

GAMBARAN TINGKAT DEPRESI PADA LANSIA DI PANTI SOSIAL TRESNA WERDHA BUDI MULIA 3

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Abstrak

Latar Belakang: Lanjut usia merupakan kelompok yang rentan mengalami masalah kesehatan mental, salah satunya depresi, akibat perubahan fisik, psikologis, dan sosial yang terjadi seiring proses penuaan. Lansia yang tinggal di panti sosial memiliki risiko lebih tinggi mengalami depresi karena keterbatasan interaksi sosial, kehilangan pasangan, serta penurunan fungsi tubuh. Lansia yang menetap di Panti Sosial Tresna Werdha Budi Mulia 3 berisiko mengalami masalah kesehatan mental, khususnya depresi yang dipengaruhi oleh penurunan kondisi fisik, beban psikologis, serta perubahan dan keterbatasan lingkungan sosial di panti. **Tujuan Penelitian:** Penelitian ini bertujuan untuk mendeskripsikan tingkat depresi pada lanjut usia yang tinggal di Panti Sosial Tresna Werdha Budi Mulia 3 dengan mempertimbangkan karakteristik usia, jenis kelamin, riwayat pekerjaan, pendidikan terakhir, status pernikahan, dan lama tinggal di panti. **Metode Penelitian:** Penelitian ini menggunakan desain deskriptif kuantitatif dengan pendekatan *cross-sectional*. Sampel penelitian berjumlah 81 lanjut usia yang dipilih menggunakan teknik total sampling sesuai kriteria inklusi dan eksklusi. Pengumpulan data dilakukan menggunakan instrumen *Geriatric Depression Scale (GDS-15)*. Data dianalisis secara univariat dan disajikan dalam bentuk distribusi frekuensi dan persentase. **Hasil penelitian:** Hasil penelitian menunjukkan bahwa sebagian besar responden berada pada kategori tidak depresi atau normal sebanyak 51 orang (63%). Responden dengan depresi ringan berjumlah 18 orang (22,2%), depresi sedang sebanyak 7 orang (8,6%), dan depresi berat sebanyak 5 orang (6,2%). Tingkat depresi ditemukan bervariasi berdasarkan karakteristik responden seperti usia, jenis kelamin, pekerjaan terdahulu, pendidikan terakhir, status pernikahan, serta durasi lama tinggal di panti. **Kesimpulan:** Sebagian besar lanjut usia di Panti Sosial Tresna Werdha Budi Mulia 3 berada pada kategori tidak depresi, namun masih ditemukan lansia dengan depresi ringan hingga berat. Kondisi ini menunjukkan perlunya upaya deteksi dini serta intervensi yang berkelanjutan, seperti peningkatan aktivitas fisik, dukungan psikososial, dan peningkatan interaksi sosial untuk mencegah dan menurunkan tingkat depresi pada lansia.

Kata Kunci : Depresi; Lansia; Panti Sosial; *Geriatric Depression Scale*; Fisioterapi.

OVERVIEW OF DEPRESSION LEVELS IN THE ELDERLY AT TRESNA WERDHA BUDI MULIA 3 SOCIAL INSTITUTION

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Abstract

Background: Older adults are a group that is vulnerable to mental health problems, one of which is depression, due to physical, psychological, and social changes that occur as they age. Elderly people living in social institutions have a higher risk of depression due to limited social interaction, loss of a partner, and decline in physical function. Elderly people residing at the Budi Mulia 3 Social Institution for the Elderly are at risk of mental health problems, particularly depression, which is influenced by declining physical condition, psychological burden, and changes and limitations in the social environment at the institution. **Purpose:** This study aims to describe the level of depression in elderly people living in the Tresna Werdha Budi Mulia 3 Social Welfare Institution by considering characteristics such as age, gender, employment history, highest level of education, marital status, and length of stay at the institution. **Design:** This study uses a quantitative descriptive design with a *cross-sectional* approach. The research sample consisted of 81 elderly people selected using total sampling techniques according to inclusion and exclusion criteria. Data collection was carried out using the Geriatric Depression Scale (GDS-15) instrument. The data were analyzed univariately and presented in the form of frequency distributions and percentages. **Results:** The results show that most respondents were in the non-depressed or normal category, totaling 51 people (63%). Respondents with mild depression numbered 18 people (22.2%), moderate depression numbered 7 people (8.6%), and severe depression numbered 5 people (6.2%). The level of depression was found to vary based on respondent characteristics such as age, gender, previous occupation, highest level of education, marital status, and length of stay at the nursing home. **Conclusion:** Most of the elderly residents at the Budi Mulia 3 Social Welfare Home for the Elderly were in the non-depressed category, but there were still elderly residents with mild to severe depression. This condition indicates the need for early detection and continuous intervention, such as increasing physical activity, psychosocial support, and increasing social interaction to prevent and reduce depression levels in the elderly.

Keywords: Depression; Elderly; Nursing Home; Geriatric Depression Scale; Physiotherapy.