

ABSTRACT

Suveri Indahwati, 120541100123. An Overview of Successful Aging on Elderly Women who Live in Wreda Nursing Home (A Case Study in Wreda Hargo Dedali Nursing Home Surabaya). Thesis. Psychology Study Program, Faculty of Social and Cultural Sciences, University of Trunojoyo Madura. 2016. xvii + 280 Pages and 20 Appendices.

The aim of this study is to describe the successful aging on elderly women who live in wreda nursing home (A Case Study in Wreda Hargo Dedali Nursing Home Surabaya). This study uses descriptive qualitative method with case study approach. Subjects of this study are three elderly women who live in wreda nursing home aged 75-85 years old that are determined by purposive sampling technique. Method of collecting data uses a semi-structured interview. Technique of data analysis uses Miles and Huberman model namely data collection, data reduction, data display, and drawing conclusion. The results of the study show that the elderly women who live in wreda nursing home can achieve their successful aging because they have the components of successful aging which proposed by Rowe and Khan. The three research subjects achieve their successful aging because they are protected from disease and disability associated with a manifested disease by regulating diet, doing check up, sport, and obeying the doctor's orders. They can do activities independently without any help from nurse or other occupants, feel happy, do not have neglected feeling, and accept their several loses gratefully. In addition, the three subjects actively engage with life as follow the teachings, counseling, social work, teach the Koran, attend the meeting of teachers' alumni, follow the poetry contest, and other activities. Thus, in their aging, the three subjects are able to live their adult life as a successful aging.

Keywords : Successful Aging, Elderly Women, Wreda Nursing Home
Bibliography : 28 (1980-2015)

ABSTRAK

Suveri Indahwati, 120541100123. Gambaran *Successful Aging* pada Wanita Lanjut Usia yang Tinggal Di Panti Wreda (Studi Kasus Di Panti Wreda Hargo Dedali Surabaya). Skripsi. Program Studi Psikologi, Fakultas Ilmu Sosial dan Ilmu Budaya, Universitas Trunojoyo Madura. 2016. xvii + 280 Halaman dan 20 Lampiran.

Penelitian ini bertujuan untuk mengetahui gambaran *successful aging* pada wanita lanjut usia yang tinggal di panti wreda (Studi Kasus Di Panti Wreda Hargo Dedali Surabaya). Penelitian ini menggunakan metode kualitatif deskriptif dengan pendekatan studi kasus. Subjek penelitian berjumlah tiga orang wanita lanjut usia yang tinggal di panti wreda berusia 75-85 tahun yang ditentukan berdasarkan teknik *purposive sampling*. Metode pengumpulan data menggunakan wawancara semi terstruktur. Teknik analisis data menggunakan model Miles dan Huberman yakni pengumpulan data, reduksi data, penyajian data, dan penarikan kesimpulan. Hasil penelitian ini menunjukkan bahwa wanita lanjut usia yang tinggal di panti wreda dapat *successful aging* karena memiliki komponen-komponen *successful aging* yang dikemukakan oleh Rowe dan Khan. Ketiga subjek penelitian tersebut mencapai *successful aging* karena mereka terhindar dari penyakit dan cacat terkait dengan penyakit yang termanifestasi dengan cara mengatur pola makan, melakukan *check up*, olahraga, menaati perintah dokter. Mereka dapat melakukan aktivitas secara mandiri tanpa bantuan perawat atau penghuni lain, merasa bahagia, tidak ada perasaan terabaikan, menerima beberapa kemunduran yang dialami dengan penuh syukur. Selain itu juga ketiga subjek terlibat aktif dengan kehidupan seperti mengikuti pengajian, penyuluhan, bakti sosial, mengajar ngaji, menghadiri rapat alumni guru, mengikuti lomba puisi, dan kegiatan lainnya. sehingga di masa tuannya ketiga subjek ini mampu menjalani masa tuanya sebagai usia lanjut yang berhasil.

Kata Kunci : *Successful Aging*, Wanita Lanjut Usia, Panti Wreda
Daftar Pustaka : 28 (1980-2015)