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**HUBUNGAN KARAKTERISTIK INDIVIDU DAN *PERCEIVED*
STRESS DENGAN KUALITAS HIDUP LANSIA DI PSTW
KASIH SAYANG IBU BATUSANGKAR
TAHUN 2025**

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**HUBUNGAN KARAKTERISTIK INDIVIDU DAN *PERCEIVED STRESS*
DENGAN KUALITAS HIDUP LANSIA DI PSTW KASIH SAYANG IBU
BATUSANGKAR TAHUN 2025**

xi + 90 halaman, 17 tabel, 2 gambar, 9 lampiran

ABSTRAK

Tujuan Penelitian

Peningkatan usia harapan hidup belum diikuti dengan kualitas hidup yang optimal, terutama pada lansia di panti sosial yang masih menghadapi berbagai masalah psikologis. Penelitian ini bertujuan untuk mengetahui hubungan karakteristik individu dan *perceived stress* dengan kualitas hidup lansia di PSTW Kasih Sayang Ibu Batusangkar tahun 2025.

Metode

Penelitian kuantitatif dengan desain *cross sectional* yang dilaksanakan pada November 2024 - Mei 2025. Sampel sebanyak 53 orang diperoleh melalui teknik *total sampling*. Pengumpulan data menggunakan kuesioner WHOQOL-OLD dan PSS-10. Analisis data dilakukan secara univariat, bivariat menggunakan *independent t-test* dan *mann whitney U*, serta multivariat dengan uji regresi linier berganda.

Hasil

Sebagian besar responden berusia 70–79 tahun (49,1 %), laki-laki (73,6 %), tidak bersekolah (43,4 %), berstatus janda/duda (88,7 %), dan telah tinggal di panti 1–5 tahun (62,3 %). Mayoritas memiliki *perceived stress* normal (69,8 %) dengan rata-rata skor kualitas hidup $52,98 \pm 9,64$. Terdapat hubungan signifikan antara *perceived stress* dan status marital dengan kualitas hidup ($p < 0,05$). Sebaliknya, usia, jenis kelamin, dan tingkat pendidikan tidak berhubungan signifikan dengan kualitas hidup ($p > 0,05$). Analisis multivariat menunjukkan tidak ada interaksi antara *perceived stress* dan karakteristik individu terhadap kualitas hidup ($p > 0,05$).

Kesimpulan

Perceived stress memiliki hubungan signifikan terhadap kualitas hidup lansia. Upaya peningkatan kesejahteraan lansia perlu mempertimbangkan pendekatan psikososial untuk menurunkan stres dan meningkatkan kualitas hidup secara menyeluruh.

Daftar Pustaka : 74 (1983-2025)

Kata Kunci : Kualitas Hidup, Lansia, *Perceived Stress*, Karakteristik Individu, Panti Sosial

**FACULTY OF PUBLIC HEALTH
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**THE RELATIONSHIP BETWEEN INDIVIDUAL CHARACTERISTICS AND
PERCEIVED STRESS WITH QUALITY OF LIFE OF ELDERLY IN PSTW
KASIH SAYANG IBU BATUSANGKAR, 2025**

xi + 90 pages, 17 tables, 2 figures, 9 appendices

ABSTRACT

Objective

The increase in life expectancy has not been followed by optimal quality of life, especially among elderly in social institutions who still face various psychological problems. This study aims to determine the relationship between individual characteristics and perceived stress with quality of life of elderly in PSTW Kasih Sayang Ibu Batusangkar, in 2025.

Methods

A quantitative study with a cross-sectional design was conducted from November 2024 to May 2025. A total of 53 respondents were selected using total sampling. Data were collected using the WHOQOL-OLD and PSS-10. Data analysis included univariate, bivariate (independent t-test and mann whitney U), and multivariate analyses (multiple linear regression).

Results

Most respondents were aged 70–79 years (49.1%), male (73.6%), had no formal education (43.4%), were widowed/divorced (88.7%), and had lived in the institution for 1–5 years (62.3%). The majority had normal perceived stress levels (69.8%), with a mean quality of life score of 52.98 ± 9.64 . Perceived stress and marital status were significantly associated with quality of life ($p < 0.05$). Age, gender, and education level were not significantly related ($p > 0.05$). Multivariate analysis showed no interaction between perceived stress and individual characteristics in relation to quality of life ($p > 0.05$).

Conclusion

Perceived stress was significantly associated with the quality of life of the elderly. Efforts to improve the well-being of the elderly need to consider psychosocial approaches to reduce stress and enhance overall quality of life.

References : 74 (1983-2025)

Keywords : Quality of Life, Elderly, Perceived Stress, Individual Characteristics, Nursing Home