

## Layanan Sosial Keluarga Berorangtua Pensiunan Terhadap *Post Power Syndrome*

### Social Service to Family with Retired Parents Having Post-Power Syndrome

Ikawati

Balai Besar Penelitian dan Pengembangan Pelayanan Kesejahteraan Sosial (B2P3KS).

Jl. Kesejahteraan Sosial No 1 Nitipuran Yogyakarta Email :ikawati.susatyo@yahoo.com , HP: 087839561959 .

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#### Abstract

*This study aims to determine the effect of social service to families with retired parents having post-power syndrome. This is a quantitative research. The location of research was determined purposively, namely was in Yogyakarta Special Region. Research subjects targeted was determined purposively and it was determined at a number of 30 respondents. The data was collected by distributing questionnaires and was analyzed by using regression analysis techniques. The results indicated that there was an effect of social service to families with retired parents having post-power syndrome as seen in its relative and effective contribution. The relative contribution could be seen in first priority that was providing opportunities to religious activities, the second one was providing chances for parents to do the counseling, the third one was providing assistance for making retirement activities plan before being retired, the fourth one was providing occasion for recreation and the fifth one was providing chances for doing social interaction with their surrounding especially in the context of their post-power syndrome as it was revealed through their anxiety of losing their status, career and that of decreasing their routine income, and their contact with colleagues as well as their self-confidence. Whereas the effective contribution took place as 58.344 percent much at controlling post-power syndrome. It means that there are other factors that do not exist in this research variable as much as 41.656 percent that affect the occurrence of post-power syndrome. Based on these findings, it is recommended to the Ministry of Social Affairs through the Directorate of Family Empowerment and Social Institutions, especially due to strengthening family program through family empowerment, to prepare carefully those going retired, to pay attention and to take care of them, to appreciate those retired and to accompany them in anticipating the occurrence of post-power syndrome.*

**Keywords:** *family service disorder syndrome*

#### Abstrak

Penelitian ini bertujuan mengetahui pengaruh layanan sosial keluarga berorangtua pensiunan terhadap *post power syndrom*. Penelitian ini merupakan penelitian kuantitatif. Lokasi penelitian ditentukan berdasarkan *purposive*, yaitu di Daerah Istimewa Yogyakarta. Sasaran subjek penelitiannya ditentukan berdasarkan *purposive*, maka ditentukan 30 responden. Objek penelitiannya adalah layanan sosial keluarga dan *post power syndrom*. Pengumpulan data menggunakan angket, sedang analisa data menggunakan teknik analisa regresi. Hasil penelitian menunjukkan ada pengaruh layanan sosial keluarga berorangtua pensiunan terhadap *post power syndrom* yang dilihat dari besar sumbangan relatif dan efektif. Keluarga yang berorangtua pensiun dalam memberikan layanan sosial memperlihatkan ada sumbangan relatif dari urutan pertama yang menyumbangkan terbesar adalah memberikan kesempatan kegiatan religious, kedua memberikan kesempatan untuk menasehati, ketiga memberikan bantuan dalam perencanaan kegiatan sebelum pensiun, keempat memberi kesempatan berekreasi, serta kelima memberikan kesempatan melakukan kegiatan sosial dan keenam memberi kesempatan berinteraksi dengan lingkungan terhadap *post power syndrom* yang diungkap melalui kecemasan kehilangan status, karier, menurunnya penghasilan, interaksi dengan rekan kerja, dan rasa percaya diri. Sumbangan efektifnya adalah sumbangan layanan sosial keluarga yang berorangtua pensiun menyumbangkan 58,344 persen terjadinya *post power syndrom*. Artinya masih ada faktor lain yang tidak ada dalam variabel penelitian ini sebesar 41,656 persen yang mempengaruhi terjadinya *post power syndrom*. Berdasarkan hasil temuan tersebut, maka direkomendasikan kepada Kementerian Sosial melalui Direktorat Pemberdayaan Keluarga dan Kelembagaan Sosial, agar dalam program penguatan keluarga melalui anggota keluarga guna mempersiapkan, memperhatikan, mempedulikan, menghargai, dan mendampingi menghadapi pensiun guna mencegah terjadinya *post power syndrom*.

**Kata kunci:** *pelayanan sosial-keluarga-post power syndrom*