

ABSTRAK

PENGARUH *SOCIAL LEISURE ACTIVITIES* TERHADAP PENURUNAN
RISIKO *WANDERING* DAN *SUBJECTIVE WELL-BEING*
PADA LANSIA DEMENSIA

OLEH

Amalia Kusumaningsih

Latar Belakang : *Wandering* merupakan gejala neuropsikiatri yang sulit dikendalikan, dan dapat berdampak pada tingkat mortalitas yang merupakan indikator pencapaian *subjective well-being*. Penatalaksanaan *wandering* hingga saat ini masih menggunakan metode tradisional. Tujuan penelitian ini untuk mengetahui pengaruh *social leisure activities* dalam menurunkan risiko *wandering* dan *Subjective Well-Being* pada demensia.

Metode: Penelitian ini menggunakan desain *pre-post test one group* dengan populasi 47 lansia dan sampel 34 lansia demensia beserta *caregivernya* yang berobat jalan di klinik Psikogeriatri RSJ Dr. Radjiman Wediodiningrat Lawang. Teknik sampling dengan metode *purposive sampling*. Variabel independennya *social leisure activities* serta dependennya risiko *wandering* dan *subjective well-being*.

Hasil: *Social leisure activities* berpengaruh signifikan dalam menurunkan risiko *wandering* dan *subjective well-being* pada klien lansia ($p = 0,000$). Karakteristik demografi lansia berhubungan signifikan dengan *subjective well-being* dan risiko *wandering* ($p < 0,05$) kecuali gejala neuropsikiatri, status perkawinan, status pekerjaan, dan status pendapatan. *Subjective well-being* berhubungan signifikan dengan risiko *wandering* setelah diberikan intervensi ($p = 0,000$). *Social leisure activities* baik secara fase maupun tiap aktivitas berpengaruh signifikan menurunkan risiko *wandering* dan *subjective well-being* ($p < 0,05$), kecuali fase 1 dan aktivitas berjalan-jalan di sekitar rumah terhadap *subjective well-being*.

Pembahasan: Risiko *wandering* pada lansia demensia dapat diturunkan dengan memberikan aktifitas fisik secara rutin yang mengedepankan unsur interaksi sosial, yang juga dapat meningkatkan *subjective well-being* lansia. *Social leisure activities* merupakan aktifitas yang efektif karena mudah dilaksanakan dan efisien karena tidak membutuhkan biaya yang tinggi.

Kesimpulan: *Social leisure activities* mampu membantu menurunkan risiko *wandering* dan meningkatkan *subjective well-being* lansia, baik secara fase maupun aktivitas.

Keywords : *Social leisure activities, Wandering, Subjective Well-Being, Demensia*

ABSTRACT

THE EFFECT OF SOCIAL LEISURE ACTIVITIES ON DECREASING
WANDERING RISK AND SUBJECTIVE WELL-BEING
IN THE DEMENTIA ELDERLY

BY,
Amalia Kusumaningsih

Background: Wandering is a neuropsychiatric symptom that has an impact on mortality rates which are indicators of achievement of subjective well-being. Wandering management still uses traditional methods until now. The purpose of this study was to determine the effect of social leisure activities on reducing the risk of wandering and subjective well-being in dementia elderly.

Methods: This study used a pre-post test one group design, population was 47 elderly and 34 elderly dementia along with their caregivers of samples who were outpatient at the Psychogeriatric Clinic of RSJ Dr. Radjiman Wediodiningrat Lawang. The sampling technique used purposive sampling method. The variables of independent was social leisure activities and the dependent were the risk of wandering and subjective well-being.

Result: The social leisure activities had a significant effect in reducing the risk of wandering and subjective well-being in elderly dementia ($p=0.000$). The demographic characteristics of the elderly related significantly ($p<0.05$) to the subjective well-being and the risk of wandering excepted on neuropsychiatric symptoms, marital status, the job status and the income status. The significant correlation between subjective well-being with risk of wandering at after intervention ($p=0.000$). Social leisure activities both in-phase and in each activity had a significant effect on reducing the risk of wandering and subjective well-being ($p<0.05$), excepted at first phase and the walking around neighborhood activity for subjective well-being.

Discussion: The risk of wandering in dementia elderly could be reduced by regular physical activities that prioritize of social interaction, which also subjective well-being of them. Social leisure activities was an effective activity caused easy to implement and efficient cause required low costs.

Conclusion: Social leisure activities is able to help reduced the risk of wandering and subjective well-being in the elderly, both in phase and activities.

KEYWORDS : Social leisure activities, Wandering, Subjective Well-Being, ,
Demensia