

**HUBUNGAN DUKUNGAN SOSIAL TEMAN SEBAYA TERHADAP  
PERASAAN KESEPIAN PADA LANSIA YANG DITINGGAL  
PASANGANNYA DI WILAYAH KERJA PUSKESMAS  
SEI LANGKAI**

Dwita Sari (2025)  
Program Studi Sarjana Keperawatan dan Pendidikan Profesi Ners  
Institut Kesehatan Mitra Bunda Batam

Dosen Pembimbing  
Ns. Dedi Fatrida., M.Kep  
Ns. Afif D Alba., M.Pd

**INTISARI**

Lanjut usia (lansia) merupakan kelompok rentan terhadap masalah psikososial, salah satunya kesepian akibat kehilangan pasangan. Kondisi ini berdampak pada psikologis maupun fisik, termasuk peningkatan risiko penyakit kardiovaskular, stroke, dan kematian dini. Dukungan sosial dari teman sebaya berperan sebagai faktor protektif penting yang mencakup dukungan emosional, integrasi sosial, pengakuan, ketergantungan, dan bimbingan. Penelitian ini bertujuan mengetahui hubungan dukungan sosial teman sebaya dengan tingkat kesepian pada lansia yang ditinggal pasangannya di Wilayah Kerja Puskesmas Sei Langkai Kota Batam tahun 2025. Jenis penelitian adalah kuantitatif dengan desain analitik *cross sectional* pada 85 lansia yang dipilih menggunakan teknik *purposive sampling*. Instrumen penelitian berupa kuesioner. Hasil penelitian menunjukkan mayoritas responden memiliki dukungan sosial tinggi sebanyak 73 lansia (85,88%) dan berada pada kategori tidak kesepian 50 lansia (58,82%). Uji Spearman rank diperoleh  $r = 0,537$  dan  $p \text{ value} = 0,000 < 0,05$  menunjukkan hubungan sedang hingga kuat dengan arah hubungan positif, sehingga didapatkan ada hubungan bermakna dan sedang antara Dukungan Sosial Teman Sebaya terhadap Perasaan Kesepian pada Lansia yang Ditinggal Pasangannya di Wilayah Kerja Puskesmas Sei Langkai Kota Batam Tahun 2025, maka dapat  $H_a$  diterima sedangkan  $H_0$  ditolak.

Kata Kunci: dukungan sosial teman sebaya, kesepian, lansia

***THE RELATIONSHIP BETWEEN PEER SOCIAL SUPPORT AND  
LONELINESS AMONG ELDERLY INDIVIDUALS WHO HAVE  
LOST THEIR SPOUSES IN THE WORKING AREA OF SEI  
LANGKAI PUBLIC HEALTH CENTER***

Dwita Sari (2025)

*Undergraduated of Nursing Study Program and Professional Education of Ners  
Mitra Bunda Health Institute Batam*

*Supervisors:*

Ns. Dedi Fatrida, M.Kep

Ns. Afif D. Alba, M.Pd

***ABSTRACT***

*Elderly individuals are a vulnerable group to psychosocial problems, one of which is loneliness due to the loss of a spouse. This condition affects both psychological and physical health, including an increased risk of cardiovascular disease, stroke, and premature death. Peer social support serves as an important protective factor, encompassing emotional support, social integration, recognition, dependence, and guidance. This study aimed to determine the relationship between peer social support and the level of loneliness among elderly individuals who lost their spouses in the working area of Sei Langkai Public Health Center, Batam City, in 2025. This research employed a quantitative approach with an analytic cross-sectional design involving 85 elderly participants selected using purposive sampling. The results showed that the majority of respondents had high social support (85.88%) and were categorized as not lonely (58.82%). The Spearman rank test obtained  $r = 0.537$  with  $p \text{ value} = 0.000 < 0.05$ , indicating a moderate to strong positive correlation. It can be that there is a significant and moderate relationship between peer social support and loneliness among elderly individuals who lost their spouses, suggesting that higher peer social support is associated with lower levels of loneliness.*

*Keywords: elderly, loneliness, peer social support*