

ABSTRAK

Maria Ratna Diyah Prasanti (2007). Penyesuaian Diri Pensiunan Pabrik Gula. Yogyakarta : Fakultas Psikologi. Jurusan Psikologi. Program Studi Psikologi. Universitas Sanata Dharma

Tujuan penelitian ini untuk mengetahui bagaimana subyek penelitian melakukan penyesuaian diri terhadap masa pensiun, dengan memperhatikan faktor-faktor yang mempengaruhi.

Penelitian ini menggunakan metode penelitian kuantitatif-kualitatif. Terlebih dahulu dilakukan proses penentuan subyek penelitian terhadap 59 responden untuk membuat kategorisasi sikap terhadap masa pensiun. Adapun metode pengumpulan datanya menggunakan alat ukur kuantitatif, yaitu skala sikap terhadap masa pensiun. Diperoleh hasil bahwa dari 59 responden ada 5 responden yang memiliki sikap sangat negatif terhadap masa pensiun, 3 responden memiliki sikap negatif terhadap masa pensiun, 38 responden bersikap netral terhadap masa pensiun, 10 responden bersikap positif terhadap masa pensiun, dan responden yang memiliki sikap sangat positif terhadap masa pensiun ada 3 orang. Kemudian diambil masing-masing dua responden dari kategori sikap sangat positif dan sangat negatif untuk dijadikan subyek penelitian. Setelah diperoleh subyek penelitian, pengambilan data dilanjutkan dengan wawancara.

Dari penelitian ini diketahui bahwa subyek dengan sikap sangat positif terhadap masa pensiun menghadapi semua perubahan dalam masa pensiun melalui penyesuaian diri yang sehat (positif). Sedangkan subyek dengan sikap sangat negatif terhadap masa pensiun menghadapi beberapa perubahan dalam masa pensiun melalui penyesuaian diri yang tidak tepat (negatif). Diketahui pula faktor-faktor yang mempengaruhi dalam proses penyesuaian diri tersebut, yaitu : sikap dan penerimaan terhadap masa pensiun, kepribadian pensiunan, makna “kerja” bagi pensiunan, persiapan menjelang pensiun, kondisi menjelang pensiun, dukungan keluarga, kondisi keluarga ketika pensiun, religiusitas, dan sikap perusahaan. Secara singkat diketahui bahwa subyek pensiunan mampu melakukan penyesuaian diri secara positif (tepat) selama faktor-faktor tersebut menciptakan kondisi yang kondusif yaitu : pensiunan mampu menerima bahwa ia mengalami masa pensiun, pensiunan mempunyai sikap yang humoris, pensiunan melakukan persiapan untuk memasuki masa pensiun, kondisi diri maupun keluarga ketika hendak memasuki masa pensiun baik, ada dukungan yang positif dari keluarga terutama pasangan hidup dan anak, kondisi pensiunan dan keluarga pada saat menjalani pensiun baik, mempunyai religiusitas yang cukup tinggi, serta perusahaan menunjukkan sikap positif terhadap pensiunan seperti pemberian fasilitas khusus pensiunan. Kondisi tersebut berlaku sebaliknya untuk terciptanya penyesuaian diri secara negatif (tidak tepat).

Kata kunci : penyesuaian diri dan pensiunan.

ABSTRACT

Maria Ratna Diah Prasanti (2007). Self Adjustment of Sugar Manufacturing Retirement. Yogyakarta : Study Program Of Psychology. Department Of Psychology. Faculty Of Psychology. Sanata Dharma University.

The purpose of this research was to know the subject adjust their retirement by analyzing the factors which was influenced.

The methods of this research were quantitative and qualitative methodology. For beginning, do selection process to 59 respondents to make attitude categorization in facing retirement. The method of data collecting was using quantitative measurement, which was attitude scale of retirement. The result is, from 59 respondents there are 5 respondents who had very negative attitude to retirement, 3 respondents had negative attitude to retirement, 38 respondents had neutral attitude to retirement, 10 respondents had positive attitude to retirement, and there are 3 respondents who had very positive attitude to retirement. And then, took two subjects from each category (very negative attitude and very positive attitude) for being research subject. After got the research subject, resume the data collecting by doing interview.

The result of this research showed that the subjects who had positive attitude in facing retirement face the retirement changes with their positive self adjustment. On the other hand, the subjects who had negative attitude face some retirement changes with inappropriate (negative) self adjustment. From the result is showed that the factors which are influence the self adjustment process are: attitude and acceptance to condition, personality of pensioners, retirement preparation, and condition before retire, family's support, family's condition while retirement, religiosity, and company attitude. In brief known if retirement subjects could have the positive self adjustment (appropriate) as long as those factors create a concussive condition such as : the retirements could accept if they were facing retirement, the retirements had humorist attitude, the retirements did some preparation in facing retirement, self condition as well as their family when they were going to face retirement were well, there were positive support from their family specially their couple and kids, retirements and family condition when facing retirement is well, they had high religiosity, and their company showed positive attitude to the retirement such giving retirement special facilities. Those conditions on the contrary happen to create negative (inappropriate) self adjustment.

Key words: self adjustment and retirement.