

GAMBARAN *LONELINESS* PADA LANJUT USIA DI MASA PANDEMI COVID-19 DI KELURAHAN TEGAL BESAR KECAMATAN KALIWATES JEMBER

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INTISARI

Pandemi Covid-19 berpengaruh pada beberapa populasi rentan, terutama lanjut usia. Kondisi Pandemi yang berlangsung lama membuat lansia berada dalam situasi yang penuh ancaman, penuh ketidak pastian, relasi sosial terbatas, tidak dapat berkumpul dengan keluarga, menimbulkan perasaan kehilangan, kesendirian dan *loneliness* yang berpotensi memperburuk emosi lansia.

Penelitian ini bertujuan mendeskripsikan tingkat *loneliness* pada lanjut usia selama masa pandemi Covid -19. Jenis penelitian yang digunakan adalah kuantitatif deskriptif. Populasi penelitian merupakan lansia berusia 60 tahun keatas dan berdomisili dikelurahan Tegal besar Jember. Berdasarkan tabel Isaac dan Michael dengan margin eror 5% sampel pada penelitian ini berjumlah 275 orang. Teknik sampling yang digunakan adalah simpel random sampling Metode pengumpulan data menggunakan kuisisioner *UCLA Loneliness Scale Version 3*. Teknik Analisis data menggunakan teknik uji statistik distribusi *frequenciess* dengan *22nd Version for Windows*.

Gambaran *Loneliness* pada Lansia dimasa pandemi Covid-19 dapat disimpulkan bahwa dari 275 lansia sebanyak 171 (61.18%) lansia mengalami *loneliness* dengan kategori ringan dan sebanyak 104 (37.81) lansia mengalami *loneliness* dengan katagori sedang.

Kata kunci : Lansia, *Loneliness*, Pandemi Covid-19

1 Peneliti

2 Dosen pembimbing I

3 Dosen Pembimbing II

**THE DESCRIPTION OF LONELINESS IN THE ELDERLY
IN THE TIME OF THE COVID-19 PANDEMIC IN THE TEGAL BESAR
KALIWATES JEMBER**

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ABSTRACT

The Covid-19 Pandemic has affected some vulnerable populations, especially the elderly. Pandemic conditions that last a long time have put the elderly in a situation full of threats, full of uncertainty. Limited social relations, unable to gather with family, cause feelings of loss, loneliness and loneliness that have the potential to worsen the emotions of the elderly.

This study aims to describe the level of loneliness in the elderly during the COVID-19 pandemic. The type of research used is descriptive quantitative. The research population is the elderly aged 60 years and over and domiciled in the Tegal Besar village, Jember. Based on Isaac and Michael's table with a margin of error of 5%, the sample in this study amounted to 275 people. The sampling technique used is simple random sampling. The data collection method uses a UCLA Loneliness Scale Version questionnaire. 3. The data analysis technique uses a statistical test technique for the distribution of frequencies with the 22nd Version for Windows.

The description of Loneliness in the Elderly during the Covid-19 pandemic can be concluded that from 275 elderly as many as 171 (61.18%) elderly experienced loneliness in the mild category and as many as 104 (37.81) elderly experienced loneliness in the moderate category.

Keywords: Elderly, Loneliness, Covid-19 Pandemic

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