

HUBUNGAN DUKUNGAN SOSIAL DENGAN KUALITAS HIDUP PADA LANSIA PASCA ERUPSI GUNUNG MERAPI DI HUNIAN TETAP KUWANG CANGKRINGAN SLEMAN

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INTISARI

Latar belakang: Erupsi Gunung Merapi merupakan peristiwa yang traumatis dan dapat menimbulkan gangguan stres pasca trauma. Lansia merupakan populasi yang rentan mengalami gangguan stress pasca trauma akibat bencana dibandingkan kelompok dewasa muda. Gangguan stress pasca trauma dapat menurunkan kualitas hidup. Salah satu cara untuk meningkatkan kualitas hidup pada lansia dengan dukungan sosial. Dukungan sosial sangat dibutuhkan terutama pada lansia korban bencana alam. Dukungan sosial dari keluarga dan masyarakat menjadi sangat berharga dan dapat menambah ketentraman hidup pada lansia.

Tujuan: Untuk mengetahui hubungan dukungan sosial dengan kualitas hidup pada lansia pasca erupsi Gunung Merapi di Hunian Tetap Kuwang.

Metode: Jenis penelitian non eksperimental dengan menggunakan rancangan *cross sectional* dengan subyek lansia di Hunian Tetap Kuwang sebanyak 46 orang yang dipilih dengan metode *total sampling*. Data penelitian diperoleh dengan menggunakan kuesioner *Social Support Questionnaire* (SSQ) dan *Short Form 36* (SF-36). Analisis data menggunakan uji *Pearson correlation*.

Hasil: Terdapat korelasi positif yang bermakna $r=0,358$, $p<0,05$ antara jumlah pemberi dukungan sosial dengan kualitas hidup dan terdapat hubungan positif bermakna $r=0,410$, $p<0,05$ antara tingkat kepuasan dukungan sosial dengan kualitas hidup.

Kesimpulan: Terdapat korelasi positif antara dukungan sosial dengan kualitas hidup pada lansia pasca erupsi Gunung Merapi di Hunian Tetap Kuwang Cangkringan Sleman.

Kata kunci: Erupsi Merapi, Dukungan Sosial, Kualitas Hidup, Lansia.

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THE RELATION BETWEEN SOCIAL SUPPORT AND QUALITY OF LIFE IN ELDERLY AFTER THE ERUPTION OF MERAPI IN KUWANG PERMANENT HOUSING, CANGKRINGAN, SLEMAN

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ABSTRACT

Background: eruption of merapi are the traumatic accident and cause many effect, one of then is post traumatic stress disorder. Elderly are the population than risk post traumatic stress disorder than young-adult community. Post traumatic stress disorder decreased the quality of life. One way to increase the quality of life to elderly is give social support. Social support especially to elderly was needed especially to elderly person to become victims disaster. Social support from family and community presticious and increase the well-being to elderly.

Purpose: To discover the relation between social support and quality of life in elderly after the eruption of Merapi in Kuwang Permanent Housing, Cangkringan, Sleman.

Method: This was non-experimental research using cross sectional design. The subjects were 46 elderly in Kuwang Permanent Housing, Cangkringan, Sleman who were selected using total sampling method. Research data was collected by Social Support Questionnaire (SSQ) and Short Form 36 (SF-36). Analysis of data used Pearson correlation test.

Result: There was significant positive correlation $r=0,358$, $p<0,05$ between the number of social supporters and quality of life and there was significant positive relation $r=0,410$, $p<0,05$ between level of satisfaction with social support and quality of life.

Conclusion: There was positive correlation between social support and quality of life in elderly after the eruption of Merapi in Kuwang Permanent Housing, Cangkringan, Sleman.

Keywords: Eruption of Merapi, Social Support, Quality of Life, Elderly.

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