

INTISARI

FAKTOR-FAKTOR YANG MEMPENGARUHI TINGKAT DEPRESI PADA LANSIA DI PUSAT KEGIATAN PENYANTUNAN USIA LANJUT AISYIYAH SURAKARTA

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Latar Belakang: Depresi merupakan masalah psikologis yang banyak terjadi pada lanjut usia. Banyak faktor yang mempengaruhi depresi pada lansia diantaranya adalah tingkat pendidikan lansia, dukungan keluarga dan tipe kepribadian lansia. Berdasarkan studi pendahuluan diketahui sekitar 66,7% lansia memiliki tanda ataupun gejala dari depresi.

Tujuan Penelitian: Untuk mengetahui faktor-faktor tingkat depresi pada lansia yang tinggal di Pusat Kegiatan Penyantunan Usia Lanjut Aisyiyah Surakarta.

Metode Penelitian: Penelitian ini merupakan penelitian *deskriptif korelatif*. Teknik pengambilan sampel dengan menggunakan teknik *total sampling* sehingga diperoleh jumlah sampel sebanyak 30 lansia. Alat pengumpulan data menggunakan kuesioner. Teknik analisis data menggunakan analisis regresi linier berganda.

Hasil Penelitian: Dari hasil analisis diketahui mayoritas lansia berpendidikan dasar (80%), dukungan keluarga pada lansia mayoritas tinggi (66,7%), tipe kepribadian lansia mayoritas bertipe kepribadian kholeris (56,7%), tingkat depresi lansia mayoritas termasuk depresi sedang (63,3%). Hasil analisa bivariat diketahui tingkat pendidikan ($p = 0,047$), dukungan keluarga ($p = 0,011$) dan tipe kepribadian ($p = 0,026$) berpengaruh terhadap tingkat depresi lansia. Hasil analisis multivariat diketahui bahwa ada pengaruh tingkat pendidikan, dukungan keluarga dan tipe kepribadian lansia terhadap tingkat depresi lansia ($p = 0,000 < 0,05$).

Simpulan: Ada pengaruh tingkat pendidikan, dukungan keluarga dan tipe kepribadian lansia terhadap tingkat depresi lansia yang tinggal di Pusat Kegiatan Penyantunan Usia Lanjut Aisyiyah Surakarta.

Kata Kunci: tingkat pendidikan, dukungan keluarga, tipe kepribadian, tingkat depresi lansia

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ABSTRACT

FACTORS THAT INFLUENCE THE DEPRESSION LEVEL IN ELDERLY AT CONTINUOUS EDUCATION CENTER AISYIYAH SURAKARTA

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Background: Depression is a psychological problem that often occurs in the elderly. Many factors that affect depression in the elderly include the level of education of the elderly, family support and personality types of the elderly. Based on preliminary studies it was known that around 66.7% of the elderly have signs or symptoms of depression.

Purpose: to determine the level of depression factors in the elderly who live in the Center for Elderly Activity Aisyiyah Surakarta.

Method: This research was a correlative descriptive study. The sampling technique using total sampling techniques to obtain a sample of 30 elderly. The data collection tool uses a questionnaire. Meanwhile, data was analyzed by using multiple linear regression analysis.

Result: From the results of the analysis it was known that the majority of elderly have basic education (80%), family support for the elderly majority was high (66.7%), the majority of elderly personality types were tolerant personality types (56.7%), majority depression rates include moderate depression (63.3%). The results of bivariate analysis revealed the level of education ($p = 0.047$), family support ($p = 0.011$) and personality type ($p = 0.026$) affecting the level of depression in the elderly. The results of multivariate analysis revealed that there was an influence on the level of education, family support and personality type of the elderly on the level of depression in the elderly ($p = 0,000 < 0,05$).

Conclusion: There was an influence of the level of education, family support and personality type of the elderly on the level of depression of the elderly who live in the Center for Elderly Activity Aisyiyah Surakarta.

Key word: level of education, family support, personality type, elderly level of depression

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