

**KEMANDIRIAN LANJUT USIA DALAM ACTIVITY OF
DAILY LIVING (ADL) DI PANTI SOSIAL TRESNA
WERDHA (PSTW) BUDI LUHUR JAMBI**

¹Meidi Maulina, ²Dessy Pramudiani, ³Agung Iranda

¹Program Studi Psikologi, Universitas Jambi meidimaulina00@gmail.com

²Program Studi Psikologi, Universitas Jambi dessy.79_psikologi@unja.ac.id

³Program Studi Psikologi, Universitas Jambi agungiranda260393@gmail.com

ABSTRAK

Latar belakang: Proses menua dapat menimbulkan berbagai macam masalah individu yang berpengaruh pada kemandirian serta tingkat stress lanjut usia. Kemandirian sangatlah penting untuk lanjut usia agar dapat terus menjalankan aktivitas sehari-harinya tanpa perlu bergantung dengan orang lain.

Tujuan: Penelitian ini bertujuan untuk mengetahui bagaimana Kemandirian Lanjut Usia dalam *Activity Of Daily Living* (ADL) di Panti Sosial Tresna Werdha Budi Luhur Jambi

Metode: Penelitian ini merujuk pada jenis penelitian kuantitatif deskriptif. Populasi penelitian ini adalah lanjut usia yang tinggal di Panti Sosial Tresna Werdha Budi Luhur Jambi. Pengambilan sampel menggunakan teknik *purposive sampling* dengan total subjek 35 orang lanjut usia. Instrumen pengumpulan data menggunakan skala kemandirian. Teknik analisis data dalam penelitian ini adalah deskriptif.

Hasil: Gambaran Kemandirian Lanjut Usia dalam *Activity Of Daily Living* (ADL) di Panti Sosial Tresna Werdha Budi Luhur Jambi memiliki skor tertinggi 63 dan skor terendah 38 dengan skor rata-rata 55,89. Dengan mayoritas berada pada kategori tinggi sebanyak 15 orang (42,9%).

Kesimpulan dan saran: Kemandirian Lanjut Usia dalam *Activity Of Daily Living* (ADL) di Panti Sosial Tresna Werdha Budi Luhur Jambi mayoritas berada pada kategori tinggi. Dengan begitu diharapkan panti dapat terus mempertahankan dan meningkatkan kemandirian lanjut usia.

Kata Kunci: Kemandirian, Lanjut Usia, Panti Sosial Tresna Werdha

**INDEPENDENCE OF ELDERLY IN THE ACTIVITY OF
DAILY LIVING (ADL) AT JAMBI TRESNA WERDHA
BUDI LUHUR SOCIAL INSTITUTION**

¹Meidi Maulina, ²Dessy Pramudiani, ³Agung Iranda

¹Department of Psychology, Jambi University meidimaulina00@gmail.com

²Department of Psychology, Jambi University dessy.79_psikologi@unja.ac.id

³Department of Psychology, Jambi University agungiranda260393@gmail.com

ABSTRACT

Background: The aging process can cause various kinds of individual problems that affect the independence and stress levels of the elderly. Independence is very important for elderly people so they can continue carrying out their daily activities without needing to depend on other people.

Objective: This research aimed to describe independent the elderly are in Activities of Daily Living (ADL) In Jambi Tresna Werdha Budi Luhur Social Institution

Method: This research refers to a type of descriptive quantitative research. The population of this study were elderly people who lived at the Jambi Tresna Werdha Budi Luhur Social Institution. Sampling used a purposive sampling technique with a total of 35 elderly people as subjects. The data collection instrument uses an independence scale. The data analysis technique in this research is descriptive.

Results: Description of Elderly Independence in Activities of Daily Living (ADL) at the Jambi Tresna Werdha Budi Luhur Social Institution has the highest score of 63 and the lowest score of 38 with an average score of 55.89. With the majority being in the high category, 15 people (42.9%).

Conclusions and suggestions: The majority of elderly people's independence in Activities of Daily Living (ADL) at the Jambi Tresna Werdha Budi Luhur Social Institution is in the high category. In this way, it is hoped that the institution can continue to maintain and increase the independence of the elderly.

Keywords: Independence, Elderly, Tresna Werdha Social Institution

