

HUBUNGAN ANTARA AKTIVITAS RELIGI (SHALAT) DENGAN KEJADIAN DEPRESI PADA LANJUT USIA DI BALAI PELAYANAN SOSIAL TRESNA WERDHA YOGYAKARTA

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INTISARI

Latar Belakang: Depresi merupakan gangguan emosional yang sifatnya berupa tertekan, tidak merasa bahagia, sedih, merasa tidak berharga, tidak mempunyai semangat, tidak berarti, dan pesimis terhadap hidup.

Tujuan: penelitian ini bertujuan untuk mengetahui adanya hubungan aktivitas religi shalat dengan kejadian depresi pada lanjut usia.

Metode: Desain penelitian ini adalah deskriptif analitik menggunakan kuantitatif. Rancangan penelitian *cross sectional* dengan populasi 72 lansia dan responden terdiri dari 61 lansia.

Hasil: Hasil penelitian ini menggunakan hasil uji korelasi Kendall's tau(τ) diperoleh nilai p sebesar 0,000 ($p < 0,05$) terdapat hubungan yang bermakna aktivitas religi shalat dengan angka kejadian depresi pada lanjut usia. Koefisien korelasi $r = 0,437$ bertanda positif menunjukkan semakin baik aktivitas religi shalat akan menurunkan tingkat depresi lansia.

Kesimpulan: berdasarkan hasil penelitian, ada hubungan aktivitas religi shalat dengan kejadian depresi pada lansia.

Kata kunci: Depresi, Lansia, Aktivitas Shalat

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THE RELATIONSHIP BETWEEN THE RELIGIOUS ACTIVITY (SHALAT)
AND THE DEPRESSION INCIDENT IN ELDERLY IN THE SOCIAL
SERVICE CENTER OF TRESNA WERDHA, YOGYAKARTA

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ABSTRACT

Background: Depression is an emotional disorder in the form of depression, unhappiness, sadness, worthless feelings, having no spirit, meaningless life, and pessimism about life.

Objective: The objective of this research is to know the relationship between the religious activity (shalat) and the depression incident in elderly in the social service center of Tresna Werdha, Yogyakarta.

Method: This research was a descriptive quantitative method using a descriptive analysis. The research design was a cross sectional study with 72 elderly populations and the respondents consisted of 61 elderly.

Result: The result of this research uses the result of Kendall's tau (τ) correlation with the p value of 0.000 ($p < 0.05$) and there was a significant the relationship between the religious activity (shalat) and the depression incident in elderly. The correlation coefficient of $r = 0.437$ that had a positive indicator showed a better religious activity or shalat that will reduce the level of the elderly depression.

Conclusion: Based on the result, there is a relationship between the religious activity (shalat) and the depression incident within the elderly.

Keywords: Depression, Elderly, Religious Activity (Shalat)

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