

ABSTRAK

PERBEDAAN TINGKAT DEPRESI PADA LANSIA YANG TINGGAL BERSAMA KELUARGA DENGAN TINGGAL DI PANTI WERDHA KABUPATEN MOJOKERTO

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Tempat tinggal memiliki pengaruh dan peranan penting terhadap kualitas kehidupan lansia. Lansia yang harus pindah ke tempat tinggal yang baru seperti panti werdha, terdapat kemungkinan munculnya kesulitan beradaptasi sehingga mereka merasa stres, depresi, kehilangan kontrol atas hidupnya, dan kehilangan identitas diri yang secara tidak langsung akan berpengaruh terhadap kualitas kehidupannya. Tujuan penelitian untuk mengetahui perbedaan tingkat depresi lansia yang tinggal bersama keluarga di rumah dengan tinggal di panti werdha Kabupaten Mojokerto. Desain penelitian *analitik komparasi* dengan pendekatan *cross sectional*. Populasinya seluruh lansia yang berusia 60-70 tahun. Sampel yang digunakan sebanyak 23 responden yang tinggal bersama keluarga dan 17 responden yang tinggal di panti werdha. Pengambilan sampel dengan *Total Sampling*, alat ukur menggunakan *Geriatric Depression Scale* (GDS). Hasil penelitian didapatkan bahwa lansia yang tinggal di rumah bersama keluarga yang mengalami depresi ringan sebanyak (39,1%) sedangkan lansia yang tinggal di panti werdha lebih banyak yang mengalami depresi ringan sebanyak (64,7%). Berdasarkan hasil analisa *cross tabulation* bahwa ada perbedaan depresi lansia yang tinggal di rumah bersama keluarga dan di panti werdha artinya bahwa depresi lansia yang tinggal di rumah bersama keluarga lebih rendah dibandingkan depresi lansia yang tinggal di panti werdha. Keluarga merupakan tempat terakhir yang terbaik sebagai tempat tinggal terakhir dimasa tua, lansia yang tinggal di panti werdha tetap membutuhkan support dari keluarga agar lansia tetap merasa berharga.

Kata kunci : Depresi, Lansia, Keluarga, Panti Werdha

ABSTRACT

THE DIFFERENCE IN THE LEVEL OF DEPRESSION THAT STAYED AT THE FAMILY WITH THE NURSING HOME OF MOJOKERTO REGENCY

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The residence has an important role and influence of the quality of life of the elderly. The elderly who should move to new residences such as the nursing home, there is the possibility of the emergence of difficulties to adapt so that they feel stress, depression, loss of control over his life, and the loss of identity that is indirectly will have an effect on the quality of life. The research purpose was to determine the differences in the level of depression of the elderly who lived with family at home and who lived in the nursing home of Mojokerto Regency. Comparative analytical research design with cross sectional approach was used in this research. The population is all elderly aged 60-70 years. The sample used were 23 respondents who lived with their families and 17 respondents who lived in nursing homes. The sampling is total sampling, measuring instruments using the Geriatric Depression Scale (GDS). The researcher found that the elderly living with family at home experienced mild depression about (39,1%) while the elderly who live in the nursing homes are more likely to experience mild depression as many as (64,7%). According to the *cross tabulation* analysis result that there are differences in the depression of the elderly who lived at home with their family and at the nursing home, meaning that the depression of the elderly who lived at home with their family is lower than the depression of the elderly who lived in nursing home. The family is the best as the last place of residence in the last quarter. the elderly living in nursing home still need support from family in order for the elderly still feel valuable.

Keywords: Depression, Elderly, Family, Nursing home.