

# Penerapan intervensi ILMI-SpaRe sebagai bentuk intervensi keperawatan komunitas pada lansia dengan depresi di Kelurahan Sukamaju Baru Kecamatan Tapos Kota Depok = Implementation of intervention ILMI-SpaRe as community nursing intervention with depression in older people in Sukamaju Baru Sub Distric Cimanggis Depok

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## Abstrak

[<b>ABSTRAK</b><br> ILMI-SpaRe merupakan intervensi keperawatan komunitas yang terintegrasi bertujuan untuk menurunkan status depresi pada lansia. Tujuan penulisan untuk memberikan gambaran penerapan intervensi ILMI-SpaRe pada lansia dengan depresi dalam pelayanan dan asuhan keperawatan komunitas. Hasil evaluasi kegiatan adalah terjadi penurunan status depresi pada lansia sebesar 54,21% dengan peningkatan pengetahuan 10,08 %; sikap 8,05 %; keterampilan lansia melakukan intervensi ILMI-SpaRe khususnya spiritual care intervention dan relaksasi otot progresif meningkat menjadi 60,8%. Intervensi spiritual care dan relaksasi otot progresif dapat menurunkan status depresi lansia. Direkomendasikan untuk meningkatkan pemberdayaan masyarakat melalui aktivitas-aktivitas yang positif dan bersahabat, agar tercipta lansia bahagia, mandiri dan produktif.<b>ABSTRACT</b><b> ILMI-SpaRe is community nursing intervention integrated aiming at decreasing depression level among elderly. This paper seek to provide an overview of the intervention in the community setting. The results showed that there was a decrease in the level of depression in the elderly by 54,21%, accompanied by an increase in knowledge (10,08 %) and in attitudes (8,05%). The elderly ability to rehearse spiritual care intervention and progressive muscle relaxation also increased to 60,8%. ILMI-SpaRe combining spiritual care intervention can reduce depression level of elderly. Recommended to enhanced community empowerment through positive and friendly activities that involve elderly to sustain their health, independence and happiness.;ILMI-SpaRe is community nursing intervention integrated aiming at decreasing depression level among elderly. This paper seek to provide an overview of the intervention in the community setting. The results showed that there was a decrease in the level of depression in the elderly by 54,21%, accompanied by an increase in knowledge (10,08 %) and in attitudes (8,05%). The elderly ability to rehearse spiritual care intervention and progressive muscle relaxation also increased to 60,8%. ILMI-SpaRe combining spiritual care intervention can reduce depression level of elderly. Recommended to enhanced community empowerment through positive and friendly activities that involve elderly to sustain their health, independence and happiness., ILMI-SpaRe is community nursing intervention integrated aiming at decreasing depression level among elderly. This paper seek to provide an overview of the intervention in the community setting. The results showed that there was a decrease in the level of depression in the elderly by 54,21%, accompanied by an increase in knowledge (10,08 %) and in attitudes (8,05%). The elderly ability to rehearse spiritual care intervention and progressive muscle relaxation also increased to 60,8%. ILMI-SpaRe combining spiritual care intervention can reduce depression level of elderly. Recommended to enhanced community empowerment through positive and friendly activities that involve elderly to sustain their health, independence and happiness.]