

# HUBUNGAN DUKUNGAN SOSIAL KELUARGA DENGAN TINGKAT DEPRESI LANSIA DIABETES MELITUS DI KELURAHAN LIMO, KOTA DEPOK

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## Abstrak

Diabetes melitus merupakan penyakit kronis pada lansia yang dapat memengaruhi kondisi psikologis, termasuk depresi. Dukungan sosial keluarga berperan penting dalam membantu pengelolaan penyakit dan menurunkan tingkat depresi. Penelitian ini bertujuan untuk mengetahui hubungan dukungan sosial keluarga dengan tingkat depresi pada lansia diabetes melitus di Kelurahan Limo, Kota Depok. Penelitian ini menggunakan pendekatan kuantitatif dengan desain *cross-sectional*. Sampel penelitian berjumlah 140 lansia yang dipilih menggunakan teknik *cluster sampling*. Pengumpulan data dilakukan menggunakan kuesioner *Perceived Social Support-Family Scale* (PSS-Fa) dan *Geriatric Depression Scale* (GDS) versi 15 yang telah diuji validitas dan reliabilitasnya. Analisis data menggunakan uji korelasi *Spearman* menunjukkan adanya hubungan yang signifikan antara dukungan sosial keluarga dengan tingkat depresi ( $p\text{-value} = 0.000$ ;  $p < 0.05$ ) dengan koefisien korelasi ( $r$ ) sebesar  $-0.510$ , yang menunjukkan hubungan negatif dengan kekuatan sedang. Semakin tinggi dukungan sosial keluarga, maka semakin rendah tingkat depresi lansia, sehingga dukungan keluarga penting dijadikan pertimbangan dalam upaya promotif dan preventif kesehatan mental lansia penderita diabetes melitus.

**Kata Kunci:** Depresi, Diabetes Melitus, Dukungan Sosial Keluarga, Lansia

***THE RELATIONSHIP BETWEEN FAMILY SOCIAL SUPPORT  
AND DEPRESSION LEVELS AMONG ELDERLY PATIENTS  
WITH DIABETES MELLITUS IN LIMO SUBDISTRICT, DEPOK  
CITY***

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**Abstract**

*Diabetes mellitus is a chronic disease commonly experienced by older adults and may affect psychological conditions, including depression. Family social support plays an important role in assisting disease management and reducing depressive symptoms. This study aimed to examine the relationship between family social support and the level of depression among older adults with diabetes mellitus in Limo Subdistrict, Depok City. This study employed a quantitative approach with a cross-sectional design. A total of 140 older adults were selected using cluster sampling techniques. Data were collected using the Perceived Social Support–Family Scale (PSS-Fa) and the 15-item Geriatric Depression Scale (GDS), both of which had been tested for validity and reliability. Data analysis was conducted using Spearman’s correlation test. The results indicated a significant relationship between family social support and depression levels ( $p$ -value = 0.000;  $p < 0.05$ ), with a correlation coefficient ( $r$ ) of  $-0.510$ , indicating a moderate negative correlation. This finding suggests that Higher family social support was associated with lower levels of depression, suggesting that family support is important to be considered in promotive and preventive efforts for mental health among older adults with diabetes mellitus.*

**Keywords:** *Depression, Diabetes Mellitus, Family Social Support, Older Adults*