

**Program Studi Sarjana Keperawatan, dan Pendidikan Profesi Ners
Fakultas Ilmu Kesehatan
Universitas Muhammadiyah Pekajangan Pekalongan
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ABSTRAK

**GAMBARAN FUNGSI SOSIAL LANSIA DI DESA KWIGARAN
KECAMATAN KESESI KABUPATEN PEKALONGAN**

Maudy Wulan Pangestu¹, Eka Budiarto²

Latar Belakang: Populasi lanjut usia (lansia) di Indonesia terus mengalami peningkatan, termasuk di wilayah pedesaan seperti Desa Kwigaran, Kecamatan Kesesi, Kabupaten Pekalongan. Lansia merupakan kelompok yang rentan mengalami penurunan fungsi sosial akibat perubahan fisik dan psikologis seiring bertambahnya usia. Aktivitas sosial lansia di desa bervariasi sebagian tetap aktif dalam kegiatan masyarakat, sementara lainnya cenderung menjalani hari tanpa banyak interaksi sosial. Penelitian ini bertujuan untuk menggambarkan fungsi sosial lansia yang tinggal di Desa Kwigaran.

Metode: Penelitian ini menggunakan desain deskriptif kuantitatif dengan pendekatan cross sectional. Populasi dalam penelitian ini adalah lansia yang tinggal di Desa Kwigaran, Kecamatan Kesesi. Teknik pengambilan sampel menggunakan cluster sampling, dengan 3 dari 11 RT yang dijadikan sampel penelitian. Sampel terdiri dari 78 lansia yang dipilih berdasarkan kriteria inklusi dan eksklusi. Instrumen yang digunakan adalah *Social Functioning Questionnaire for Older Adults* (SFQCOA), yang telah melalui uji validitas dan reliabilitas.

Hasil: Hasil penelitian menunjukkan bahwa mayoritas lansia memiliki fungsi sosial yang tinggi (58,7%), dan sebagian lainnya memiliki fungsi sosial rendah (41,3%). Fungsi sosial tinggi lebih banyak ditemukan pada lansia berusia 60 tahun (21,3%), berstatus menikah (68,0%), berpendidikan terakhir SD (48,0%), dan yang masih bekerja (62,7%). Selain itu, lansia dengan riwayat hipertensi (33,3%) dan asam urat (33,3%) juga cenderung memiliki fungsi sosial yang tinggi.

Simpulan: Mayoritas lansia di Desa Kwigaran memiliki fungsi sosial tinggi; temuan ini menunjukkan pentingnya dukungan sosial dalam meningkatkan kesejahteraan lansia di komunitas.

Kata Kunci: Fungsi Sosial, Karakteristik Demografi, Lansia

Daftar Pustaka: 41 (2014-2024)

ABSTRACT

THE OVERVIEW OF THE SOCIAL FUNCTIONS OF THE ELDERLY IN KWIGARAN VILLAGE, KESESI DISTRICT, PEKALONGAN REGENCY

Maudy Wulan Pangestu¹, Eka Budiarto²

Background: The elderly population in Indonesia is steadily increasing, including in rural areas such as Kwigaran Village, Kesesi District, Pekalongan Regency. Older adults represent a vulnerable demographic group, often experiencing a decline in social functioning as a result of age-related physical and psychological changes. In Kwigaran Village, the level of social engagement among the elderly varies; while some individuals continue to participate actively in community activities, others exhibit limited social interaction. This study aims to provide a descriptive analysis of the social functioning of elderly residents in Kwigaran Village.

Method: This study used a quantitative descriptive design with a cross-sectional approach. The population consisted of elderly residents of Kwigaran Village, Kesesi District. A cluster sampling technique was used, selecting 3 out of 11 neighborhood units (RTs) as research clusters. A total of 78 elderly individuals were included in the sample, based on predefined inclusion and exclusion criteria. Data collection employed the *Social Functioning Questionnaire for Older Adults* (SFQCOA), which had undergone validity and reliability testing.

Results: The findings showed that the majority of elderly participants had high social functioning (58.7%), while the remainder had low social functioning (41.3%). Higher social functioning was more frequently observed among those aged 60 years (21.3%), married (68.0%), with elementary school education (48.0%), and those still employed (62.7%). Additionally, elderly individuals with a history of hypertension (33.3%) and gout (33.3%) were also more likely to exhibit high social function.

Conclusion: Most elderly individuals in Kwigaran Village demonstrate high social function. These findings highlight the importance of social support in enhancing the well-being of older adults within the community.

Keywords: *Social Function, Demographic Characteristics, Elderly*
References: 41 (2014-2024)