

ABSTRAK

SHERLY NURLATIFAH. 2026. “***DUKUNGAN EMOSIONAL KELUARGA PADA PROGRAM BINA KELUARGA LANSIA (BKL)***”. Jurusan Pendidikan Masyarakat, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Siliwangi Tasikmalaya.

Memasuki masa lansia berarti mengalami sisi penurunan, terutama dalam fungsi fisik, kognitif, maupun psikologis. Dalam konteks program Bina Keluarga Lansia (BKL), kurangnya dukungan emosional keluarga dapat memperburuk kondisi lansia dan menghambat efektivitas intervensi program. Tujuan penelitian ini untuk mengetahui dukungan emosional keluarga pada program bina keluarga lansia. Pendekatan yang digunakan dalam penelitian ini yaitu kualitatif dengan metode fenomenologi. Teknik pengumpulan data dalam penelitian ini melalui observasi, wawancara, dan dokumentasi. Hasil penelitian menunjukkan bahwa terdapat bentuk dukungan emosional melalui ekspresi empati dengan menanyakan kabar lansia secara rutin, mengantar lansia ke posyandu, serta memberikan penguatan spiritual, bantuan emosional dengan sikap ramah keluarga untuk menghargai pendapat lansia saat melakukan diskusi terkait persetujuan serta permintaan izin untuk mengikuti kegiatan bkl, perhatian dengan membantu lansia untuk dibantu berjalan saat akan mengikuti kegiatan, pemberian semangat dengan memberikan kata-kata penyemangat, dorongan, afirmasi positif kepada para lansia selama mengikuti kegiatan bkl, kehangatan pribadi dengan keluarga mengajak mengobrol ringan serta canda gurau sederhana kepada para lansia saat melakukan komunikasi dan cinta yaitu, dengan cara keluarga berbicara dengan lembut dan penuh kesabaran saat mengikuti kegiatan bkl. Simpulan dalam penelitian ini adalah bentuk dukungan emosional keluarga yang terdapat di Posyandu Lansia Melati IV, Desa Pawindan, Kabupaten Ciamis terdapat 6 bentuk dukungan emosional yaitu ekspresi empati, bantuan emosional, perhatian, pemberian semangat, kehangatan pribadi dan cinta.

Kata Kunci: Bina Keluarga, Dukungan Emosional, Keluarga, Lanjut Usia

ABSTRACT

SHERLY NURLATIFAH. 2026. “***FAMILY EMOTIONAL SUPPORT IN THE ELDERLY FAMILY DEVELOPMENT PROGRAM (BKL)***”. Department of Community Education, Faculty of Teacher Training and Education, Siliwangi University Tasikmalaya.

Entering old age means experiencing a decline, particularly in physical, cognitive, and psychological functioning. In the context of the Elderly Family Support Program (BKL), a lack of emotional support from family members can worsen the condition of the elderly and hinder the effectiveness of program interventions. The purpose of this study is to examine family emotional support within the elderly family support program. The approach used in this study is qualitative, employing a phenomenological method. Data collection techniques in this study included observation, interviews, and documentation. The results of the study indicate that emotional support is provided through expressions of empathy, such as regularly checking in on the elderly, accompanying them to health posts, and offering spiritual support; emotional assistance through the family's friendly attitude in respecting the elderly's opinions during discussions regarding consent and requests for permission to participate in BKL activities; attention by assisting the elderly with walking when participating in activities; encouragement through words of encouragement, support, and positive affirmations to the elderly during BKL activities; personal warmth through family members engaging in light conversation and simple banter with the elderly during communication; and love, manifested by family members speaking gently and with patience during BKL activities. The conclusion of this study is that there are six forms of emotional support provided by families at the Melati IV Senior Citizens' Health Post in Pawindan Village, Ciamis Regency: expressions of empathy, emotional support, attention, encouragement, personal warmth, and love.

Keywords: Family Development, Emotional Support, Family, Elderly