

**GAMBARAN TINGKAT DEPRESI LANSIA DI BALAI
PELAYANAN SOSIAL TRESNA WERDHA UNIT
BUDI LUHUR KASONGAN BANTUL
YOGYAKARTA**

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INTISARI

Latar Belakang : Hasil studi pendahuluan di Balai Pelayanan Sosial Tresna Werdha Unit Budi Luhur Kasongan Bantul didapatkan data 7 dari 10 lansia mengalami depresi. 4 lansia mengalami depresi ringan dan 3 lansia mengalami depresi sedang. Pada lanjut usia, masalah kesehatan jiwa terutama depresi sering tidak terdeteksi. Hal ini disebabkan karena keluhan depresi pada lansia muncul dalam bentuk keluhan fisik seperti insomnia, tidak nafsu makan, masalah pencernaan, dan sakit kepala.

Tujuan Penelitian : Mengetahui gambaran depresi pada lansia di Balai Pelayanan Sosial Tresna Werdha unit Budi Luhur, Kasongan, Bantul Yogyakarta.

Metode Penelitian : metode penelitian deskriptif kuantitatif. Sampel diambil dengan teknik *purposive sampling* yaitu 47 lansia di Balai Pelayanan Sosial Tresna Werdha Unit Budi Luhur Kasongan, Bantul, Yogyakarta.

Hasil penelitian : Karakteristik lansia di Balai Pelayanan Sosial Tresna Werdha unit Budi Luhur, Kasongan, Bantul Yogyakarta berjenis kelamin perempuan (63,8%), berusia 60-74 tahun (55,36%), berpendidikan SD (63,8%), dan berstatus Janda/duda (66%). Lansia mengalami tingkat depresi ringan (72,3%), depresi sedang (25,5%), depresi berat (2,1%).

Kesimpulan : Lansia di Balai Pelayanan Sosial Tresna Werdha unit Budi Luhur, Kasongan, Bantul Yogyakarta mengalami depresi ringan.

Kata kunci : Depresi, lansia

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THE DESCRIPTION DEPRESSION LEVELS AMONG OLDER PEOPLE IN TRESNA WERDHA SOCIAL SERVICE CENTER UNIT BUDI LUHUR KASONGAN BANTUL YOGYAKARTA

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ABSTRACT

Background: Result of preliminary study in Tresna Werdha Social Service Center unit Budi Luhur Kasongan Bantul obtained data 7 from 10 older people were depressed. There are 4 older experienced mild depression and 3 older people experienced moderate depression. Among older people, especially depression often undetected. This is because the complaint of depression in elderly appears in the form of physical complaints such as insomnia, loss of appetite, digestive problems, and headaches.

Research Objective: To know the description of depression levels among older people in Tresna Werdha Social Service Center unit Budi Luhur Kasongan Bantul Yogyakarta.

Research Method: Research method was quantitative descriptive. Samples was obtained by *purposive sampling* technique as many 47 older people in Tresna Werdha Social Service Center Unit Budi Luhur Kasongan, Bantul, Yogyakarta.

Research Result: Characteristics of older people in Tresna Werdha Social Service Center unit Budi Luhur, Kasongan, Bantul Yogyakarta most were women (63,8%), aged 60-74 years old (55,36%), Elementary School education (63,8%), and have status as widow / widower (66%). older people with mild depression (72.3%), moderate depression (25.5%), severe depression (2.1%).

Conclusion: Older people in Tresna Werdha Social Service Center unit Budi Luhur, Kasongan, Bantul Yogyakarta experienced mild depression, moderate depression, and server depression.

Keywords: Depression, Elderly

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