarga. **Tujuan:** Mengetahui pengalaman lansia dalam menghadapi perasaan kesepian di masa tua di Kecamatan Kawali Kabupaten Ciamis. **Metode:** Penelitian ini menggunakan metode kualitatif dengan pendekatan fenomenologi. Informan berjumlah 6 orang lansia yang dipilih menggunakan teknik purposive sampling. Data dikumpulkan melalui wawancara mendalam dan dianalisis melalui proses coding, kategorisasi, dan penentuan tema. **Hasil:** Penelitian menghasilkan lima tema utama yaitu kehilangan pasangan hidup dan hidup sendiri, kesepian akibat kurangnya interaksi sosial, perasaan sedih, jenuh, dan tidak memiliki teman bercerita, upaya lansia dalam menghadapi kesepian, serta harapan lansia di masa tua. **Kesimpulan:** Kesepian dimaknai sebagai kehilangan kedekatan emosional dan berkurangnya interaksi sosial. Lansia menghadapi kesepian melalui aktivitas sosial, kegiatan spiritual, dan interaksi dengan lingkungan sekitar.

Kata Kunci: Lansia, Kesepian, Pengalaman Lansia, Fenomenologi

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ABSTRACT

THE EXPERIENCE OF ELDERLY PEOPLE IN COPING WITH LONELINESS IN OLD AGE IN KAWALI DISTRICT, CIAMIS REGENCY

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Background: Loneliness is a common psychosocial problem among older adults caused by the loss of a spouse, reduced social interaction, and changes in family roles. **Objective:** To explore the experiences of elderly people in coping with loneliness in old age in Kawali District, Ciamis Regency. **Methods:** This study employed a qualitative design with a phenomenological approach. Six elderly participants were selected using purposive sampling. Data were collected through in-depth interviews and analyzed through coding, categorization, and theme development. **Results:** Five themes emerged: loss of a spouse and living alone, loneliness due to limited social interaction, feelings of sadness and boredom, efforts to cope with loneliness, and expectations for later life. **Conclusion:** Loneliness was perceived as the loss of emotional closeness and reduced social interaction. Elderly individuals coped with loneliness through social activities, spiritual practices, and interaction with their surrounding environment.

Keywords: Elderly, Loneliness, Elderly Experience, Phenomenology

References: 33 (2021–2025)