

ABSTRAK

HUBUNGAN DUKUNGAN SOSIAL DENGAN TINGKAT DEPRESI PADA LANSIA DI PANTI WREDHA SANTO YOSEPH KOTA KEDIRI

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Seiring bertambahnya usia, seseorang mengalami berbagai perubahan dalam hidupnya. Perubahan mental yang banyak dialami lansia antara lain depresi akibat stres internal. Lansia yang mengalami gangguan kesehatan mental hingga depresi mencapai 20% dari penduduk Indonesia. 37,5% mengalami depresi di dunia. Tujuan penelitian ini untuk mengetahui hubungan dukungan sosial dengan tingkat depresi pada lanjut usia di Panti Werdha Santo Yoseph Kota Kediri. Populasi pada penelitian ini sebanyak 35 orang lansia dengan *besar sampel* sebanyak 31 orang lansia yang tinggal di Panti Werdha Santo Yoseph Kota Kediri. Pengambilan sampel dilakukan dengan menggunakan *Random Sampling* yaitu teknik pengambilan sampel dari populasi yang dilakukan secara acak. Data dikumpulkan melalui dua buah alat ukur yaitu kuesioner dukungan sosial dan kuesioner tingkat depresi. Hasil perhitungan norma menunjukkan sebagian besar subjek mendapatkan dukungan sosial tinggi sebanyak 17 (54,85%) orang dan sebagian besar subjek mengalami depresi ringan sebanyak 20 (64,52%) orang. Hasil penelitian ini menyatakan bahwa ada hubungan yang kuat antara dukungan sosial dengan tingkat depresi pada lansia di panti wredha santo yoseph kota kediri dengan nilai korelasi *spearman rank* - 0,615 dan $p = 0,001 < \alpha (0,05)$, sedangkan arah hubungan adalah negatif yang maknanya semakin tinggi dukungan sosial semakin rendah tingkat depresi. Panti perlu mempertahankan dan meningkatkan kerjasama dengan anggota keluarga sehingga terus mengunjungi lansia.

Kata Kunci : Dukungan sosial, lansia, tingkat depresi

ABSTRACT

THE RELATIONSHIP BETWEEN SOCIAL SUPPORT AND THE LEVEL OF DEPRESSION IN THE ELDERLY AT THE SANTO YOSEPH NURSING HOME KEDIRI CITY

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As people age, they experience various changes in their lives. Many mental changes experienced by the elderly include depression due to internal stress. Elderly people who experience mental health disorders up to depression account for 20% of the Indonesian population. 37.5% have depression in the world. The purpose of this study was to determine the relationship between social support and the level of depression in the elderly at Panti Werdha Santo Yoseph Kediri City. The population in this study was 35 elderly people with a sample size of 31 elderly people living in the Werdha Santo Yoseph Home in Kediri City. Sampling is done using Random Sampling, which is a sampling technique from a population that is done randomly. Data were collected through two measuring instruments, namely the social support questionnaire and the depression level questionnaire. The results of the norm calculation showed that most subjects received high social support as many as 17 (54.85%) people and most subjects experienced mild depression as many as 20 (64.52%) people. The results of this study state that there is a strong relationship between social support and depression levels in the elderly at the santo yoseph nursing home in the city of kediri with a spearman rank correlation value of - 0.615 and $p = 0.001 < \alpha (0.05)$, while the direction of the relationship is negative which means that the higher the social support the lower the level of depression. Nursing homes need to maintain and increase cooperation with family members so that they continue to visit the elderly.

Keywords: Social support, elderly, depression level