

## Abstrak

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Hubungan Dukungan Emosional Keluarga Dengan Kesejahteraan Psikologis Pada Lansia Di Desa Sidomekar Kecamatan Semboro Jember, 2026

ix + 131 halaman + 3 gambar + 11 tabel + 16 lampiran

### Abstrak

**Latar Belakang:** Proses penuaan menyebabkan lansia rentan mengalami kecemasan, depresi, dan *empty nest syndrome* yang berdampak negatif pada kesejahteraan psikologis. Dukungan emosional keluarga diyakini menjadi faktor protektif penting, namun hubungan keduanya pada lansia di Desa Sidomekar Kecamatan Semboro belum pernah diteliti. Penelitian ini bertujuan untuk menganalisis hubungan antara dukungan emosional keluarga dengan kesejahteraan psikologis pada lansia di Desa Sidomekar Kecamatan Semboro Jember. **Metode:** Penelitian kuantitatif korelasional dengan pendekatan *cross-sectional* yang dilakukan pada 322 lansia di Desa Sidomekar Kecamatan Semboro Jember yang dipilih menggunakan *cluster sampling*. Dukungan emosional keluarga diukur menggunakan kuesioner, sementara kesejahteraan psikologis diukur menggunakan *Ryff's Psychological Well-Being Scale* versi 18 item. Analisis bivariat menggunakan uji *Spearman Rho* ( $\alpha = 0,05$ ). **Hasil:** Hasil penelitian menunjukkan mayoritas lansia memiliki dukungan emosional keluarga tinggi (95,3%) dan kesejahteraan psikologis tinggi (96,0%). Uji *Spearman Rho* menunjukkan nilai  $p = 0,016$  ( $p < 0,05$ ) dengan koefisien korelasi  $r = 0,135$ , menandakan terdapat hubungan signifikan berpola positif dengan kekuatan lemah antara kedua variabel. **Diskusi:** Hubungan positif mengindikasikan bahwa semakin tinggi dukungan emosional keluarga, semakin tinggi kesejahteraan psikologis lansia. Namun, kekuatan hubungan yang lemah mengindikasikan adanya pengaruh faktor lain, seperti adaptasi diri, religiusitas, kondisi fisik, dan dukungan sosial. Hasil ini menekankan pentingnya peran aktif keluarga dalam meningkatkan kesejahteraan psikologis lansia.

Kata Kunci: Dukungan Emosional Keluarga, Kesejahteraan Psikologis, Lansia  
Daftar Pustaka: 46 (2020 - 2025)

**Abstract**

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Skripsi, 11 May 2026  
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*The Relationship Between Family Emotional Support and Psychological Well-being Among the Elderly in Sidomekar Village, Semboro District, Jember, 2026*

ix + 131 pages + 3 figures + 11 tables + 16 appendices

**Abstract**

**Background:** The aging process makes older adults vulnerable to anxiety, depression, and empty nest syndrome, which negatively impact their psychological well-being. Family emotional support is believed to be an important protective factor; however, the relationship between the two among older adults in Sidomekar Village, Semboro District, has not yet been studied. This study aims to analyze the relationship between family emotional support and psychological well-being among the elderly in Sidomekar Village, Semboro District, Jember. **Method:** A quantitative correlational study using a cross-sectional design was conducted with 322 elderly individuals in Sidomekar Village, Semboro District, Jember, selected through cluster sampling. Family emotional support was measured with a questionnaire, and psychological well-being with the 18-item version of Ryff's Psychological Well-Being Scale. Bivariate analysis was performed using the Spearman Rho test ( $\alpha = 0.05$ ). **Results:** The majority of the elderly had high family emotional support (95.3%) and high psychological well-being (96.0%). The Spearman Rho test yielded a p-value of 0.016 ( $p < 0.05$ ) with a correlation coefficient of  $r = 0.135$ , indicating a significant positive relationship of weak strength between the two variables. **Discussion:** The positive relationship indicates that the higher the family emotional support, the higher the psychological well-being of the elderly. However, the weak strength of the relationship suggests the influence of other factors, such as self-adaptation, religiosity, physical condition, and social support. These results emphasize the importance of the family's active role in enhancing the psychological well-being of the elderly.

**Keywords:** Family Emotional Support, Psychological Well-being, Elderly  
**Bibliography:** 46 (2020 - 2025)