

HUBUNGAN BENTUK INTERAKSI SOSIAL DENGAN TINGKAT DEPRESI PADA LANSIA DI DUSUN GAMPING KIDUL SLEMAN YOGYAKARTA

Rizky Yuspita Sari¹, Suwarno², Rosa Delima Ekwantini³

INTISARI

Latar Belakang: Lanjut usia (lansia) mulai mengalami perubahan fisik, perubahan peran, kedudukan sosial, serta perpisahan dengan orang yang dicintai. Hal tersebut dapat memicu gangguan mental. salah satu gangguan mental yang sering ditemukan yaitu depresi. Depresi terjadi akibat beberapa faktor salah satunya interaksi sosial.

Tujuan Penelitian: Penelitian ini bertujuan untuk mengetahui hubungan bentuk interaksi sosial dengan tingkat depresi pada lansia di Dusun Gamping Kidul Sleman Yogyakarta.

Metode Penelitian: Penelitian ini menggunakan deskriptif korelasi dengan pendekatan Cross sectional dan sample berjumlah 110, teknik pengambilan sampling menggunakan proportional random sampling. Instrumen penelitian ini menggunakan kuesioner dengan alat ukur tingkat depresi Geriatric Depression Scale (GDS) dan bentuk interaksi sosial. Hasil penelitian dianalisis dengan uji Kendall's tau.

Hasil Penelitian: Hasil uji *Kendall's tau* bentuk interaksi sosial asosiatif diperoleh nilai koefisien korelasi sebesar 0,339 dengan p value $0,000 < 0,05$. Nilai koefisien korelasi bentuk interaksi sosial disosiatif sebesar -0,375 dengan p value $0,000 < 0,05$.

Kesimpulan: Ada hubungan bentuk interaksi sosial dengan tingkat depresi pada lansia di Dusun Gamping Kidul Sleman Yogyakarta dengan keeratan hubungan rendah.

Kata kunci: bentuk interaksi sosial, tingkat depresi, lanjut usia

¹Mahasiswa Program studi Ilmu Keperawatan Stikes A. Yani Yogyakarta

²Dosen Ilmu keperawatan Stikes A. Yani Yogyakarta

³Dosen Ilmu keperawatan Politeknik Kesehatan Yogyakarta

THE CORRELATION OF SOCIAL INTERACTION AND THE LEVEL OF
ELDERLY DEPRESSION IN GAMPING KIDUL HAMLET SLEMAN
YOGYAKARTA

Rizky Yuspita Sari¹, Suwarno², Rosa Delima Ekwantini³

ABSTRACT

Background: The elderly begin to experience physical changes, role changes, social status, and separation from beloved ones. Those things may stimulate mental disorder. One of common mental disorders is depression. Depression occurs due to several causal factors such as social interaction.

The Research Purpose: This study was aimed to identify The Relation between Social Interaction and Depression Level in the elderly in Gamping Kidul Hamlet, Sleman, Yogyakarta.

The Research Method: This study was descriptive and correlative with cross sectional approach. The number of samples was 110 selected through proportional random sampling technique. Study instrument were questionnaires with depression level measurement tool of Geriatric Depression Scale (GDS) and social interaction. The result of the research was analyzed by Kendall's tau test.

The Research Results: The result of Kendall's Tau test on associative social interaction figured out correlational coefficient value of 0,339 with p value of $0,000 < 0,05$. Correlational coefficient value of dissociative social interaction was -0,375 with p value of $0,000 < 0,05$.

Conclusion: There was a relation between social interaction and depression level in the elderly in Gamping Kidul Hamlet, Sleman, Yogyakarta, with lower category.

Keywords: forms social interaction, level of depression, elderly

¹Student of School of Nursing Science Stikes Achamad Yani Yogyakarta

²Lecturer of Nursing Science Stikes Achamad Yani Yogyakarta

³Lecturer of Nursing Science Department in Health Polytechnique School of Yogyakarta