

ABSTRAK
MAKNA HIDUP BAGI SEORANG LANSIA PENDERITA
HIPERKOLESTEROLEMIA

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Penelitian ini bertujuan untuk mengetahui pemaknaan hidup bagi seorang lansia penderita hiperkolesterolemia, khususnya terkait dampak penurunan fisik, proses penemuan makna, serta peran dukungan sosial dan spiritual. Penelitian ini dilatarbelakangi oleh fenomena peningkatan populasi lansia di Indonesia dan fakta bahwa penuaan sering kali disertai penurunan fungsi fisik akibat penyakit kronis seperti kolesterol tinggi (hiperkolesterolemia). Kondisi kesehatan ini tidak hanya menghambat aktivitas sehari-hari, tetapi juga memengaruhi persepsi lansia terhadap kebahagiaan dan motivasi hidup mereka di masa tua.

Penelitian ini menggunakan pendekatan kualitatif dengan metode fenomenologi untuk memahami pengalaman subjektif subjek secara mendalam. Partisipan dalam penelitian ini adalah seorang lansia perempuan berusia 72 tahun yang memiliki riwayat hiperkolesterolemia dengan komplikasi stroke. Pengumpulan data dilakukan melalui observasi partisipan dan wawancara mendalam. Teknik analisis data meliputi transkripsi wawancara secara verbatim, pengkodean awal (*initial coding*), pengelompokan data berdasarkan tema melalui proses reduksi, interpretasi hasil, serta penyusunan laporan deskriptif.

Hasil penelitian menunjukkan bahwa subjek mampu menemukan makna hidup melalui penerapan nilai-nilai logoterapi meskipun memiliki keterbatasan fisik. Melalui nilai kreatif (*creative values*), subjek menjaga kemandirian dengan tetap melakukan aktivitas domestik seperti menjemur pakaian dan merawat ayam. Pada nilai penghayatan (*experiential values*), makna hidup ditemukan melalui dukungan emosional keluarga serta kedisiplinan spiritual melalui doa dan pembacaan kitab suci. Secara sikap (*attitudinal values*), subjek berhasil menerima penyakitnya sebagai proses alami penuaan dan mencapai identitas diri sebagai "orang merdeka", yang membawa pada ketenangan batin, rasa syukur, serta kebahagiaan di usia senja.

Kata kunci: makna hidup, lansia, hiperkolesterolemia.

ABSTRACT
THE MEANING OF LIFE FOR AN ELDERY PERSON SUFFERING FROM
HYPERCHOLESTEROLEMIA

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This study aims to explore the meaning of life for an older adult with hypercholesterolemia, particularly in relation to the impact of physical decline, the process of finding meaning, and the role of social and spiritual support. This study is motivated by the growing elderly population in Indonesia and the fact that aging is often accompanied by a decline in physical function due to chronic conditions such as high cholesterol (hypercholesterolemia). This health condition not only hinders daily activities but also affects older adults' perceptions of happiness and their motivation to live in their later years.

This study employs a qualitative approach using phenomenological methods to gain an in-depth understanding of the participant's subjective experience. The participant in this study is a 72-year-old elderly woman with a history of hypercholesterolemia and stroke complications. Data were collected through participant observation and in-depth interviews. Data analysis techniques include verbatim transcription of interviews, initial coding, grouping data by theme through a process of reduction, interpretation of results, and preparation of a descriptive report.

The results of the study show that the subjects were able to find meaning in life by applying logotherapy values despite their physical limitations. Through creative values, the subjects maintained their independence by continuing to perform domestic activities such as hanging clothes out to dry and caring for chickens. In terms of experiential values, the meaning of life is found through emotional support from family and spiritual discipline through prayer and reading sacred texts. In terms of attitudinal values, the subjects successfully accepted their illness as a natural part of the aging process and achieved a sense of self-identity as "free individuals," which led to inner peace, gratitude, and happiness in their later years.

Keywords: meaning of life, older adults, hypercholesterolemia.