

HUBUNGAN INKONTINENSIA URIN DENGAN DEPRESI PADA LANSIA DI PANTI WREDHA DHARMA BHAKTI PAJANG SURAKARTA

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Latar Belakang: Inkontinensia urin adalah salah satu masalah lanjut usia yang memerlukan penanganan yang tepat. Lansia penderita inkontinensia urin sering kali mengalami gangguan depresi, hal ini dikarenakan mereka merasakan kesendirian dan merasa hina dengan kondisinya. Hasil wawancara terhadap 10 responden, diketahui terdapat 6 orang lansia yang mengalami inkontinensia urin mengatakan sering buang air kecil bahkan ngompol di tempat tidur karena tidak dapat menahan kencing dan 4 orang yang mengalami depresi karena merasa hina dengan kondisinya.

Tujuan: Mengetahui hubungan inkontinensia urin dengan depresi pada lanjut usia di Panti Wredha Dharma Bhakti Pajang Surakarta.

Metode: Jenis penelitian adalah deskriptif korelasional dengan pendekatan *cross-sectional*. Populasi adalah semua lanjut usia di Panti Wredha Dharma Bhakti Pajang Surakarta yang berjumlah 86 orang. Teknik sampling *purposive sampling*, sehingga diperoleh jumlah sampel penelitian 65 responden. Instrumen variabel inkontinensia urin menggunakan *Sandvix Severity Index* (SSI) yang disusun Miller (2009), sedangkan instrumen variabel depresi pada lansia menggunakan kuesioner *Geriatric Depression Scale* (GDS) yang disusun Brink dan Yesavage (1982). Teknik analisis data menggunakan *Chi Square*.

Hasil: (1) Lansia di Panti Wredha Dharma Bhakti Pajang paling banyak mengalami inkontinensia urin kategori parah, yaitu terdapat 27 lansia (41,54%). (2) Lansia di Panti Wredha Dharma Bhakti Pajang paling banyak mengalami depresi kategori ringan, yaitu terdapat 23 lansia (35,38%). (3) Terdapat hubungan yang signifikan antara inkontinensia urin dengan depresi pada lansia di Panti Wredha Dharma Bhakti Pajang Surakarta, dengan nilai koefisien korelasi *Chi Square* sebesar 47,150 dan signifikansi 0,001 dan CI sebesar 0,648.

Kesimpulan: Terdapat hubungan yang signifikan antara inkontinensia urin dengan depresi pada lansia di Panti Wredha Dharma Bhakti Pajang Surakarta.

Kata Kunci: Inkontinensia Urin, Depresi, Lansia

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ABSTRACT

THE CORRELATION OF INCONSISTENCY URINE TO DEPRESSION ON ELDERLY IN WREDHA DHARMA BHAKTI NURSING HOME OF PAJANG SURAKARTA

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Background: Inconsistency urine is one of the elderly problems that requires appropriate treatment. Elderly with inconsistency urine often get depression. It is due to they feel alone and despicable about their condition. The results of interviews with 10 respondents indicated that there were 6 elderly who experienced inconsistency urine and frequent urination even wet in their bed. Whereas, 4 people who are depressed since they feel despicable for their condition.

Objective: To determine the correlation of inconsistency urine to depression in elderly at Wredha Dharma Bhakti nursing home Pajang Surakarta.

Method: This research belongs to descriptive correlational with a cross-sectional approach. The population is 86 elderly at the Wredha Dharma Bhakti nursing home Pajang Surakarta. The sampling technique used purposive sampling with a total sample of 65 respondents. The instrument variables for inconsistency urine used the Sandvix Severity Index (SII) by Miller (2009). Whereas, the depression instrument variable in elderly used a Geriatric Depression Scale (GDS) questionnaire by Brink and Yesavage (1982). Data analysis techniques used Chi Square.

Results: (1) Almost of elderly in Wredha Dharma Bhakti nursing home Pajang Surakarta have inconsistency urine acute with 27 people (41.54%). (2) Almost of elderly in Wredha Dharma Bhakti nursing home Pajang Surakarta get depression in the mild category with 23 people (35.38%). (3) There is a significant correlation of inconsistency urine to depression in elderly at Wredha Dharma Bhakti nursing home Pajang Surakarta, with a chi square correlation coefficient of 47,150; significance of 0,001 and CI of 0,648.

Conclusion: There is a significant correlation of inconsistency urine to depression in elderly at Wredha Dharma Bhakti nursing home Pajang Surakarta.

Keywords: Inconsistency urine, Depression, Elderly

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