

INTISARI

Latar Belakang: Calon pensiunan Pegawai Negeri Sipil (PNS) akan mengalami perubahan gaya hidup dan penurunan fisik seiring bertambahnya usia. Kesiapan menjalani gaya hidup sehat menjadi hal penting, terutama di Daerah Istimewa Yogyakarta (DIY), yang memiliki populasi lansia tertinggi di Indonesia.

Tujuan Penelitian: Untuk mengetahui kesiapan gaya hidup sehat calon pensiunan PNS di Provinsi DIY.

Metode: Penelitian menggunakan metode kuantitatif dengan desain *cross-sectional* dan dilaksanakan pada November–Desember 2024 melalui *Google Form*. Sebanyak 169 calon pensiunan PNS yang telah mengikuti pembekalan pensiun oleh Badan Kepegawaian Daerah (BKD) DIY dipilih sebagai responden melalui *consecutive sampling*. Instrumen yang digunakan adalah kuesioner demografi dan Kuesioner Kesiapan PNS dalam Menghadapi Masa Pensiun yang telah dimodifikasi, divalidasi secara konten oleh 3 ahli, serta diujicobakan pada 163 calon pensiunan PNS lain di luar responden penelitian utama. Kuesioner valid secara isi dan konstruk, serta reliabel. Analisis univariat dilakukan menggunakan nilai median; distribusi frekuensi; persentase; serta tabulasi silang.

Hasil: Mayoritas calon pensiunan PNS dalam kategori “Siap” (55,0%). Responden berusia 56–59 tahun, perempuan maupun laki-laki, berlatar belakang SMA maupun perguruan tinggi, kawin maupun belum kawin/cerai, berpangkat/golongan tinggi maupun rendah, berpendapatan tinggi, dan tanpa penyakit kronis dominan “Siap”. Sementara itu, responden usia 60 tahun, berpendapatan rendah, dan memiliki penyakit kronis dominan kategori “Sangat Siap”.

Kesimpulan: Kesiapan gaya hidup sehat calon pensiunan PNS dalam menghadapi pensiun tergolong baik. Faktor usia, jenis kelamin, pendidikan, status perkawinan, pangkat/golongan, pendapatan dan penyakit kronis berkontribusi terhadap kesiapan gaya hidup sehat calon pensiunan PNS.

Kata Kunci: Calon Pensiunan PNS, Kesiapan Gaya Hidup Sehat, Masa Pensiun, Penuaan.

ABSTRACT

Background: Prospective retiring Civil Servants (PNS) will experience lifestyle changes and physical decline with aging. Readiness for a healthy lifestyle is crucial, especially in the Special Region of Yogyakarta (DIY), which has Indonesia's highest elderly population.

Research Objectives: To determine the healthy lifestyle readiness of prospective retiring PNS in the Province of DIY.

Methods: This quantitative cross-sectional study was conducted from November to December 2024 via Google Forms. A total of 169 prospective retiring PNS who attended retirement training by the Regional Personnel Agency (BKD) DIY were selected through consecutive sampling. The study used a demographic questionnaire and a modified Civil Servants' Readiness for Retirement Questionnaire, which was content-validated by three experts and tested on 163 others. The questionnaire demonstrated validity (content and construct) and reliable. Univariate analysis was conducted using the median value; frequency distribution; percentage; as well as cross-tabulation.

Results: The majority of prospective retiring civil servants were in the 'Ready' category (55.0%). Respondents aged 56–59 years, both female and male, high school or college education, married or unmarried/divorced, high or low ranks/grades, high income, and without chronic illnesses were mostly "Ready". Meanwhile, respondents aged 60, lower income and chronic illnesses were mostly in the "Very Ready".

Conclusion: The healthy lifestyle readiness of prospective retiring Civil Servants (PNS) in facing retirement is considered good. Age, gender, education, marital status, rank/position, income, and chronic diseases contribute to the readiness for a healthy lifestyle among prospective retiring civil servants.

Keywords: Prospective Retiring Civil Servants, Healthy Lifestyle Readiness, Retirement, Aging.