

HUBUNGAN DUKUNGAN KELUARGA DENGAN TINGKAT DEPRESI PADA LANSIA DI DUSUN DUKUH SEYEGAN SLEMAN

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INTISARI

Latar Belakang : Jumlah penduduk Indonesia yang berusia di atas 60 tahun pada tahun 2009 sekitar 8.37% atau 19.3 juta jiwa. Lansia mulai kehilangan pekerjaan, kehilangan tujuan hidup, kehilangan teman, resiko terkena penyakit, terisolasi dari lingkungan, dan kesepian. Hal tersebut dapat memicu terjadinya gangguan mental. Salah satu gangguan mental yang sering ditemukan pada pasien lanjut usia yaitu depresi. Dukungan keluarga merupakan faktor penting yang dapat membantu lansia mengatasi masalah depresi.

Tujuan Penelitian :

Mengetahui hubungan dukungan keluarga dengan tingkat depresi pada lansia di Dusun Dukuh Seyegan Sleman.

Metode Penelitian : Jenis penelitian deskriptif korelasi dengan pendekatan *cross sectional*. Sampel diambil dengan teknik *cluster random sampling* yaitu 59 lansia. Instrumen penelitian adalah kuesioner dengan alat ukur tingkat depresi menggunakan *Geriatric Depression Scale* (GDS) dan kuesioner dukungan keluarga. Hasil penelitian dianalisis dengan uji *Kendall's Tau*.

Hasil penelitian : Dukungan keluarga kepada lansia di Dusun Dukuh Seyegan Sleman kategori cukup sebanyak 24 orang (40,7%). Tingkat depresi pada lansia di Dusun Dukuh Seyegan Sleman kategori ringan sebanyak 24 orang (40,7%). Hasil uji *Kendall Tau* diperoleh nilai koefisien korelasi sebesar 0,425 dengan nilai p $0,000 < 0,05$. Maka H_0 ditolak dan H_a diterima.

Kesimpulan : Ada hubungan antara dukungan keluarga dengan tingkat depresi pada lansia di Dusun Dukuh Seyegan Sleman dengan keeratan hubungan sedang.

Kata kunci : dukungan keluarga, tingkat depresi, lanjut usia

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THE CORRELATION BETWEEN FAMILY'S SUPPORT AND THE LEVEL OF DEPRESSION OF THE OLDER PEOPLE IN DUSUN DUKUH SEYEGAN SLEMAN

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ABSTRACT

Background: The amount of Indonesian citizen aged above 60 years old in 2009 is about 8.37 % or 19.3 million people. The older people have started losing their job, purpose in life, and friends, also risking of having disease, getting isolated from the environment and feeling lonely. Those things can lead them for having mental disorder. One of the mental disorders that often found in older people is depression. Family support is an important factor to help the older people to overcome their depression problem.

The Research Purpose: This study aimed to identify the correlation between the family's support and the level of depression of the older people in DusunDukuh SeyeganSleman.

The Research Method: The research used correlation descriptive method with cross sectional approach. The sample was selected using cluster random sampling technique with the number of the samples were 59 respondents . The instrument used in this research was questionnaire. The result of the research was analyzed by *Kendall's tau test*.

The Research Result: The Family's support toward the older people in DusunDukuh SeyeganSleman was at an adequate category (40.7 %). The depression level of the older people in DusunDukuhSeyeganSleman was mild categorized (40.7%). *Kendall tau test* was obtained p value $0.000 < 0.05$, with correlation coefficient 0.425.

Conclusion : There was a correlation between the family's support with the depression level of the older people in DusunDukuh SeyeganSleman with the closeness of relationship is medium.

Keywords: family support, depression level, older people

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