

PERBEDAAN PROPORSI KESEPIAN (*LONELINESS*) ANTARA LANSIA ANGGOTA PAGUYUBAN PURNA BHAKTI PRAJA SLEMAN YANG AKTIF DENGAN YANG KURANG AKTIF

INTISARI

Latar Belakang: Proporsi lansia di dunia meningkat, sehingga jumlah lansia pasca purna tugas juga meningkat. Lansia pasca purna tugas menghadapi berbagai tantangan psikososial, khususnya risiko kesepian. Kesepian pada lansia menyebabkan penurunan kualitas hidup, peningkatan risiko kesehatan mental dan fisik, serta meningkatkan mortalitas. Dibutuhkan penelitian tentang perbedaan tingkat kesepian pada lansia pasca purna tugas yang aktif dan kurang aktif secara fisik.

Tujuan: Penelitian ini bertujuan untuk mengidentifikasi perbedaan proporsi kesepian (*loneliness*) antara lansia anggota Paguyuban Purna Bhakti Praja Sleman yang aktif dengan yang kurang aktif.

Metode: Penelitian ini merupakan studi analitik observasional dengan rancangan *cross-sectional*. Subjek penelitian adalah 88 anggota paguyuban Purna Bhakti Praja Sleman, dengan teknik *consecutive sampling*. Tingkat kesepian diukur dengan kuesioner *The University of California, Los Angeles Loneliness Scale Version 3* versi bahasa Indonesia, tingkat aktivitas fisik diukur dengan kuesioner *The Physical Activity Scale for the Elderly* versi bahasa Indonesia. Uji statistik digunakan *Chi Square*, *Fisher exact test*, dan uji regresi logistik multipel, dengan tingkat kemaknaan secara statistik ditetapkan pada $p < 0,05$.

Hasil: Dari subjek penelitian sejumlah 88 orang lansia, didapatkan 69,6% lansia yang kurang aktif mengalami kesepian tingkat tinggi. Terdapat perbedaan proporsi kesepian yang bermakna antara lansia anggota Paguyuban Purna Bhakti Praja Sleman yang aktif dengan yang kurang aktif ($X^2=6,38$; $p=0,012$; $OR=3,05$; $CI\ 95\%=1,27-7,32$).

Kesimpulan: Terdapat perbedaan proporsi kesepian yang bermakna antara lansia anggota paguyuban Purna Bhakti Praja Sleman yang aktif dengan yang kurang aktif. Subjek yang aktif memiliki proporsi kesepian yang lebih rendah dibandingkan dengan subjek yang kurang aktif.

Kata kunci: aktif, kesepian, lansia, *loneliness*, purna tugas.

DIFFERENCES IN THE PROPORTION OF LONELINESS BETWEEN ELDERLY MEMBERS OF THE SLEMAN PURNA BHAKTI PRAJA ASSOCIATION WHO ARE ACTIVE AND LESS ACTIVE

ABSTRACT

Background: The proportion of older adults worldwide is increasing, resulting in a corresponding increase in the number of post-retirement elderly. Post-retirement elderly face various psychosocial challenges, particularly the risk of loneliness. Loneliness in the elderly leads to a decreased quality of life, increased mental and physical health risks, and increased mortality. Research is needed to examine the differences in levels of loneliness among physically active and less active post-retirement elderly.

Objective: This study aims to identify differences in the proportion of loneliness between active and less active elderly members of the Sleman Purna Bhakti Praja Association.

Methods: This is an observational analytical study with a cross-sectional design. Subjects were 88 members of the Sleman Purna Bhakti Praja Association using consecutive sampling. Loneliness levels were measured using the Indonesian version of the University of California, Los Angeles Loneliness Scale Version 3, and physical activity levels were measured using the Indonesian version of the Physical Activity Scale for the Elderly. Statistical tests used were Chi-square, Fisher's exact test, and multiple logistic regression, with a statistical significance level set at $p < 0.05$.

Results: Of the 88 elderly subjects, 69.6% of the less active elderly experienced high levels of loneliness. There was a significant difference in the proportion of loneliness between active and less active elderly members of the Sleman Community ($X^2=6.38$; $p=0.012$; $OR=3.05$; $95\% CI=1.27-7.32$).

Conclusion: There is a significant difference in the proportion of loneliness between active and less active elderly members of the Sleman Purna Bhakti Praja Association. Active subjects had a lower proportion of loneliness compared to less active subjects.

Keywords: active, elderly, loneliness, retirement.