

Hubungan kehilangan pasangan hidup dengan tingkat depresi pada lansia di Kelurahan Depok = The correlation between loss of spouse and level of depression in elderly Depok

Ni Luh Dwi Indrayani, author

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Abstrak

Depresi seringkali tidak terdeteksi, salah satunya diakibatkan karena kehilangan pasangan yang dapat menurunkan kualitas hidup lansia. Tujuan penelitian yaitu mengidentifikasi hubungan kehilangan pasangan hidup dengan tingkat depresi lansia di Kelurahan Depok. Metode penelitian menggunakan deskriptif koleratif dengan pendekatan cross sectional. Sampel penelitian berjumlah 80, dipilih menggunakan teknik stratified random sampling. Instrumen penelitian yaitu Geriatric Depression Scale (GDS) untuk mengukur tingkat depresi lansia. Hasil uji mann whitney menyatakan terdapat hubungan bermakna antara kehilangan pasangan hidup dengan tingkat depresi lansia = 0,007 ($< = 0,05$). Peneliti merekomendasikan perawat komunitas melakukan kunjungan keluarga untuk mencegah depresi dan melibatkan kader untuk membuat kegiatan kelompok pada lansia yang kehilangan pasangan.

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Depression is often not detected, one of them caused by loss of spouse that can degrade the elderly quality of life. The aim of this research is to identify the correlation between loss of a spouse and level of depression in elderly in Depok. The descriptive-correlative method was used with cross sectional approach. The samples were 80 (stratified random sampling). The research instrument used Geriatric Depression Scale (GDS) to measure the level of depression. The results of Mann Whitney Test shows there is a significant relationship between the loss of spouse with level of depression in elderly $p = 0,007$ ($< = 0,05$). Researcher recommend community nurse visits the family to prevent depression and engage cadres to make events in elderly group who lost spouse.