

ABSTRACT

FREDY CAHYADI, 19.04.21. Participation of the Elderly in Skills Activities at the Sukabumi Phalamartha Center. By M.T MARWANTI and DIANA

Skills activities at the Sukabumi Phalamartha Center are quite diverse. These activities are implemented to ensure that older adults remain productive. The purpose of this study, "Elderly Participation in Skills Activities at the Sukabumi Phalamartha Center," was to obtain information and explanations regarding knowledge regarding improving the skills of older adults in carrying out training activities at the Center. The aspects examined in this study are the characteristics of elderly informants in the center, the forms of elderly skills activities in the center, the forms of elderly participation in participating in skills activities in the center, the intensity of elderly contributions in providing ideas, expertise, energy, and time, the benefits felt by elderly after participating in activities in the center, and what are the inhibiting and supporting factors felt by elderly in participating in activities in the center. The method used in this study is descriptive with a qualitative approach and data collection techniques through in-depth interviews, observation, and documentation studies. The main data sources in this study were six informants. The data analysis technique used was qualitative. The results of the research revealed that the activities participated in by the informants included sewing and animal husbandry skills. The skills activities held at the Center are designed to suit the physical condition, interests, and abilities of each elderly person. These activities serve not only to fill free time but also as a means of cognitive stimulation, fine motor skills development, and mental health enhancement for the elderly. Based on the research results and analysis of problems and needs, the program recommended by the researcher is the participation of elderly people in skills activities through outreach and training. The outreach activities are carried out to educate elderly people about the activities at the Center and to foster their enthusiasm for actively participating in skills activities. Meanwhile, the training activities are carried out to improve the elderly's understanding of the techniques involved in the skills activities.

Kata Kunci : Participation, Elderly, skill activities

ABSTRAK

FREDY CAHYADI, 19.04.21. Partisipasi Lanjut Usia Dalam Kegiatan Keterampilan Di Sentra Phalartha Sukabumi. Dibimbing oleh T.M MARWANTI dan DIANA

Kegiatan Keterampilan di Sentra Phalartha Sukabumi cukup beragam. Kegiatan Keterampilan tersebut dilaksanakan agar lanjut usia tetap bisa produktif. Tujuan dilakukannya penelitian Partisipasi Lanjut Usia Dalam Kegiatan Keterampilan di Sentra Phalartha Sukabumi agar dapat memperoleh informasi dan penjelasan tentang pengetahuan mengenai peningkatan keterampilan lanjut usia dalam melaksanakan kegiatan pelatihan di Sentra. Aspek yang diteliti dari penelitian ini adalah bagaimana karakteristik informan lansia di sentra, bagaimana bentuk-bentuk kegiatan keterampilan lansia yang ada di sentra, bagaimana bentuk partisipasi lansia dalam mengikuti kegiatan keterampilan di sentra, bagaimana intensitas lansia dalam memberikan sumbangan pikiran, keahlian, tenaga, dan waktu, bagaimana manfaat yang dirasakan lansia setelah berpartisipasi dalam kegiatan di sentra, dan apa saja faktor penghambat dan pendukung yang dirasakan lansia dalam partisipasi kegiatan di sentra. Metode yang digunakan penelitian ini adalah deskriptif dengan pendekatan kualitatif dan teknik pengumpulan data melalui wawancara mendalam, observasi, dan studi dokumentasi. Sumber data utama dalam penelitian ini sebanyak enam orang informan. Teknik analisis data yang digunakan adalah teknik analisa data kualitatif. Hasil dari penelitian yang dilakukan Kegiatan yang diikuti oleh Informan adalah keterampilan menjahit dan keterampilan beternak. Kegiatan keterampilan yang diselenggarakan di Sentra dirancang untuk menyesuaikan kondisi fisik, minat, serta kemampuan masing-masing lansia. Kegiatan tersebut berfungsi tidak hanya untuk mengisi waktu luang, tetapi juga sebagai sarana stimulasi kognitif, peningkatan motorik halus, serta penguatan kesehatan mental lansia. Berdasarkan hasil penelitian dan analisa masalah dan kebutuhan yang dilakukan, maka program yang peneliti rekomendasikan yaitu Partisipasi lanjut usia pada kegiatan keterampilan melalui kegiatan sosialisasi dan pelatihan. Kegiatan Sosialisasi dilaksanakan agar lanjut usia mengetahui kegiatan yang ada di Sentra dan menumbuhkan semangat kepada lanjut usia agar dapat aktif mengikuti kegiatan keterampilan. Sedangkan kegiatan pelatihan dilaksanakan agar lanjut usia lebih memahami Teknik dalam kegiatan keterampilan yang diikuti.

Kata Kunci : Partisipasi, Lanjut usia, Kegiatan Keterampilan