

# HUBUNGAN PENERIMAAN DIRI DENGAN *SUBJECTIVE WELL BEING* LANSIA DI UPT PANTI SOSIAL TRESNA WERDA (PSTW) JEMBER

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## INTISARI

Perubahan pada lansia menyebabkan menurunkan fungsi fisik dan psikis. Menurunnya fungsi fisik dan psikis ini berdampak kepada penerimaan diri dan tingkat kesejahteraan yang dialami oleh lansia. Adapun penerimaan diri menjadi salah satu faktor pendukung tercapainya *subjective well-being* pada lansia. Penelitian ini bertujuan untuk mengetahui hubungan antara penerimaan diri dengan *subjective well-being* pada lansia di UPT PSTW Jember. Teknik sampling dalam penelitian menggunakan sampling jenuh, responden yang terlibat dalam penelitian yaitu 50 lansia dengan jenis kelamin laki-laki dan perempuan yang tinggal di UPT PSTW Jember. Pengumpulan data menggunakan Skala Penerimaan Diri, *Satisfaction with Life Scale* (SWLS) dan *The scale of Positive and Negative Experience* (SPANE) untuk mengukur *subjective Well-being*. Analisa data menggunakan korelasi *product moment*. Berdasarkan hasil analisis data, diperoleh nilai *pearson correlation* (r) sebesar 0.053 dengan taraf signifikan (p) sebesar 0.715 ( $p < 0.05$ ), maka dinyatakan tidak ada hubungan antara penerimaan diri dan *subjective well-being*.

**Kata Kunci:** *Subjective well-being*, lansia, penerimaan diri

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# **THE RELATIONSHIP BETWEEN SELF-ACCEPTANCE AND SUBJECTIVE WELL BEING IN THE ELDERLY AT UPT PSTW JEMBER**

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## **ABSTRACT**

Changes in the elderly lead to decreased physical and psychic functions. This decline in physical and psychological function has an impact on self-acceptance and the level of well-being experienced by the elderly. Self-acceptance is one of the supporting factors for achieving subjective well-being in the elderly. This study aims to determine the relationship between self-acceptance and subjective well-being in the elderly at UPT PSTW Jember. The sampling technique in the study used saturated sampling, respondents involved in the study were 50 elderly men and women living in UPT PSTW Jember. Data were collected using the Satisfaction with Life Scale (SWLS) and The scale of Positive and Negative Experience (SPANE) to measure subjective well-being. Data analysis using product moment correlation. Based on the results of data analysis, a pearson correlation (r) value of 0.053 was obtained with a significant level (p) of 0.715 ( $p < 0.05$ ), so it was stated that there was no relationship between self-acceptance and subjective well-being.

***Keyword : subjective well-being, elderly, self acceptance***

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