

INTISARI

PENGARUH *ART THERAPY* KALIGRAFI TERHADAP TINGKAT DEPRESI PADA LANSIA DI PANTI USIA LANJUT AISYIYAH SURAKARTA

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Latar Belakang: Lansia yang tinggal di panti sering merasa kesepian, kurang aktivitas, dan mengalami stres hingga depresi. Oleh karena itu, diperlukan intervensi yang tepat bagi lansia untuk menurunkan depresi yang dialami dengan memberikan kegiatan yang positif, menarik dan bersifat menyenangkan salah satunya dengan *art therapy* kaligrafi.

Tujuan Penelitian: Untuk mengetahui pengaruh *Art therapy* kaligrafi terhadap tingkat depresi lansia di Panti Usia Lanjut Aisyiyah Surakarta.

Metode Penelitian: Jenis penelitian kuantitatif dengan metode *quasy experiment* dan pendekatan *One Group Pretest-Posttest Without Control Design*. Sampel sebanyak 30 lansia yang diambil secara *total sampling*. Teknik pengumpulan data menggunakan kuesioner GDS untuk mengukur tingkat depresi lansia dan SOP *art therapy* kaligrafi dengan 7 asmaul husna dilakukan selama 7 hari dimana dalam satu sesi dilakukan selama ± 1 jam. Teknik analisis data menggunakan analisis *paired t test*.

Hasil Penelitian: Hasil analisis diketahui bahwa semua lansia berjenis kelamin perempuan (100%), berusia 60-74 tahun (53,3%), berpendidikan SD (50%) dan telah tinggal di panti selama 1-5 tahun (53,3%). Sebelum dilakukan *art therapy* kaligrafi mayoritas lansia mengalami depresi berat (66,7%) dan sesudah dilakukan *art therapy* kaligrafi mayoritas lansia mengalami depresi ringan (63,3%). Hasil analisis bivariat dilakukan membandingkan skor *pretest-posttest* dari *Geriatric Depression Scale* (GDS) diperoleh nilai signifikansi $0,000 < 0,05$ artinya pemberian *Art therapy* kaligrafi mampu menurunkan tingkat depresi lansia. Hasilnya juga menunjukkan perubahan perilaku mereka seperti meningkatkan interaksi sosial.

Simpulan: Terdapat pengaruh *Art therapy* kaligrafi terhadap tingkat depresi lansia di Panti Usia Lanjut Aisyiyah Surakarta.

Kata Kunci: *Art therapy* kaligrafi, lansia, depresi

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ABSTRACT

THE EFFECT OF CALLIGRAPHY ART THERAPY ON THE LEVEL OF DEPRESSION IN THE ELDERLY AT AISYIYAH SURAKARTA NURSING HOME

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Background: Elderly in nursing homes often feel lonely due to a lack of activity and experience stress, leading to depression. Appropriate intervention for the elderly is needed to reduce depression by providing positive, exciting and fun activities such as calligraphy art therapy.

Objectives To determine the effect of calligraphy art therapy on the level of depression in the elderly at Aisyiyah Surakarta nursing home.

Method: This research is quantitative with a quasi-experimental method and the One Group Pretest-Posttest approach without Control Design. A sample of 30 elderly is taken by total sampling. Data collection techniques used the GDS questionnaire to measure the level of depression in the elderly and calligraphy art therapy SOP with 7 Asmaul Husna were carried out for 7 days, in which one session was carried out for \pm 1 hour. The data analysis technique used paired t test analysis.

Results: The results of the analysis show that all the elderly are female (100%), aged 60-74 years (53.3%), have elementary school education (50%) and have lived in the nursing home for 1-5 years (53.3%). The majority of the elderly experienced severe depression (66.7%) before calligraphy art therapy. The majority of the elderly experienced mild depression (63.3%) after calligraphy art therapy. The bivariate analysis results are carried out by comparing the pretest-posttest scores of the Geriatric Depression Scale (GDS) with a significance value of $0.000 < 0.05$. It means that the provision of calligraphy art therapy can reduce the level of depression in the elderly. The results also show the changing behaviour, such as increasing social interaction.

Conclusion: There is an effect of calligraphy art therapy on the level of depression in the elderly at the Aisyiyah Surakarta nursing home.

Keywords: Calligraphy Art Therapy, Elderly, Depression

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