

Pengaruh terapi reminiscence dan psikoedukasi keluarga terhadap kondisi depresi dan kualitas hidup lansia di Katulampa Bogor

Endang Banon, author

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Abstrak

Tujuan penelitian untuk mengetahui pengaruh terapi reminiscence dan psikoedukasi keluarga terhadap penurunan kondisi depresi (harga diri rendah, ketidakberdayaan, keputusan, dan isolasi sosial) dan peningkatan kualitas hidup lansia di Katulampa Bogor. Desain quasi eksperimental pendekatan pre test ? post test with control group. Populasi penelitian adalah lansia depresi di Katulampa Bogor, jumlah responden 72 orang (intervensi 36 orang dan kontrol 36 orang) yang dipilih secara random. Alat pengumpul data adalah kuesioner pengukuran skala depresi dan kuesioner quality of life WHO yang dimodifikasi. Data dianalisis menggunakan uji t-test.

Hasil penelitian menunjukkan ada penurunan yang bermakna kondisi depresi, ketidakberdayaan, keputusan, isolasi sosial (p-value < 0,05), dan peningkatan yang bermakna pada harga diri dan kualitas hidup (p-value < 0,05) antara kelompok yang mendapat terapi reminiscence dan psikoedukasi keluarga dibandingkan dengan kelompok yang hanya mendapat psikoedukasi keluarga. Rekomendasi penelitian selanjutnya melihat karakteristik caregiver terhadap penurunan depresi dan meningkatkan kualitas hidup lansia.

The purpose of this research is to understand the influence of reminiscence therapy and family psycho education take effects on decreasing the state of depression (low-self esteem, helplessness, hopelessness, and social isolation) and also how it effects to the life quality increasement of the elderly that live at Katulampa, Bogor. Quasi experimental design, pre test ? post test approach with control group. The population for this research is the depressed elderly who lived in Katulampa, the quantity of the respondents is 72 randomly selected persons (36 persons is under interventioned state and 36 persons is under a controlled state). The data collecting tool that is used in this research is the depression scale measurement questionnaire and the modified WHO's quality of life questionnaire.

The data is analyzed using a t-test method, and the result indicates that there are some significant decrease on the state of depression, low-self esteem, helplessness, hopelessness, and social isolation (p-value < 0,05), and also a significant increase on the self esteem and life quality (p-value < 0,05) between the group that has both reminiscence therapy and family psycho education compared to the group that only have family psycho education. The recommendation for further research is to see the caregiver?s characteristics on decreasing the depression and to increase the life quality of the elderly.