

Gambaran tingkat depresi lansia yang melakukan senam di Panti Sosial Tresna Werdha di Jakarta = The descriptive study of depression in the elderly who performing physical exercise in aged care institution in Jakarta / Sartika Irsa Putri

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Abstrak

ABSTRAK

Depresi merupakan masalah psikososial yang sering terjadi pada lansia akibat ketidakmampuan adaptasi masa tua. Namun, melakukan aktivitas fisik dapat mencegah timbulnya masalah psikososial pada lansia. Desain penelitian ini menggunakan deskriptif cross sectional dengan teknik purposive sampling yang bertujuan untuk melihat gambaran tingkat depresi lansia yang melakukan senam. Pengumpulan data menggunakan instrumen Geriatric Depression Scale dan absensi kehadiran senam. Hasil penelitian terhadap 74 lansia yang mengikuti senam didapatkan mayoritas 65% lansia yang aktif senam tidak mengalami depresi sedangkan 58,8% lansia yang tidak aktif senam lebih banyak mengalami depresi ringan. Oleh karena itu, perawat dan petugas panti perlu memotivasi lansia untuk melakukan senam lansia secara rutin sehingga dapat menurunkan kejadian depresi di panti.

ABSTRACT

Depression is a psychological problem that often occurs in the elderly due to inability to adapt to the aging. However, depression can be prevented by undertaking physical exercise activity. The aim of this study was to describe the level of depression in elderly who perform physical exercise. The design of this study was descriptive cross sectional study with purposive sampling technique. Data were collected using instruments Geriatric Depression Scale and observation form of physical exercise. The result showed that 74 elderly who undertook physical exercise 65% did not experience depression, while 58.8% who did not perform exercise experienced mild depression. Nurses and social workers should motivate elderly to get into physical exercise in order to reduce the incidence of depression in aged-care institution.