

# HUBUNGAN DEPRESI DENGAN KUALITAS HIDUP LANSIA WANITA PADA KOMUNITAS DAHLIA SENJA LIMO DEPOK

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## Abstrak

**Latar Belakang:** Depresi pada lansia seringkali tidak terdeteksi karena penurunan fungsi eksekutif dan dipandang sebagai bagian dari proses penuaan, bila depresi tidak ditangani dengan baik dapat mengakibatkan memburuknya status kesehatan, dan rendahnya kualitas hidup bahkan dapat menyebabkan kematian.

**Tujuan:** Tujuan dari penelitian ini adalah untuk menyelidiki hubungan antara kualitas hidup lansia wanita dan depresi pada Komunitas Dahlia Senja Limo Depok.

**Desain:** Penelitian ini menggunakan metode kuantitatif korelasional dengan pendekatan *cross sectional* yang didasarkan hasil pengukuran kualitas hidup menggunakan kuesioner *World Health Organization Quality of life-Bref* (WHOQOL-Bref) dan kuesioner tingkat depresi yaitu *Geriatric depression scale* (GDS) dengan metode *sampling* total *sampling*, dan jumlah responden 40. Pada penelitian ini menggunakan uji univariat dan uji bivariat dengan menggunakan SPSS 25. **Hasil Penelitian:** Dari hasil penelitian ini diketahui, mayoritas responden tidak mengalami depresi (55%) dan terdapat (70%) lansia yang memiliki kualitas hidup baik. Hasil uji *spearman* yaitu tidak ada hubungan depresi dengan kualitas hidup lansia ( $P=0,135$ ,  $P >0,05$ ). Kesimpulan tidak ada hubungan antara depresi dan kualitas hidup lansia wanita pada komunitas DahliaSenja Limo Depok.

**Kata Kunci:** Lansia, kualitas hidup, depresi.

# THE RELATIONSHIP BETWEEN DEPRESSION AND THE QUALITY OF LIFE OF THE ELDERLY WOMEN IN THE DAHLIA SENJA LIMO DEPOK COMMUNITY

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## Abstract

**Background:** Depression in the elderly often goes undetected due to decreased executive function and is seen as part of the aging process, if depression is not treated properly it can result in deterioration of health status, and low quality of life can even lead to death. **Purpose:** The purpose of this study was to investigate the relationship between the quality of life of elderly women and depression in the Dahlia Senja Limo Depok Community. **Design:** The aim of this study was to investigate the association between elderly people's quality of life and depression in the Dahlia Senja Limo Community, Depok. This study used a correlational quantitative method with a cross-sectional approach based on the results of measuring the quality of life using the World Health Organization Quality of life-Bref (WHOQOL-Bref) questionnaire and the depression level questionnaire, namely the Geriatric depression scale (GDS) with the total sampling method, and the total 40 respondents. In this study using univariate test and bivariate test using SPSS 25. **Result:** According to this study's findings it was known that the majority of respondents did not experience depression (55%) and there were (70%) elderly people who had a good quality of life. The results of the Spearman test showed that there was no relationship between depression and the quality of life of the elderly ( $P=0.135$ ,  $P>0.05$ ). In conclusion, there is no relationship between depression and the quality of life of elderly women in the Dahlia Senja Limo Depok community.

**Keyword:** Elderly, quality of life, depression.