

HUBUNGAN DUKUNGAN SOSIAL DENGAN KECEMASAN PADA LANSIA PASCA ERUPSI MERAPI DI HUNIAN TETAP KUWANG CANGKRINGAN SLEMAN

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INTISARI

Latar belakang: Lansia merupakan kelompok yang sangat rentan untuk mengalami gangguan jiwa akibat bencana seperti kecemasan. Kecemasan yang dialami lansia dapat meningkatkan kerentanan terhadap penyakit fisik dan mengganggu aktivitas sehari-hari. Salah satu cara untuk mengatasi kecemasan adalah dukungan sosial.

Tujuan penelitian: Untuk menganalisis hubungan antara jumlah pemberi dukungan dan kepuasan dukungan dengan tingkat kecemasan pada lansia pasca erupsi Merapi di Hunian Tetap Kuwang, Cangkringan, Sleman.

Metode: Penelitian ini adalah penelitian *non eksperimental* dengan metode *cross-sectional* dan bersifat deskriptif analitik. Penelitian dilakukan di Hunian Tetap Kuwang, Cangkringan, Sleman pada bulan Desember 2014-Januari 2015. Subyek penelitian adalah lansia sebanyak 46 responden yang diambil menggunakan teknik *total sampling*. Instrumen yang digunakan yaitu *Social Support Questionnaire* dan *Taylor Manifest Anxiety Scale*.

Hasil: Sebanyak 67,4% lansia mendapatkan jumlah pemberi dukungan dalam kategori sedikit dan 58,7% lansia tidak puas terhadap dukungan yang diterimanya. Sebanyak 39,1% responden mengalami tingkat kecemasan sedang. Ada hubungan signifikan antara jumlah pemberi dan kepuasan dukungan dengan kecemasan pada lansia pasca erupsi Merapi di hunian tetap Kuwang, Cangkringan, Sleman.

Kesimpulan: Ada hubungan antara jumlah pemberi dan kepuasan dukungan dengan tingkat kecemasan pada lansia pasca erupsi Merapi di Hunian Tetap Kuwang Cangkringan Sleman.

Kata kunci : Dukungan Sosial, Kecemasan, Lansia, Hunian Tetap, Bencana

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RELATIONSHIP BETWEEN SOCIAL SUPPORT AND ANXIETY ON ELDERLY AFTER MERAPI VOLCANO ERUPTION IN PERMANENT HOUSING (HUNTAP) OF KUWANG CANGKRINGAN SLEMAN

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ABSTRACT

Background: Elderly is a group that is very vulnerable to mental disorders such as anxiety caused by the disaster. Anxiety experienced by the elderly may increase susceptibility to physical diseases and interfere with daily activities. One of the ways to overcome anxiety is through social support.

Objective: To analyze the relationship between the number of donor support and the support satisfaction with the level of anxiety in the elderly after the eruption of Merapi Volcano in Permanent Housing of Kuwang, Cangkringan, Sleman.

Methods: This study is a non-experimental study with cross-sectional and descriptive analytic. The study was conducted in Permanent Housing (Huntap) of Kuwang, Cangkringan, Sleman in December 2014-January 2015. Subjects were elderly as much as 46 respondents were taken using total sampling technique. The instrument used is the *Social Support Questionnaire* and *Taylor Manifest Anxiety Scale*.

Results: A total of 67.4% of elderly get the number of little support category from providers and 58.7% of elderly are not satisfied with the support they have received. A total of 39.1% of respondents experienced a middle level of anxiety. There is a significant relationship between the number of providers and support satisfaction with anxiety in the elderly after the Merapi Volcano eruption in Huntap of Kuwang, Cangkringan, Sleman.

Conclusion: There is a relationship between the number of providers and support satisfaction with the level of anxiety in the elderly after the Merapi Volcano eruption in Huntap of Kuwang, Cangkringan, Sleman.

Keywords: Social Support, Anxiety, Elderly, Permanent Housing (Huntap), Disaster

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