

ABSTRACT

APRILIANI, REINA. 2024. IMPROVING THE QUALITY OF LIFE OF THE ELDERLY THROUGH THE "BAHAGIA" RESILIENT ELDERLY SCHOOL COUNSELING PROGRAM (Descriptive Study of Elderly Family Development BKL in Tanjungsari Village, Karangpawitan District, Garut Regency). Department of Community Education, Teacher Training and Education, Siliwangi University.

At an advanced age, there has been a decline in his health and a decrease in his quality of life. Therefore, Indonesia Friendly Lansia and BKKBN are working together to help improve the quality of life of the elderly by creating a tough Lansia School Program held in various cities. The aim of this research is to find out the quality of life of the elderly in the "Happy" Lansia School Program. The method used in this research is qualitative. Techniques of data collection include observations, interviews, and documentation. The results of the research show that the quality of life of the elderly is seen from (a) physical health by applying PHBS CERDIK and aging exercises, advice on diet according to the contents of my dish, (b) psychological health by doing advice on the health of the psychological aspects of old age such as delirium and prevention with brain exercise, the implementation of routine spiritual activities, and a positive way of thinking about the old age, (c) social relationships of the elders are communication with the family and support provided by their family, the existence of consultations that the elders or their family can do with the elder school, (d) the environment, the provision of advice and training on how to make eco enzymes and make soaps and candles from used oil as a way of old people in keeping the environment and developing hobbies on the elds as a means for elders to be creative, and in the environment of the elderly, obtaining care and health services can be guaranteed with the presence of the enzyme school. So it can be concluded that the quality of life of the elderly who follow the senior school program already has a good quality of life.

Keywords: *Quality of Life, Elderly, The Resilient Elderly School Counseling Program.*