

## INTISARI

**Latar Belakang:** Pensiun merupakan fase transisi yang memengaruhi berbagai aspek kehidupan, termasuk keuangan, kesehatan, gaya hidup, dan hubungan sosial. PNS di Indonesia sering merasa tidak siap menghadapi pensiun, terutama dalam aspek sosial. Penurunan interaksi sosial setelah pensiun dapat meningkatkan isolasi, kesepian, dan gejala depresi. Oleh karena itu, kesiapan hubungan sosial menjadi aspek penting yang perlu diperhatikan untuk mendukung kesejahteraan pensiunan.

**Tujuan Penelitian:** Mengetahui gambaran kesiapan hubungan sosial Pegawai Negeri Sipil (PNS) yang akan pensiun di Daerah Istimewa Yogyakarta (DIY).

**Metode:** Penelitian kuantitatif deskriptif dengan desain *cross-sectional* dilakukan secara daring via *WhatsApp* pada November–Desember 2024 dengan 171 calon pensiunan PNS yang mengikuti pembekalan pensiun yang diselenggarakan oleh BKD DIY, dengan teknik *consecutive sampling*. Instrumen yang digunakan adalah kuesioner kesiapan PNS dalam menghadapi masa pensiun oleh Mardova, yang telah dimodifikasi, divalidasi kontennya oleh tiga ahli, serta diuji psikometri dan terbukti valid dan reliabel pada 175 responden. Analisis data mencakup uji univariat (median, min-max, frekuensi, persentase) dan bivariat (*chi-square*, *Fisher*, *Spearman's rho*).

**Hasil:** Mayoritas responden berada pada kategori “Siap” terkait kesiapan hubungan sosial (60,2%). Terdapat perbedaan kesiapan hubungan sosial calon pensiunan PNS berdasarkan jenis kelamin ( $p\text{-value}=0,005$ ), di mana responden perempuan cenderung lebih siap secara hubungan sosial dibandingkan laki-laki.

**Kesimpulan:** Mayoritas calon pensiunan PNS di Provinsi DIY tergolong siap dalam hubungan sosial. Tingkat kesiapan sosial calon pensiunan PNS berbeda berdasarkan jenis kelamin.

**Kata Kunci:** kesiapan hubungan sosial, Pensiunan Pegawai Negeri Sipil, persiapan Pensiun.

## DESCRIPTION SOCIAL RELATIONS READINESS OF PROSPECTIVE RETIRED CIVIL SERVANTS IN FACING THE PERIOD OF RETIREMENT

### ABSTRACT

**Background:** Retirement is a transitional phase that affects various life aspects, including finance, health, lifestyle, and social relationships. Civil servants in Indonesia often feel unprepared for retirement, particularly in the social aspect. A decline in social interactions after retirement can increase isolation, loneliness, and symptoms of depression. Therefore, social relationship readiness is a crucial aspect for retirees' well-being.

**Objective:** To describe the social relationship readiness of civil servants approaching retirement in the Special Region of Yogyakarta.

**Methods:** A descriptive quantitative study with a cross-sectional design was conducted online via WhatsApp from November to December 2024, involving 171 prospective civil servant retirees who participated in the retirement preparation program organized by BKD DIY, using a consecutive sampling technique. The instrument used was the civil servant retirement readiness questionnaire by Mardova, which had been modified, content-validated by three experts, and psychometrically tested, proving to be valid and reliable in a sample of 175 respondents. Data analysis included univariate analysis (median, min-max, frequency, percentage) and bivariate analysis (chi-square, Fisher's exact test, Spearman's rho).

**Results:** The majority of respondents (60.2%) were categorized as "Ready" in terms of social relationship readiness. There was a significant difference in social relationship readiness based on gender ( $p\text{-value}=0.005$ ), where female respondents tended to be more socially prepared than males.

**Conclusion:** Most prospective retirees in the Special Region of Yogyakarta are classified as socially ready. The level of social readiness among prospective retirees varies by gender.

**Keywords:** Social Relationship Readiness, Civil Servant Retirees, Retirement Preparatio