

ABSTRAK

FAKTOR YANG BERHUBUNGAN DENGAN KECEMASAN PADA LANSIA DI UPTD GRIYA WREDA JAMBANGAN SURABAYA

Try Wulandhari Riza

E-mail : Trywulandhaririza03462@gmail.com

Perasaan cemas pada lansia memerlukan dukungan sosial untuk mengatasinya lansia juga harus memiliki mekanisme koping yang positif agar masalah kecemasan tidak terjadi. Kegiatan meneliti demikian supaya tahu mengenai indikator yang berkorelasi pada cemasnya lansia yang berada UPTD Griya Wreda Jambangan Surabaya. Jenis kegiatan meneliti ini analitik korelasional bersamaan pendekatannya *cross sectional*, sampel penelitiannya adalah 59 lansia yang dipilih dengan *accidental sampling*. Variabel independen dukungan sosial dan mekanisme koping, sedangkan variabel dependen kecemasan. Instrumen Kuesioner *Multidimensional Scale of Perceived Social Support*, Kuesioner *Brief COPE*, Kuesioner *Geriatric Anxiety Scale*. Perolehan datanya dilaksanakan analisis dengan memakai kegiatan menguji *Chi-square*. Perolehan kegiatan meneliti memperlihatkan kebanyakan (54,2%) lanjut usia memiliki dukungan sosial rendah, memiliki mekanisme koping rendah (50,8%) dan hampir seluruhnya (81,4%) mengalami kecemasan ringan. Tidak ada hubungan antara dukungan sosial dan kecemasan ($P = 0.54$) lebih dari 0,05 dan terdapat hubungan antara mekanisme koping dan kecemasan ($P = 0.002$). Perhitungan data khusus didapatkan nilai dukungan sosial sebagian besar dukungan. Faktor mekanisme koping berhubungan dengan kecemasan pada lansia, Sedangkan faktor dukungan sosial tidak berhubungan dengan kecemasan pada lansia. disarankan mengembangkan mekanisme koping yang adaptif karena terbukti berhubungan dengan kecemasan. Dukungan sosial tetap perlu diperhatikan meski tidak menunjukkan hubungan signifikan. Penelitian lanjutan dapat mengeksplorasi faktor lain yang memengaruhi kecemasan lansia

Kata Kunci : Dukungan Sosial, Kecemasan, Lansia, Mekanisme Koping, Panti.

ABSTRACT
FACTORS ASSOCIATED WITH ANXIETY AMONG THE ELDERLY AT UPTD
GRIYA WREDA JAMBANGAN SURABAYA

Try Wulandhari Riza

E-mail : Trywulandhaririza03462@gmail.com

Anxiety in the elderly requires social support to manage, and the elderly must also have positive coping mechanisms to prevent anxiety problems from occurring. This study aims to identify factors related to anxiety in the elderly at UPTD Griya Wreda Jambangan Surabaya. This is a correlational analytic study with a cross-sectional approach. The sample consisted of 59 elderly individuals selected using accidental sampling. The independent variables were social support and coping mechanisms, while the dependent variable was anxiety. The instruments used were the Multidimensional Scale of Perceived Social Support questionnaire, the Brief COPE questionnaire, and the Geriatric Anxiety Scale questionnaire. Data were analyzed using the Chi-square test. The results showed that most elderly participants (54.2%) had low social support, 50.8% had low coping mechanisms, and nearly all (81.4%) experienced mild anxiety. There was no significant relationship between social support and anxiety ($P = 0.54 > 0.05$), but there was a significant relationship between coping mechanisms and anxiety ($P = 0.002$). Coping mechanisms are associated with anxiety in the elderly, whereas social support is not related to anxiety. It is recommended to develop adaptive coping mechanisms, as they have been proven to be related to anxiety. Although social support did not show a significant relationship, it should still be considered. Further research is suggested to explore other factors influencing anxiety in the elderly

Keywords: Social Support, Anxiety, Elderly, Coping Mechanism, Nursing Home