

## Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER  
PROGRAM STUDI S1-ILMU KEPERAWATAN  
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Hubungan *Self-Perceived Health* Dengan Kualitas Hidup Pada Lansia Di Komunitas Sekolah Eyang Desa Sumberlesung, Kecamatan Ledokkombo, Kabupaten Jember, 2026

ix + 126 Halaman + 17 Tabel + 3 Gambar + 20 Lampiran

**Latar belakang:** Proses menua merupakan fase alami yang ditandai penurunan fungsi fisik, psikologis, dan sosial yang dapat mempengaruhi persepsi kesehatan dan kualitas hidup lansia. *Self-Perceived Health* (SPH) menjadi indikator subjektif yang mencerminkan bagaimana lansia menilai kondisi kesehatannya dan hubungannya dengan kualitas hidup. Penelitian ini bertujuan untuk menganalisis hubungan antara *Self-Perceived Health* dengan kualitas hidup lansia di komunitas Sekolah Eyang, Desa Sumberlesung, Kecamatan Ledokkombo, Kabupaten Jember. **Metode:** Penelitian ini menggunakan desain penelitian kuantitatif dengan pendekatan *cross-sectional*. Populasi penelitian sebanyak 50 responden, dengan teknik total sampling sehingga jumlah sampel yang digunakan sebanyak 50 responden. Instrumen yang digunakan adalah kuesioner SPH-12 untuk *Self-Perceived Health* dan OPQOL-21 untuk kualitas hidup lansia. Analisis data menggunakan uji *Spearman rho*. **Hasil:** Hasil penelitian menunjukkan sebagian besar responden memiliki *Self-Perceived Health* tinggi (82,0%) dan kualitas hidup tinggi (80%). Uji statistik *Spearman* menunjukkan nilai  $p = 0,000$  ( $p < 0,05$ ) dengan koefisien korelasi  $r = 0,937$  yang menunjukkan hubungan sangat kuat dan positif antara *Self-Perceived Health* dan kualitas hidup lansia. **Analisis:** Hasil ini menunjukkan bahwa semakin baik persepsi kesehatan lansia, semakin tinggi kualitas hidup yang dirasakan. Hal ini sejalan dengan teori adaptasi dan teori perkembangan yang menekankan kemampuan lansia dalam menyesuaikan diri terhadap perubahan kondisi fisik, psikologis, dan sosial. **Diskusi:** Terdapat hubungan yang signifikan antara *Self-Perceived Health* dengan kualitas hidup lansia di komunitas Sekolah Eyang, Desa Sumberlesung, Kecamatan Ledokkombo, Kabupaten Jember.

**Kata kunci:** *Self-Perceived Health*, kualitas hidup, lansia

**Daftar pustaka:** 66 (2021-2026)

## **Abstract**

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*The Relationship Between Self-Perceived Health and Quality of Life Among the Elderly in the Eyang School Community of Sumberlesung Village, Ledokkombo Subdistrict, Jember Regency, 2026*

*xi + 126 pages + 17 tables + 3 figures + 20 appendices*

**Background:** Aging is a natural phase characterized by declines in physical, psychological, and social functions that can affect health perception and quality of life among older adults. Self-Perceived Health (SPH) is a subjective indicator reflecting how older adults evaluate their health condition and its relationship with quality of life. This study analyzed the relationship between Self-Perceived Health and quality of life among older adults in the Sekolah Eyang community, Sumberlesung Village, Ledokkombo District, Jember Regency. **Methods:** This study used a quantitative cross-sectional design. The population consisted of 50 respondents, and total sampling was applied, resulting in 50 samples. The instruments used were the SPH-12 questionnaire to measure Self-Perceived Health and the OPQOL-21 questionnaire to assess quality of life. Data were analyzed using the Spearman rho test. **Result:** Most respondents had high Self-Perceived Health (82.0%) and high quality of life (80.0%). The Spearman test showed a p-value of 0.000 ( $p < 0.05$ ) and a correlation coefficient of  $r = 0.937$ , indicating a very strong positive relationship between Self-Perceived Health and quality of life among older adults. **Analysis:** Better health perception was associated with higher quality of life among older adults. This finding is consistent with adaptation and developmental theories emphasizing the ability of older adults to adapt to physical, psychological, and social changes. **Discussion:** There is a significant relationship between Self-Perceived Health and quality of life among older adults in the Sekolah Eyang community.

**Keywords:** Self-Perceived Health, quality of life, older adults

**References:** 66 (2021–2026)