

Hubungan Status Fungsional dengan Depresi pada Lansia di Kota Tangerang Selatan = The Correlation between Functional Status and Depression among Older Adult in South Tangerang City

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Abstrak

Depresi pada lansia atau biasa disebut Late-Life Depression dapat disebabkan salah satunya karena gangguan status fungsional. Lansia dengan status fungsional yang rendah berpotensi mengalami depresi dikarenakan hilangnya kontrol dalam melakukan aktivitas sehari-hari karena perlunya bantuan orang lain. Tujuan penelitian ini adalah menganalisis hubungan status fungsional dengan depresi pada lansia di Kota Tangerang Selatan. Penelitian dilakukan dengan pendekatan cross-sectional. Penghitungan jumlah sampel menggunakan rumus Slovin didapatkan 111 lansia (67 tahun, 95% CI= 66,87-69,06) di Kota Tangerang Selatan dengan pengambilan sampel menggunakan teknik proportional sampling. Pengambilan data dilakukan dengan menggunakan instrumen Geriatric Depression Scale dan Barthel Indeks. Hasil penelitian menggambarkan lansia tidak mengalami depresi (2, 95% CI= 1,85-2,60) dan semua lansia mandiri (100, 95% CI= 97,85-99,27). Hasil analisis bivariat menggunakan uji Spearman menunjukkan adanya hubungan antara status fungsional dengan depresi pada lansia di kota Tangerang Selatan dengan $p = 0,001$ ($\leq 0,05$). Perawat dapat melakukan pencegahan depresi pada lansia dengan menjaga status fungsional lansia tetap optimal.

.....Depression in the older adult or Late-Life Depression can be caused due to impaired functional status. Older adult with low functional status has the potential to experience depression because loss of control in carrying out daily activities due to the need for help from others. This study aimed to analyze the correlation between functional status and depression in the older adult in South Tangerang City. The study was conducted with a cross-sectional approach. The number of research samples was 111 older adult (67 years old, 95% CI= 66,87-69,06) in South Tangerang City calculated using Slovin's Formula, with a proportional sampling technique. Data collected using the Geriatric Depression Scale and Barthel Index instruments. The results showed that the older adult did not experience depression (2, 95% CI = 1.85-2.60) and all the older adult were independent (100, 95% CI = 97.85-99.27). The results of the Spearman correlation test show that there is a correlation between functional status and depression in the older adult in the city of South Tangerang $p = 0.001$ (≤ 0.05). Nurses can prevent depression in the older adult by maintaining the optimal functional status.