

PENYESUAIAN DIRI PADA LANSIA TUNANETRA DI PANTI SOSIAL TRESNA WERDHA KOTA JAMBI

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ABSTRAK

LATAR BELAKANG Lansia yang tinggal di panti jompo pasti merasakan jenuh, kesepian dan kurang berinteraksi. Permasalahan lansia yang tinggal di panti jompo ditinjau dari penyesuaian diri seperti frustrasi, kecemasan dan cacat mental. Maka dari itu lansia tunanetra harus mampu menyesuaikan diri.

TUJUAN Penelitian ini bertujuan untuk melihat bagaimana penyesuaian diri dan apakah lansia tunanetra yang tinggal di panti mengalami keterhambatan dan ketergantungan kepada orang lain.

METODE Metode penelitian adalah kualitatif dengan pendekatan fenomenologi. Pemilihan partisipan menggunakan teknik *purposive sampling*. Karakteristik partisipan lansia tunanetra, tinggal di panti werdha budi luhur Kota Jambi, berusia diatas 60 tahun, berjenis kelamin laki-laki dan perempuan. Teknik pengambilan data dengan wawancara, observasi dan dokumentasi, teknik analisis data *Interpretative Phenomenological Analysis* (IPA).

HASIL Penyesuaian diri pada lansia tunanetra di panti sosial tresna werdha Kota Jambi adalah kemandirian, komunikasi, menghindari konflik, interaksi antar individu, rasa aman dan nyaman, dan kemampuan daya ingat. Faktor yang mempengaruhi, saling membantu sesama lansia, kondisi fisik, dukungan sosial, mengalami keterbatasan dan fasilitas

KESIMPULAN Seluruh partisipan telah menunjukkan bagaimana penyesuaian diri, keterhambatan dan ketergantungan lansia tunanetra di panti jompo.

Kata Kunci : Penyesuaian diri, Tunanetra, Lansia

Self Adjustment in Visually Impaired Elderly People at The Tresna Werdha Social Home in Jambi City

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ABSTRACT

BACKGROUND The elderly who live in nursing homes may feel bored, lonely, and lacking interaction. The problems of the elderly living in nursing homes in terms of self-adjustment, such as frustration, anxiety, and mental disability. Therefore, the visually impaired elderly must be able to adjust themselves.

OBJECTIVES This research aimed to see how self-adjustment and whether visually impaired elderly people living in institutions experience inhibition and dependence on others.

METHOD The research method was qualitative with a phenomenological approach. Participants were selected using a purposive sampling technique. Characteristics of the participants were visually impaired elderly, living in the budi luhur nursing home in Jambi City, aged over 60 years, male and female. Data collection techniques with interviews, observation, and documentation, data analysis techniques Interpretative Phenomenological Analysis (IPA).

RESULTS Self-adjustment in visually impaired elderly people in tresna werdha social institutions in Jambi City include independence, communication, avoiding conflict, interaction between individuals, feeling safe and comfortable, loneliness, and memory ability. Factors that influence self adjustment are mutual help among the elderly, physical condition, social support, disabilities, and facilities.

CONCLUSION All participants have shown how self-adjustment, disability, and dependency of visually impaired elderly people in nursing homes.

Key Words : Self-adjustment, Visual impaired, Elderly