

ABSTRAK
HUBUNGAN KESEPIAN (*LONELINESS*) DENGAN KUALITAS TIDUR
PADA LANSIA DI DESA SIDOKATON

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Lansia mengalami penurunan kapasitas fungsional serta perubahan fisik, psikologis, dan sosial. Salah satu masalah psikososial yang sering terjadi adalah kesepian akibat kehilangan pasangan, pensiun, dan berkurangnya interaksi sosial. Kesepian berkepanjangan dapat menimbulkan stres psikologis yang berdampak pada gangguan dan penurunan kualitas tidur. Penelitian ini bertujuan menganalisis hubungan kesepian dengan kualitas tidur pada lansia di Desa Sidokaton. Penelitian ini menggunakan desain analitik korelasional dengan pendekatan cross-sectional. Responden adalah lansia berusia ≥ 60 tahun di Desa Sidokaton yang telah kehilangan pasangan hidup. Sampel dipilih menggunakan teknik purposive sampling. Tingkat kesepian diukur menggunakan UCLA Loneliness Scale, sedangkan kualitas tidur diukur menggunakan Pittsburgh Sleep Quality Index (PSQI). Analisis hubungan dilakukan dengan uji Spearman Rank. Hasil penelitian menunjukkan terdapat hubungan signifikan antara kesepian dan kualitas tidur pada lansia di Desa Sidokaton dengan $p\text{-value} = 0,002 (<0,05)$ dan koefisien korelasi 0,330, yang artinya terdapat hubungan positif dengan kekuatan korelasi rendah. Hubungan positif menunjukkan bahwa semakin berat tingkat kesepian, maka kualitas tidur lansia cenderung semakin buruk. Meskipun memiliki kekuatan hubungan rendah, kesepian tetap menjadi salah satu faktor yang berhubungan dengan kualitas tidur lansia. Lansia di Desa Sidokaton diharapkan dapat lebih aktif mengikuti berbagai kegiatan sosial seperti posyandu lansia, pengajian, maupun kegiatan masyarakat lainnya yang dilaksanakan secara rutin di lingkungan tempat tinggalnya.

Kata kunci: Kesepian; Kualitas tidur; Lansia

ABSTRACT
**THE RELATIONSHIP BETWEEN LONELINESS AND SLEEP QUALITY IN
THE ELDERLY IN SIDOKATON VILLAGE**

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Older adults experience a decline in functional capacity as well as physical, psychological, and social changes. One common psychosocial issue is loneliness resulting from the loss of a spouse, retirement, and reduced social interaction. Prolonged loneliness can cause psychological stress, which leads to sleep disturbances and a decline in sleep quality. This study aims to analyze the relationship between loneliness and sleep quality among older adults in Sidokaton Village. This study employed a correlational analytical design with a cross-sectional approach. The respondents were older adults aged ≥ 60 years in Sidokaton Village who had lost their spouses. The sample was selected using purposive sampling. The level of loneliness was measured using the UCLA Loneliness Scale, while sleep quality was assessed using the Pittsburgh Sleep Quality Index (PSQI). The relationship was analyzed using Spearman's rank correlation test. The results indicate a significant relationship between loneliness and sleep quality among older adults in Sidokaton Village, with a p-value of 0.002 (< 0.05) and a correlation coefficient of 0.330, indicating a positive relationship with a low correlation strength. This positive relationship indicates that the higher the level of loneliness, the worse the sleep quality of the elderly tends to be. Although the strength of the relationship is low, loneliness remains one of the factors associated with sleep quality in the elderly. It is hoped that the elderly in Sidokaton Village will become more active in participating in various social activities, such as senior health posts, religious study groups, and other community activities held regularly in their neighborhood.

Keywords: Elderly; Loneliness; Sleep quality