

Hubungan insomnia dengan depresi pada lansia yang tinggal di Panti Sosial Tresna Werdha (PSTW) Budi Mulia 01 Jakarta Timur = The relationship between insomnia and depression among elderly people living in PSTW Budi Mulia 01 Jakarta Timur

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Abstrak

Insomnia merupakan salah satu gangguan tidur yang paling sering dialami lansia. Insomnia dahulu dipandang sebagai gejala depresi, namun para ahli baru-baru ini menduga bahwa insomnia dapat menjadi faktor risiko seseorang mengembangkan depresi. Tujuan penelitian yaitu mengidentifikasi hubungan antara insomnia dengan depresi pada lansia di PSTW Budi Mulia 01 Jakarta. Metode penelitian menggunakan deskriptif korelatif dengan pendekatan cross sectional. Sampel penelitian berjumlah 106, dipilih menggunakan teknik purposive sampling. Instrumen penelitian yaitu Insomnia Severity Index dan Geriatric Depression Scale.

Hasil penelitian menunjukkan 45,3% lansia di panti mengalami insomnia dan 41,5% mengalami depresi. Hasil uji chi square menyatakan terdapat hubungan bermakna antara insomnia dengan depresi pada lansia ($p=0,000 < =0,05$). Perawat di panti hendaknya memperhatikan keluhan insomnia dan tanda-tanda depresi lansia. Penelitian selanjutnya diharapkan mampu mengidentifikasi kemungkinan berkurangnya risiko depresi dengan mengatasi insomnia.

Insomnia is a sleep disorder that most often experienced by the elderly. Insomnia formerly seen as a symptom of depression, but experts recently suppose that insomnia can be a risk factor for a person developing depression. This study aims to identify the relationship between insomnia and depression among elderly people living in PSTW Budi Mulia 01 Jakarta. A cross sectional study was conducted on 106 elderly selected using purposive sampling. This study instruments were Insomnia Severity Index and Geriatric Depression Scale.

The result showed that 45,3% elderly people in nursing home experience insomnia, and 41,5% experience depression. Chi-Square test revealed that insomnia was significantly associated with depression ($p=0,000 < =0,05$). Nurses in nursing home should pay attention to insomnia complaints and signs of depression in the elderly. Future studies are expected to identify the possibility of reducing the risk of depression with resolving insomnia.