

ABSTRAK

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HUBUNGAN KONSEP DIRI DENGAN KEBERMAKNAAN HIDUP PADA LANSIA YANG TINGGAL DI PANTI PELAYANAN SOSIAL LANJUT USIA PUCANG GADING SEMARANG

Xix + 150 Hal + 10 Tabel + 3 Gambar + 14 Lampiran

Latar Belakang: Lansia mengalami perubahan fisik, psikologis, dan sosial yang memengaruhi konsep diri dan kebermaknaan hidup. Konsep diri yang positif dapat meningkatkan kebermaknaan hidup, sementara konsep diri rendah dapat menyebabkan ketidakpuasan hidup.

Tujuan: Menganalisis hubungan antara konsep diri dan kebermaknaan hidup pada lansia di Panti Pelayanan Sosial Lanjut Usia Pucang Gading Semarang.

Metode: Penelitian kuantitatif dengan desain korelasional. Data dikumpulkan melalui kuesioner konsep diri dan kebermaknaan hidup, dianalisis menggunakan korelasi Pearson.

Hasil: Terdapat hubungan signifikan antara konsep diri dan kebermaknaan hidup. Lansia dengan konsep diri positif memiliki kebermaknaan hidup lebih tinggi dan lebih mampu menghadapi tantangan.

Kesimpulan: Konsep diri berpengaruh pada kebermaknaan hidup lansia. Intervensi psikososial diperlukan untuk meningkatkan konsep diri guna mendukung kesejahteraan mereka.

Kata Kunci : Lansia, konsep diri, kebermaknaan hidup, kesejahteraan psikososial, panti sosial.

ABSTRACT

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The Relationship Between Self-Concept and Meaning in Life Among the Elderly Living at Pucang Gading Social Service Elderly Care Home in Semarang

Xix + 150 Pages + 10 Tables + 3 Picture + 14 Attachments

Background: The elderly experience physical, psychological, and social changes that affect their self-concept and meaning in life. A positive self-concept can enhance meaning in life, while a low self-concept may lead to dissatisfaction and difficulty adapting to aging.

Objective: To analyze the relationship between self-concept and meaning in life among the elderly at Panti Pelayanan Sosial Lanjut Usia Pucang Gading Semarang.

Method: A quantitative study with a correlational design. Data were collected using self-concept and meaning in life questionnaires and analyzed using Pearson correlation.

Results: A significant relationship was found between self-concept and meaning in life. Elderly individuals with a positive self-concept tend to experience a higher sense of meaning in life and cope better with aging challenges.

Conclusion: Self-concept influences meaning in life among the elderly. Psychosocial interventions are needed to strengthen self-concept and improve their well-being.

Keywords: Elderly, self-concept, meaning in life, psychosocial well-being, social care home.