

**PROGRAM STUDI S1 KEPERAWATAN FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

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**Pengaruh Tterapi *Life Review* Terhadap Pencegahan Kesepian Pada Lansia
Di UPT PSTW Khusnul Khtimah Dinas Sosial Provinsi Riau**

XIV + 72 Halaman + 6 Tabel + 14 Lampiran

ABSTRAK

Menjadi tua adalah sesuatu yang berkaitan dengan kelemahan, kesepian, ketidakberdayaan, dan munculnya penyakit-penyakit pada usia tua. Keberadaan lansia yang tinggal bersama keluarga sering dianggap negatif dan keliru, lansia dianggap sebagai beban bahkan ditelantarkan atau dititipkan di panti yang membuat lansia merasa kesepian. Salah satu terapi keperawatan untuk mencegah kesepian pada lansia yaitu dengan melakukan Terapi *Life Review*. Penelitian ini bertujuan untuk mengetahui adanya pengaruh terapi life review terhadap pencegahan kesepian pada lansia di Upt PSTW Khusnul Khotimah Dinas Sosial Provinsi Riau. Jenis penelitian ini merupakan penelitian kuantitatif, dengan desain quasy experimental one group pre test and post test design. Sampel penelitian ini adalah 17 responden lansia. Instrumen penelitian ini menggunakan satuan acara kerja terapi *life review* dan kuisioner *UCLA Loneliness*. Analisis yang digunakan yaitu analisis univariat dengan karakteristik responden dan analisis bivariat dengan uji *wilcoxon*. Hasil penelitian didapatkan perbedaan yang bermakna kesepian sebelum dan sesudah diberikan terapi *life review* dimana nilai $p\text{ value} = 0,000 < 0,05$, yang artinya H_0 ditolak, sehingga disimpulkan terdapat pengaruh terapi life review terhadap pencegahan kesepian pada lansia di Upt PSTW Khusnul Khotimah Dinas Sosial Provinsi Riau.

Kata kunci : Terapi *Life Review*, Kesepian , Lansia

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The Effect of Life Review Therapy on the Prevention of Loneliness in the Elderly at UPT PSTW Khusnul Khotimah Social Service of Riau Province

XIV + 72 Halaman + 6 Tabel + 14 Lampiran

ABSTRACT

Growing old is something related to weakness, loneliness, helplessness, and the emergence of diseases in old age. The existence of elderly people living with their families is often considered negative and wrong, elderly people are considered a burden and are even neglected or left in institutions, which makes elderly people feel lonely. One of the nursing therapies to prevent loneliness in the elderly is by carrying out Life Review Therapy. This research aims to determine the effect of life review therapy on preventing loneliness in the elderly at Upt PSTW Khusnul Khotimah Social Service of Riau Province. This type of research is quantitative research, with a quasi-experimental one group pre test and post test design. The sample for this research was 17 elderly respondents. This research instrument used the life review therapy work unit and the UCLA Loneliness questionnaire. The analysis used is univariate analysis with respondent characteristics and bivariate analysis with the Wilcoxon test. The research results showed that there was a significant difference in loneliness before and after being given life review therapy where the $p \text{ value} = 0.000 < 0.05$, which means that H_0 was rejected, so it was concluded that there was an effect of life review therapy on preventing loneliness in the elderly at Upt PSTW Khusnul Khotimah Social Service Riau Province.

Keywords : Life Review Therapy, Loneliness, Elderly

References : 23 (2019-2024)