

ABSTRAK

MASALAH-MASALAH YANG DIALAMI PARA USIA LANJUT DI LINGKUNGAN SAPEN DAN DEMANGAN PAROKI KRISTUS RAJA BACIRO YOGYAKARTA DAN LAYANAN KONSELING KELOMPOK YANG DAPAT DI PROGRAMKAN

Yustina Suprihatin, 2005

Penelitian ini bertujuan untuk memperoleh gambaran masalah-masalah fisik dan mental yang dialami oleh para usia lanjut di lingkungan Sapan dan Demangan Paroki Kristus Raja Baciro Yogyakarta dan menyusun program konseling kelompok yang sesuai untuk para usia lanjut di dua lingkungan tersebut. Penelitian ini termasuk penelitian kualitatif dengan menggunakan metode wawancara. Instrumen penelitian berupa wawancara semi terstruktur .

Pengumpulan data dilakukan dengan mengikuti dua tahap: tahap pertama menyusun pedoman wawancara dan kedua melaksanakan wawancara. Data dianalisis dengan cara reduksi.

Hasil penelitian menunjukkan bahwa masalah-masalah fisik yang dihadapi oleh para usia lanjut adalah: penurunan fungsi tubuh, penurunan daya tahan tubuh dan sakit. Penurunan fungsi tubuh itu adalah: mata mulai kabur, pendengaran berkurang, lutut bagian kaki dan tangan mulai gemetar, cepat lelah dan lemas, punggung sering sakit, gigi tanggal, pengapuran tulang, nyeri pada bagian persendian, kepala pusing dan sering masuk angin. Penurunan daya tahan tampak pada mudah lelah dalam melakukan kegiatan. Sakit yang diderita adalah sakit gula/diabetes millitus, tumor, jantung, asam urat, batu empedu, darah tinggi, rematik dan keseleo karena jatuh. Masalah-masalah kesehatan mental yang dialami oleh usia lanjut di lingkungan Sapan dan Demangan adalah mudah mengeluh terhadap perubahan fisik, perasaan sedih dan kesepian karena ditinggal pasangan hidup, kesepian karena tidak ada cucu dirumahnya, kesepian karena tidak memiliki teman sesama usia lanjut, cemas dengan keberadaan anak-anak yang jauh, merasa gagal mendidik anak-anak, tidak dibutuhkan oleh anak-anak, kurang bisa berelasi dengan tetangga yang berbeda usia, malu dan kecewa karena tidak aktif di lingkungan, dan merasa bersalah karena sakit sehingga tidak aktif ke Gereja.

Berdasarkan hasil penelitian ini disusun suatu usulan program layanan konseling kelompok untuk para usia lanjut di lingkungan Sapan dan Demangan paroki Baciro Yogyakarta. Program layanan kelompok ini dilampirkan dalam laporan penelitian ini.

ABSTRACT

THE PROBLEMS WHICH ARE FACED BY ELDERLY PEOPLE IN SAPEN AND DEMANGAN DISTRICT OF CHRIST THE KING PARISH BACIRO, YOGYAKARTA AND PROGRAMMABLE COUNSELING SERVICES

Yustina Suprihatin, 2005

The goals of this research are to understand globally the physical and mental problems which are faced by the elderly people in the district of Sapan and Demangan of Christ The King parish Baciro, Yogyakarta, in order to set up a program of counseling group which is suitable for the elderly people in those districts. This research is a qualitative research which uses interviews as the method. The instrument of research is a semi-structured interview.

The data were collected in two stages: the first stage is the setting up of the interviews directives and the second stage is the interviews. The data were analyzed deductively.

This research showed that there are several physical problems which the elderly people face such as decreasing the body function, decreasing the body endurance and illness. The decreasing of the body function can be observed through the following symptoms: the reduction of the vision, reduction in hearing, tremor of the ankle and elbow, swollen in the joint, headache, loosing the tooth, and so on. The decreasing of the body endurance can be observed through the following symptoms: physically and mentally fatigued in doing something. The illness which they face such as diabetes mellitus, tumor, heart problems, gout, high blood pressure, rheumatics, and sprain. The mental health problems which the elderly people face in the district Sapan and Demangan are such as: they easily complain for the physical changes, loneliness for the death of his/her couple, loneliness for not having grand children living together with them, loneliness for not having friends, worries of their children who live far from them, guilty feeling for not success in educating their children, feeling of unneeded by their children, having problems with their neighbors, ashamed and disappointed for not being active in the district activities, guilty feeling for not being active in the parish because of their illness.

Based on this research, we propose a program of counseling group for the elderly people in the district Sapan and Demangan of Christ The King parish Baciro, Yogyakarta. The program of counseling group is attached in this report.