

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER

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Apriliani Puspitasari

Hubungan Kemandirian Activity of Daily Living (ADL) dengan Kesejahteraan Psikologis Lansia di UPT Pelayanan Sosial Tresna Wredha Jember

XVI + 84 Halaman + 9 Tabel + 3 Bagan

ABSTRAK

Kemandirian Activity of Daily Living (ADL) merupakan kemampuan lansia dalam melakukan aktivitas sehari-hari secara mandiri. Kemandirian yang baik dapat mendukung kesejahteraan psikologis lansia. Penelitian ini bertujuan untuk mengetahui hubungan kemandirian Activity of Daily Living (ADL) dengan kesejahteraan psikologis lansia di UPT Pelayanan Sosial Tresna Wredha Jember. Penelitian ini menggunakan desain korelasional dengan pendekatan cross sectional. Sampel penelitian sebanyak 103 lansia yang dipilih menggunakan teknik purposive sampling. Instrumen yang digunakan adalah Modified Barthel Index dan Ryff Psychological Well-Being Scale. Analisis data menggunakan uji Spearman Rank. Hasil penelitian menunjukkan sebagian besar lansia berada pada kategori mandiri (39,8%) dan memiliki kesejahteraan psikologis tinggi (51,0%). Hasil uji Spearman Rank menunjukkan nilai $p = 0,000$ dan $r = 0,751$ yang berarti terdapat hubungan yang signifikan dan kuat antara kemandirian ADL dengan kesejahteraan psikologis lansia. Kesimpulan penelitian ini adalah semakin tinggi tingkat kemandirian Activity of Daily Living (ADL), maka semakin tinggi pula kesejahteraan psikologis lansia.

Kata Kunci: Activity of Daily Living (ADL), Kesejahteraan Psikologis, Lansia.

Daftar Pustaka : 64 (2020–2025)

ABSTRACT

MUHAMMADIYAH UNIVERSITY OF JEMBER
UNDERGRATED NURSING PROGRAM
FACULTY OF HEALTH SCIENCES

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Apriliani Puspitasari

The Relationship Between Activity of Daily Living (ADL) Independence and Psychological Well-Being Among Elderly at UPT Pelayanan Sosial Tresna Wredha Jember

XVI + 84 Pages + 9 Tables + 3 Figures

Activity of Daily Living (ADL) independence refers to the ability of older adults to perform daily activities independently. A high level of independence can support the psychological well-being of older adults. This study aims to determine the relationship between independence in Activities of Daily Living (ADL) and the psychological well-being of older adults at the Tresna Wredha Social Service Unit in Jember. This study employed a correlational design with a cross-sectional approach. The sample consisted of 103 older adults selected using purposive sampling. The instruments used were the Modified Barthel Index and the Ryff Psychological Well-Being Scale. Data analysis was performed using the Spearman rank test. The results showed that the majority of older adults fell into the independent category (39.8%) and had high psychological well-being (51.0%). The results of the Spearman's rank test showed a p -value of 0.000 and a correlation coefficient of $r = 0.751$, indicating a significant and strong relationship between ADL independence and the psychological well-being of the elderly. The conclusion of this study is that the higher the level of independence in Activities of Daily Living (ADL), the higher the psychological well-being of the elderly.

Keywords: Activity of Daily Living (ADL), Psychological Well-Being, Elderly.

References: 64 (2020–2025)