

## Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER  
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Hubungan Hukungan Sosial Pengasuh Dengan Adaptasi Psikologis Lansia di UPT Pelayanan Sosial Tresna Werdha (PSTW) Jember. Juli, 2019

xvi + 80 hal + 10 tabel + 1 skema + 13 lampiran

## Abstrak

Adaptasi psikologis merupakan suatu proses penyesuaian secara psikologis akibat adanya stresor, dengan cara memberikan mekanisme pertahanan diri dengan harapan dapat melindungi dan bertahan dari serangan yang tidak menyenangkan. Terjadinya adaptasi psikologis pada lansia disebabkan oleh mekanisme coping dan panti sosial. Dukungan sosial pengasuh sangat dibutuhkan oleh lansia. Penelitian ini bertujuan untuk mengetahui Hubungan Hukungan Sosial Pengasuh Dengan Adaptasi Psikologis Lansia di UPT Pelayanan Sosial Tresna Werdha (PSTW) Jember. **Metode:** Desain pada penelitian ini menggunakan korelasi dengan pendekatan *cross sectional*, populasi yang digunakan adalah berjumlah 140 lansia, dengan jumlah sample 36 responden. teknik pengambilan sample menggunakan purposive sampling, lokasi penelitian di UPT PSTW Kasiyan Jember bulan juli 2019, alat pengumpulan data yaitu kuesioner dengan skala nominal menggunakan uji korelasi *Spearman Rank*. **Hasil:** Hasil penelitian dari 36 responden memiliki dukungan sosial pengasuh yang kurang 24 responden (66,7%) dan 12 responden (33,3%) baik, sedangkan lansia yang memiliki adaptasi psikologis konstruktif sebanyak 24 responden (66,7%) dan 12 responden (33,3%) memiliki adaptasi psikologiskonstruktif sehingga diperoleh hasil  $p$  value = 0,002 ( $p$  value <0,05) jadi dapat disimpulkan bahwa ada Hubungan Hukungan Sosial Pengasuh Dengan Adaptasi Psikologis Lansia di UPT Pelayanan Sosial Tresna Werdha (PSTW) Jember. **Diskusi:** Saran pada penelitian ini bagi pengasuh lebih memotivasi para lansia untuk mengurangi dampak adaptasi psikologis yang dialami lansia di UPT Pelayanan Sosial Tresna Werdha (PSTW) Jember.

**Kata kunci** : Dukungan sosial pengasuh, adaptasi psikologis, lansia.

Daftar pustaka: 22 (2009-2018)

## Abstract

MUHAMMADIYAH UNIVERSITY OF JEMBER STUDY PROGRAM S1  
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*Relationship between Social Support of Caregivers and Elderly Psychological Adaptation in the Social Services Unit of the Tresna Werdha (PSTW) Jember, Juli, 2019*

xvi + 80 things + 10 tables + 1 scheme + 13 attachments

### **Abstract**

*Psychological adaptation is a psychological adjustment process due to the presence of stressors, by providing a self-defense mechanism in the hope of protecting and surviving from unpleasant attacks. The psychological adaptation of the elderly is caused by coping mechanisms and social care institutions. Caregiver social support is needed by the elderly. This study aims to determine the Social Support of Caregivers with Elderly Psychological Adaptation in the Social Services Unit of Tresna Werdha (PSTW) Jember. Method: a design on approach was used in the study the correlation with cross sectional, the population that is used is a total of 140 the elderly, to the total number of sample 36 respondents. The sample use the sampling method of purposive of technique, research locations Social Services Unit of Tresna Werdha (PSTW) Jember, july 2019, an instrument data collection that is the questionnaire with scales nominal use the spearman rank correlation test. Results: The results of the 36 respondents had caregiver social support that was less than 24 respondents (66.7%) and 12 respondents (33.3%) were good, while the elderly who had constructive psychological adaptations were 24 respondents (66.7%) and 12 respondents (33.3%) had psychologically constructive adaptation so that the results obtained p value = 0.002 (p value <0.05) so it can be concluded that there was a Social Support of Caregivers with Elderly Psychological Adaptation in the Social Services Unit of the Tresna Werdha (PSTW) Jember. Discussion: Suggestions in this study for caregivers are more motivating for the elderly to reduce the impact of psychological adaptation experienced by the elderly in the Social Services Unit of Tresna Werdha (PSTW) Jember.*

**Keywords:** Caregiver social support, psychological adaptation, elderly

References: 22 (2009-2018)