

MAKNA CINTA LANSIA TERHADAP PASANGANNYA USIA 64-75 TAHUN (*YOUNG-OLD*)

Studi pada Mahasiswa yang sedang Menyelesaikan Skripsi
Di Indonesia

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ABSTRAK

Meningkatnya populasi lansia di Indonesia membawa konsekuensi psikososial yang signifikan, namun pemaknaan cinta dan romantisme pada lansia masih jarang menjadi fokus kajian dan kerap terabaikan akibat pandangan ageism. Penelitian ini bertujuan mengeksplorasi bagaimana lansia memaknai cinta dan mengidentifikasi tema-tema yang terkonstruksi dari narasi pengalaman hidup mereka. Penelitian menggunakan desain kualitatif fenomenologis dengan analisis tematik (Braun & Clarke) dan lensa epistemologi realisme kritis. Data dikumpulkan melalui wawancara semi-terstruktur mendalam terhadap empat informan lansia (64–75 tahun) di Yogyakarta, terdiri dari dua pasangan menikah jangka panjang dan dua janda. Hasil penelitian mengungkap lima tema utama, yaitu transformasi gairah menuju pengabdian caregiving, jaringan adaptif interpersonal, tindakan pengorbanan, evolusi persepsi cinta, dan ketahanan transformasional, yang secara bersama membentuk model siklikal "Cinta Adaptif Kolektif Indonesia". Temuan ini menunjukkan bahwa pemaknaan cinta lansia bertransformasi dari passionate love menjadi companionate love dan agape, dimoderasi oleh nilai budaya kolektif seperti gotong royong dan keluarga extended. Penelitian ini menantang narasi ageism yang mengasosiasikan usia lanjut dengan despair emosional, serta menawarkan kontribusi teoritis dan praktis bagi pengembangan geropsikologi cinta di konteks Asia Tenggara.

Kata kunci: cinta, lansia, analisis tematik, integritas ego, budaya kolektif Indonesia

THE MEANING OF LOVE ELDERLY GUYS TOWARDS THEIR PARTNERS AGED 64-75 (YOUNG-OLD)

A Study of College Students Completing Their Thesis
In Indonesia

Samuel Brahmantia Nusantara

Abstract

The increasing elderly population in Indonesia brings significant psychosocial consequences, but the meaning of love and romance in the elderly is still rarely the focus of study and is often overlooked due to ageism. This study aims to explore how older people interpret love and identify themes constructed from their narratives of life experiences. The study used a qualitative phenomenological design with thematic analysis (Braun & Clarke) and a critical realism epistemological lens. Data were collected through in-depth semi-structured interviews with four elderly informants (64–75 years old) in Yogyakarta, consisting of two long-term married couples and two widows. The results revealed five main themes: the transformation of passion into devotional caregiving, adaptive interpersonal networks, acts of sacrifice, the evolution of love perceptions, and transformational resilience, which collectively form a cyclical model of "Indonesian Collective Adaptive Love." These findings indicate that the meaning of love among older adults has transformed from passionate love to companionate love and agape, moderated by collective cultural values such as mutual cooperation and extended family. This research challenges the ageism narrative that associates older age with emotional despair and offers theoretical and practical contributions to the development of a geropsychology of love in the Southeast Asian context.

Keywords: love, older adults, thematic analysis, ego integrity, Indonesian collective culture