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## **THE CORRELATION BETWEEN LONELINESS AND THE EMOTIONAL LEVEL OF THE ELDERLY IN KARANG WERDA PEER GROUP**

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### **ABSTRACT**

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**Background:** The elderly are a vulnerable group who experience the aging process, physical and psychological health problems. Prolonged loneliness results in decreased immunity, sleep disturbances, emotional mental disorders, depression, and even suicide. **Purpose:** This study was to analyze the correlation between loneliness and the emotional level of the elderly in Karang Werda, Balung District, Jember Regency. **Method:** This study used quantitative research methods with a correlational descriptive approach and a cross sectional design. The sample is 108 elderly with the Stratified Random Sampling technique. Loneliness data collection using the UCLA Loneliness Scale Version 3 and emotional levels using the Emotion Regulation Questionnaire (ERQ). **Results:** It was found that (79%) of the elderly experienced mild loneliness and (79%) had a good emotional level. The correlation between loneliness and emotional level result obtained ( $p= 0,003$ ,  $r= -0.202$ ). **Conclusion:** There is a correlation between loneliness and the emotional level of the elderly in Karang Werda, Balung District, Jember Regency. It is hoped that the elderly can relate well to the surrounding environment and actively participate in group activities. Nurses must carry out routine psychological care for the elderly and provide appropriate interventions.

**Keyword:** Elderly, Emotional level, Karang Werda, Loneliness, Peer Group

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**Latar Belakang:** Lansia merupakan kelompok rentan yang mengalami proses penuaan, gangguan kesehatan fisik dan psikis. Kesepian yang berkepanjangan berakibat pada penurunan imunitas, gangguan tidur, gangguan mental emosional, depresi, bahkan bunuh diri. **Tujuan:** Penelitian ini untuk menganalisis hubungan kesepian dengan tingkat emosi pada lansia di Karang Werda Kecamatan Balung Kabupaten Jember. **Metode:** Penelitian ini menggunakan metode penelitian kuantitatif dengan pendekatan deskriptif korelasional dan desain cross sectional. Sampelnya berjumlah 108 lansia dengan teknik Stratified Random Sampling. Pengumpulan data kesepian menggunakan UCLA Loneliness Scale Version 3 dan tingkat emosi menggunakan Emotion Regulation Questionnaire (ERQ). **Hasil:** Didapatkan bahwa (79%) lansia mengalami kesepian ringan dan (79%) mempunyai tingkat emosi yang baik. Hasil korelasi antara kesepian dan tingkat emosi diperoleh ( $p= 0,003$ ,  $r= -0.202$ ). **Kesimpulan:** Terdapat hubungan antara kesepian dengan

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tingkat emosional pada lansia di Karang Werda Kecamatan Balung Kabupaten Jember. Diharapkan lansia dapat berhubungan baik dengan lingkungan sekitar dan berpartisipasi aktif dalam kegiatan kelompok. Perawat harus melakukan perawatan psikologis rutin pada lansia dan memberikan intervensi yang tepat.

**Kata Kunci:** Lansia, Tingkat Emosi, Karang Werda, Kesepian, Kelompok Sebaya

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