

**PROGRAM STUDI S1 KEPERAWATAN FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
Penelitian, 26 November 2024**

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**Hubungan *Self Compassion* Dengan Kesehatan Mental Pada Lansia Di
Puskesmas Payung Sekaki Kota Pekanbaru.**

Xii + 100 Halaman + 10 Tabel + 16 Lampiran

ABSTRAK

Lansia merupakan individu yang telah memasuki usia 60 tahun dan mengalami berbagai perubahan baik secara fisik, mental, maupun sosial dalam interaksi dengan orang lain. Perubahan fisik yang dialami oleh lansia yaitu menurunnya fungsi fisik, biologis maupun psikologis. Penelitian ini bertujuan untuk mengetahui hubungan *self compassion* dengan kesehatan mental pada lansia di Puskesmas Payung Sekaki Kota Pekanbaru. Penelitian ini merupakan penelitian kuantitatif dengan desain *cross sectional*. Sampel penelitian ini adalah 82 responden lansia yang berkunjung ke Puskesmas Payung Sekaki Kota Pekanbaru pada 26 November sampai 21 Desember. Instrumen penelitian ini menggunakan kuesioner *self compassion scale* (SCS) dan kuesioner *Self Reporting Questionnaire* (SRQ)-29. Analisis yang digunakan yaitu analisis univariat dengan karakteristik responden dan analisis bivariat dengan uji *chi-square*. Hasil Penelitian didapatkan 50 % memiliki *self compassion* sedang sebanyak 41 orang dan 50 % responden memiliki kesehatan mental normal sebanyak 41 orang. Hasil uji statistik *chi-square* didapatkan p value $0.00 < 0.05$ yang artinya H_0 ditolak, sehingga disimpulkan terdapat hubungan *self compassion* dengan kesehatan mental pada lansia di Puskesmas Payung Sekaki Kota Pekanbaru. Dimana semakin tinggi *self compassion* semakin baik kesehatan mental yang dimiliki lansia (normal), semakin rendah *self compassion* semakin banyak lansia yang mengalami gangguan psikologis, psikotik dan PTSD.

Kata Kunci : *Self Compassion*, Kesehatan Mental, Lansia
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**NURSING PROGRAM FACULTY OF NURSING
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The Relationship between Self Compassion and Mental Health in the Elderly at the Payung Sekaki Community Health Center, Pekanbaru City.

Xii + 100 Pages + 10 Tables + 16 Appendices

ABSTRACT

Elderly people are individuals who have reached the age of 60 years and experience various changes both physically, mentally and socially in their interactions with other people. Physical changes experienced by the elderly include decreased physical, biological and psychological function. This study aims to determine the relationship between self-compassion and mental health in the elderly at the Payung Sekaki Community Health Center, Pekanbaru City. This research is a quantitative study with a cross-sectional design. The sample for this research was 82 elderly respondents who visited the Payung Sekaki Community Health Center, Pekanbaru City from November 26 to December 21. This research instrument uses the self-compassion scale (SCS) questionnaire and the Self Reporting Questionnaire (SRQ)-29 questionnaire. The analysis used was univariate analysis with respondent characteristics and bivariate analysis with the chi-square test. The research results showed that 50% had moderate self-compassion, 41 people and 50% of respondents had normal mental health, 41 people. The results of the chi-square statistical test obtained a p value of $0.00 < 0.05$, which means that H_0 was rejected, so it was concluded that there was a relationship between self-compassion and mental health in the elderly at the Payung Sekaki Community Health Center, Pekanbaru City. Where the higher the self-compassion, the better the mental health of the elderly (Normal). , the lower the self-compassion, the more elderly people experience psychological disorders, psychosis and PTSD.

Keywords: Self Compassion, Mental Health, Elderly

References: 52 (2019-2024)