

ABSTRAK

OPTIMALISASI *SOCIAL ENGAGEMENT* LANSIA DALAM LEMBAGA KESEJAHTERAAN SOSIAL AMANAH BUNDA DESA SIDOHARJO KABUPATEN PRINGSEWU

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Penelitian ini bertujuan untuk mengidentifikasi peran Lembaga Kesejahteraan Sosial (LKS) Amanah Bunda serta menganalisis programnya dalam optimalisasi *social engagement* lansia.

Penelitian ini menggunakan metode fenomenologi dengan pendekatan kualitatif. Informan penelitian terdiri atas lansia binaan LKS Amanah Bunda, pendamping lansia, dan ketua LKS. Pengumpulan data dilakukan melalui wawancara, observasi, dan dokumentasi, sedangkan analisis data menggunakan uji kredibilitas dengan perpanjangan waktu, peningkatan ketekunan, dan triangulasi.

Hasil penelitian menunjukkan bahwa peran LKS Amanah Bunda dalam optimalisasi *social engagement* lansia tercermin melalui kemampuan lembaga dalam mengedukasi, melatih, membina, memfasilitasi, dan memberdayakan lansia melalui tiga program utama, yaitu Sekolah Lansia, pelatihan keterampilan, dan senam. Program Sekolah Lansia memperkuat pengetahuan, kepercayaan diri, dan interaksi sosial sehingga mendorong lansia lebih aktif dalam kegiatan keagamaan dan kesehatan. Pelatihan keterampilan dan kesenian memberikan ruang bagi lansia untuk berkarya, tampil dalam kegiatan publik, serta memperluas jaringan sosial. Program senam berkontribusi pada peningkatan kesehatan fisik dan penguatan hubungan sosial. Lansia juga terlibat aktif dalam kegiatan solidaritas sosial seperti infak, gotong royong, dan pengambilan keputusan dalam kepanitiaan kegiatan LKS. Penelitian ini menyimpulkan bahwa optimalisasi *social engagement* tercapai ketika lansia tidak hanya berpartisipasi, tetapi juga memiliki ruang untuk berkontribusi dan berperan aktif dalam kegiatan bersama.

Kata Kunci: Lanjut Usia, Pemberdayaan, *Social Engagement*

ABSTRACT

OPTIMIZING SOCIAL ENGAGEMENT OF OLDER ADULTS AT THE AMANAH BUNDA SOCIAL WELFARE INSTITUTION IN SIDOHARJO VILLAGE PRINGSEWU REGENCY

**By
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This study aimed to identify the role of the Amanah Bunda Social Welfare Institution (LKS) and to analyze its programs in optimizing social engagement among older adults. This study employed a phenomenological method with a qualitative approach. The informants consisted of elderly beneficiaries of LKS Amanah Bunda, elderly caregivers, and the head of the institution. Data were collected through interviews, observation, and documentation, while data analysis was conducted using credibility testing through prolonged engagement, increased persistence, and triangulation. The results showed that the role of LKS Amanah Bunda in optimizing social engagement among older adults was reflected in the institution's ability to educate, train, nurture, facilitate, and empower the elderly through three main programs, namely the Elderly School, skills training, and exercise programs. The Elderly School program strengthened knowledge, self-confidence, and social interaction, which encouraged older adults to be more active in religious and health-related activities. Skills and arts training provided opportunities for the elderly to produce creative works, participate in public activities, and expand social networks. The exercise program contributed to improved physical health and strengthened social relationships. The elderly were also actively involved in social solidarity activities, such as charitable giving, mutual assistance, and participation in decision-making processes within LKS committees. This study concluded that optimal social engagement was achieved when older adults were not only involved in activities but also had opportunities to contribute and play active roles in collective actions.

Keywords: Older Adults, Empowermen, Social Engagement