

Pengaruh umur, depresi dan demensia terhadap disabilitas fungsional lansia di PSTW Abiyoso dan PSTW Budi Dharma provinsi D.I. Yogyakarta: adaptasi model sistem Neuman = Influences of age, depression and dementia on the elderly functional disability at PSTW Abiyoso and PSTW Budi Dharma Province D.I. Yogyakarta: adapting the Neumann systems model

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Abstrak

Kelompok lansia dipandang sebagai populasi berisiko tinggi mengalami disabilitas fungsional. Disabilitas fungsional sebagai efek dari perubahan fisiologis memungkinkan untuk dijelaskan melalui Model Sistem Neuman (MSN). Penelitian menggunakan desain potong lintang yang bertujuan untuk menguji pengaruh umur, depresi dan demensia terhadap disabilitas fungsional dalam perspektif MSN di Panti Sosial Tresna Werdha Abiyoso dan Budi Dharma Provinsi D.I. Yogyakarta. Penentuan besar sampel menggunakan uji hipotesis mean populasi, selanjutnya dipilih sebanyak 70 lansia. Peneliti menggunakan regresi linear berganda untuk menguji pengaruh kombinasi variabel umur, depresi dan demensia terhadap disabilitas fungsional lansia. Peneliti juga mengadaptasi MSN untuk menjelaskan hubungan variabel bebas dan variabel terikat. Dengan menggunakan instrumen Geriatric Depression Scale 15-Item (GDS-15), Mini-Mental State Examination (MMSE) dan Groningen Activity Restriction Scale (GARS), hasil penelitian menunjukkan bahwa rerata umur lansia 70,59 tahun (IK95%: 68,97 - 72,27), depresi sedang-berat 44,3%, depresi ringan 55,7%, gangguan kognitif 11,4%, mandiri 90,0% dan mandiri namun mengalami sedikit kesulitan 10,0%. Hasil analisis korelasi dengan $\alpha=0,05$ menunjukkan umur ($r=0,426$; $r^2=18,2\%$; $p=0,000$), status depresi ($r=0,313$; $r^2=9,8\%$; $p=0,008$), dan status demensia ($r=-0,512$; $r^2=26,2\%$; $p=0,000$) memiliki hubungan yang bermakna dengan disabilitas fungsional lansia. Hasil analisis regresi linear berganda dengan $\alpha=0,05$ menghasilkan persamaan regresi: Disabilitas fungsional Lansia = $16,906 + 0,223 \cdot \text{Umur} + 0,443 \cdot \text{Skor [GDS-15]} - 0,499 \cdot \text{Skor MMSE}$ ($r=0,609$; $r^2=37,1\%$; $p=0,000$).

Penelitian ini menyimpulkan bahwa kombinasi umur, status depresi, dan status demensia memiliki pengaruh yang bermakna terhadap variasi disabilitas fungsional lansia. Peneliti mencoba mengemukakan pandangan dalam menggunakan MSN untuk praktik keperawatan yang relevan. Umur, status depresi dan status demensia sebagai penyebab meningkatnya disabilitas fungsional lansia dapat dijelaskan sebagai lingkungan intra-personal yang berlaku sebagai stresor. Metode intervensi keperawatan untuk mengurangi insidensi depresi dan demensia perlu dikembangkan. Selanjutnya, perlu dilakukan penelitian yang lebih komprehensif untuk menguji MSN.

Elderly is viewed as a high-risk population for functional disability. Functional disability among elderly as an effect of physiological changes may be explained with Neumann Systems Model (NSM). The study design was a cross-sectional that aims to examine the influences of age, depression and dementia on the functional disability using NSM perspectives at Panti Sosial Tresna Werdha Abiyoso and Budi Dharma Province D.I. Yogyakarta. Sample size was determined using hypothesis testing on one population mean for a continuous response variable, therefore 70 elderly were chosen. To examine the influences of age,

depression and dementia on the elderly functional disability, multiple linear regressions was used. Researcher also adapted NSM to explain relationships between independent variables and dependent variable. Using the Geriatric Depression Scale 15-Item (GDS-15), the Mini-Mental State Examination (MMSE) and the Groningen Activity Restriction Scale (GARS), this study reported on subjects aged 70.59 years (95%CI, 68.97-72.27) have 44.3% severe-moderate depressed, 55.7% mild depressed, 11.4% cognitive impairment, 90.0% with activities of daily living (ADL) independently and 10.0% with ADL fully independently but with some difficulty. The correlation analysis at $\alpha=0.05$ showed that age ($r=0.426$; $r^2=18.2\%$; $p=0.000$), depression ($r=0.313$; $r^2=9.8\%$; $p=0.008$), and dementia ($r=-0.512$; $r^2=26.2\%$; $p=0.000$) had significant relationship with functional disability of elderly. The multiple linear regressions at $\alpha=0.05$ showed that regression model was functional disability = $16.906 + 0.223 * \text{Age} + 0.443 * [\text{GDS-15j scores} - 0.499 * \text{MMSE scores}]$ ($F=0.609$; $r^2=37.1\%$; $p=0.000$).

This study concluded that age, depression and dementia had significant influence to functional disability among elderly. Researcher shares views for using the NSM to improve nursing. Age, depression and dementia that caused functional disability impairment among elderly can be described as an intra-personal environment that acts like a stressor. Nursing intervention methods that can help prevent depression and dementia need to be established. Furthermore, a comprehensive study on NSM testing is needed.