

ABSTRAK

Lansia terus mengalami lonjakan populasi di Indonesia setiap tahunnya. Kondisi lansia yang tinggal di panti werdha rentan mengalami masalah psikologis, termasuk depresi diduga dapat terjadi karena kurangnya dukungan sosial serta rasa kesepian sebagai faktor biopsikososial. Penelitian ini bertujuan untuk mengetahui hubungan dukungan sosial dan tingkat kesepian terhadap tingkat depresi pada lansia di Panti Sosial Tresna Werdha Budi Mulia 3, Jakarta Selatan. Studi ini menggunakan pendekatan kuantitatif dengan rancangan *cross sectional* serta melibatkan 30 responden yang dipilih dengan teknik simple random sampling. Instrumen yang digunakan meliputi *Geriatric Depression Scale (GDS-15)*, *Multidimensional Scale of Perceived Social Support (MSPSS)*, dan *UCLA Loneliness Scale Version 3*. Metode analisis yang digunakan adalah uji Chi-Square. Temuan penelitian ini menunjukkan mayoritas responden tidak mengalami depresi (63,3%), sebagian besar memperoleh dukungan sosial sedang hingga tinggi (83,3%), dan 60% mengalami kesepian. Uji statistik menunjukkan bahwa tidak terdapat hubungan signifikan antara dukungan sosial dengan depresi ($p = 0,865$) maupun antara kesepian dengan depresi ($p = 0,643$). Kesimpulannya, pada penelitian ini tidak terdapat adanya hubungan signifikan karena lingkungan panti yang suportif telah memberikan dukungan sosial yang tinggi serta mengurangi variasi depresi pada lansia. Temuan ini dapat dipengaruhi oleh karakteristik responden yang relatif homogen, seperti banyaknya responden dengan riwayat pendidikan cukup tinggi serta dominasi lansia usia dini.

Kata kunci: depresi, dukungan sosial, kesepian, lansia, panti werdha

ABSTRACT

The elderly population in Indonesia has been steadily rising each year. Elderly who are living in residential nursing facilities are vulnerable to psychological problems, including depression, which may arise due to inadequate provision of social support and feelings of loneliness as biopsychosocial factors. This present study is designed to assess the association of loneliness with the degree of depression among elderly at Tresna Werdha Budi Mulia 3 Nursing Home, South Jakarta. The study utilized a quantitative design employing a cross-sectional design and involved 30 respondents selected through simple random sampling. The instruments included the Geriatric Depression Scale (GDS-15), the Multidimensional Scale of Perceived Social Support (MSPSS), and the UCLA Loneliness Scale Version 3. Data were analysed rely on the Chi-square test. The findings indicated that the majority of participants did not experience depression (63,3%), most received moderate to high levels of social support (83,3%), and 60% experienced loneliness. Statistical test indicated no significant relationship between social support and depression ($p = 0,865$) nor between loneliness and depression ($p = 0,643$). In conclusion, no significant associations were found, which may be explained by the supportive environment of the nursing home that provides high level of social support and reduces variations in depression among the elderly. These findings may be influenced by the relatively homogeneous characteristics of respondents, such as considerable proportion with higher educational backgrounds and the predominance of younger elderly.

Keywords: *depression, elderly, loneliness, nursing home, social support*