

ABSTRAK

Hubungan Antara Kualitas Hidup Dan Self-Esteem Pada Peserta Sekolah Lansia Serta Tinjauannya Dalam Islam

Fenomena *ageing population* yang ditandai dengan meningkatnya jumlah lansia di Indonesia mendorong perhatian terhadap kualitas hidup dan *self-esteem* pada kelompok lanjut usia. Penelitian ini bertujuan untuk mengidentifikasi hubungan antara kualitas hidup dan *self-esteem* pada peserta Sekolah Lansia serta tinjauannya dalam Islam. Penelitian ini menggunakan metode kuantitatif dengan pendekatan korelasional. Partisipan penelitian terdiri dari 61 lansia yang merupakan peserta Sekolah Lansia Fatmawati dan Mahira Kirana di Jakarta. Instrumen penelitian yang digunakan adalah WHOQOL-BREF dan Rosenberg Self-Esteem Scale (RSES). Hasil uji korelasi Spearman menunjukkan adanya hubungan antara dimensi lingkungan ($r=0.355$; $p=0.005$) dan dimensi hubungan sosial ($r=0.294$; $p=0.022$) kualitas hidup dengan *self-esteem* sosial pada peserta sekolah lansia. Dalam perspektif Islam, kualitas hidup dan *self-esteem* peserta Sekolah Lansia saling berkaitan, di mana lansia yang beriman, aktif berbuat baik, dan terlibat dalam kegiatan sosial cenderung memiliki pandangan yang positif terhadap diri sendiri sebagai hamba Allah dan pemimpin di bumi.

Kata kunci: Islam; Kualitas Hidup; Lansia; Sekolah Lansia; *Self-Esteem*

ABSTRACT

The Relationship Between Quality of Life and Self-Esteem Among Elderly School Participants with Islamic Perspective

The phenomenon of an aging population, characterized by an increase in the number of elderly people in Indonesia, has prompted attention to the quality of life and self-esteem of the elderly. This study aims to identify the relationship between quality of life and self-esteem among participants of the Elderly School and its implications in Islam. The study employs a quantitative method with a correlational approach. The participants consist of 61 elderly individuals who are participants of the Fatmawati and Mahira Kirana Elderly Schools in Jakarta. The research instruments used were the WHOQOL-BREF and the Rosenberg Self-Esteem Scale (RSES). The results of the Spearman correlation test showed a relationship between the environmental dimension ($r=0.35$; $p=0.005$) and the social relationship dimension ($r=0.29$; $p=0.022$) of quality of life with social self-esteem among elderly school participants. From an Islamic perspective, the quality of life and self-esteem of elderly school participants are interrelated, where elderly individuals who are faithful, actively engage in good deeds, and participate in social activities tend to have a positive view of themselves as servants of Allah and leaders on earth.

Keywords: *Islamic Perspective; Quality of Life; Elderly; Senior School; Self-Esteem*