

Abstrak

Panti werdha dewasa ini telah menjadi salah satu alternatif tempat tinggal bagi lansia. Kesibukan anggota keluarga yang semakin tinggi serta adanya perubahan pola hidup keluarga di kota besar dari *extended family* menjadi *nuclear family*, memperkuat alasan lansia untuk tinggal di panti werdha. Panti werdha dipilih karena dianggap mampu memenuhi berbagai kebutuhan lansia misalnya perawatan kesehatan dari tenaga profesional, serta adanya pelayanan intensif dari pengurus panti werdha. Penelitian dilakukan untuk mengetahui bagaimana lansia beradaptasi dengan aspek sosio- kultur di panti werdha. Penelitian ini dilakukan pada Oktober – Desember 2013. Metode yang digunakan dalam penelitian ini adalah kualitatif dengan tipe deskriptif. Pengumpulan data dilakukan melalui (1) observasi, yaitu mengamati kegiatan di panti werdha (2) *indepth interview*, yaitu melakukan wawancara dengan lansia, perawat dan pengurus di panti werdha. Dalam menganalisis data penelitian ini, menggunakan konsep adaptasi manusia dan dua teori mengenai lansia yaitu teori penarikan diri dan teori aktivitas. Konsep dan teori yang digunakan pada penelitian ini sesuai dengan objek penelitian yaitu panti werdha dan lansia yang melakukan adaptasi di dalamnya. Dalam penelitian ini menunjukkan bahwa (1) alasan lansia tinggal di panti werdha mempengaruhi tingkat keberhasilan adaptasi yang dilakukan (2) pada lansia yang tinggal di panti werdha karena keinginan sendiri beralasan bahwa tidak ingin merepotkan keluarga yang sibuk, sedangkan lansia yang tinggal di panti werdha bukan karena keinginannya cenderung tidak bisa menerima keberadaannya (3) Permasalahan yang ada di panti werdha misalnya perbedaan karakter dengan sesama lansia akan dihadapi secara berbeda. Bagi yang mampu beradaptasi dengan baik akan memahami adanya perbedaan tersebut, sedangkan yang tidak dapat beradaptasi dengan baik akan menganggap adanya perbedaan tersebut sebagai suatu masalah.

Kata kunci:

Lansia, Adaptasi, Panti Werdha

Abstract

These days nursing home become an alternative place for elderly to stay. Busy activity by family member that keep increasing and also the change of family life cycle in a city from extended family to nuclear family, makes a stronger reason for elderly to stay in a nursing home. Nursing home is chosen because of the thought that it will be able to complete what elderly needs such as health treatment from the professional, also there are an intensive service given by the nursing home itself. The reason to do this research is to know how elderly adapting with social-cultural aspect in nursing home. This research took place in Hargo Dedali nursing Home starting on October-December 2013, There's a method used in this research, and that is a qualitative method with descriptive type. There are two steps to collecting data (1) observation, by watching closely nursing home activities (2) indepth interview, by asking question to elderly, nurse and other stakeholder in nursing home. Human adaptation concept was used to analyzed data in this research and another theories about elderly, disengagement theory and activity theory. The concept and theories used in this research was fit in with nursing home and elderly that adapting inside. From this research was shown that (1) the reason for elderly to stay in nursing home will affect their level of successful adaptation (2) elderly who choose to stay in nursing home by themselves, have a reason that they don't want to make any difficulties for their family but for elderly who've been forced to stay in nursing home, mostly they cannot accept what is happening to them. Many problems that happen by staying in a nursing home such as character differences among the elderly will be faced differently. For elderly who do well with their adaptation will understand that such things may happen, as for the elderly who not doing well with their adaptation will consider it as a problem.

Keywords:

Elderly, Adaptation, Nursing Home