

HUBUNGAN ANTARA STATUS NUTRISI BERDASARKAN SKOR *MINI NUTRITIONAL ASSESSMENT (MNA)* DENGAN SKOR DEPRESI PADA LANJUT USIA DI KECAMATAN SELAKAU KABUPATEN SAMBAS

Abstrak

Latar Belakang: Depresi pada lansia merupakan gangguan yang bersifat kompleks, multi-faktorial dan seringkali disertai oleh kondisi medis lain. Depresi merupakan salah satu penyebab utama disabilitas pada lansia. Depresi pada lansia merupakan kondisi psikiatri yang cukup sering terjadi dan gangguan nutrisi menjadi salah satu faktor yang mempengaruhi terjadinya depresi pada lansia. Gangguan nutrisi yang sering terjadi pada lansia berupa risiko malnutrisi dan malnutrisi. Adanya gangguan menelan, kehilangan gigi, efek samping pemakaian obat-obatan dan penurunan mobilitas menjadi faktor risiko gangguan nutrisi pada lansia.

Tujuan: Tujuan penelitian ini adalah untuk mengetahui hubungan antara skor status nutrisi dengan skor depresi pada lansia di wilayah kerja Puskesmas Selakau, Kabupaten Sambas, Provinsi Kalimantan Barat.

Metode: Penelitian ini merupakan penelitian observasional non-eksperimental dengan rancangan *cross-sectional*. Subjek penelitian adalah 107 orang lansia di wilayah kerja Puskesmas Selakau. Status nutrisi lansia diukur dengan *Mini Nutritional Assessment (MNA)* dan skor depresi lansia diukur dengan *Geriatric Depression Scale (GDS)-15*. Analisis data dilakukan dengan uji *Chi-square* dan uji regresi logistik multipel.

Hasil: Didapatkan prevalensi lansia yang mengalami malnutrisi dan risiko malnutrisi sebesar 39,3% dan kecenderungan depresi sebesar 25,2%. Pada analisis bivariat didapatkan hubungan yang signifikan antara status nutrisi dengan skor depresi ($p < 0,001$; OR:13,20; 95%CI: 4,41-39,45). Tidak terdapat hubungan antara usia ($p=0,406$), jenis kelamin ($p=0,660$), adanya pasangan ($p=0,103$), tingkat pendidikan ($p=0,288$), pekerjaan ($p=1,000$), penghasilan ($p=0,228$) dan penyakit kronis ($p=0,973$) dengan skor depresi. Dari hasil analisis multivariat didapatkan tiga variabel yang paling berperan dalam skor depresi yaitu status nutrisi, adanya pasangan dan tingkat pendidikan dengan nilai R^2 sebesar 43,9%.

Kesimpulan: Terdapat hubungan yang signifikan antara status nutrisi dengan skor depresi pada lansia di Puskesmas Selakau, Kabupaten Sambas.

Kata kunci: *depresi, lansia, status nutrisi*

ASSOCIATION OF NUTRITIONAL STATUS BASED ON MINI NUTRITIONAL ASSESMENT (MNA) SCORE WITH THE DEPRESSION SCORE IN ELDERLY AT SELAKAU DISTRICT, SAMBAS REGENCY

Abstract

Background: Depression in the elderly is a disorder that is complex, multi-factorial and is often accompanied by other medical conditions. Depression is one of the main causes of disability in the elderly. Depression in the elderly is a psychiatric condition that is quite common and malnutrition are one of the factors that influence the occurrence of depression in the elderly. Nutritional problem that often occur in the elderly are the risks of malnutrition and malnutrition. Swallowing disorders, tooth loss, side effects of drug use and decreased mobility are risk factors for nutritional problem in the elderly.

Objective: To determine the association between nutritional status scores and depression scores in the elderly in the working area of the Selakau Health Center, Sambas Regency, West Kalimantan Province.

Methods: This study is a non-experimental observational study with a cross-sectional design. The research subjects were 107 elderly people in the working area of the Selakau Health Center. The nutritional status of the elderly was measured by the Mini Nutritional Assessment (MNA) and the depression score of the elderly was measured by the Geriatric Depression Scale (GDS)-15. Data analysis was performed using the Chi-square test and multiple logistic regression tests.

Result: In this study, the prevalence of elderly who experienced malnutrition and the risk of malnutrition was 39.3% and the tendency to depression was 25.2%. In bivariate analysis, there was a significant association between nutritional status and depression score ($p < 0.001$; OR: 13.20; 95% CI: 4.41-39.45). There is no association between age ($p = 0.406$), sex ($p = 0.660$), spouse ($p = 0.103$), education level ($p = 0.288$), occupation ($p = 1.000$), income ($p = 0.228$) and disease chronic ($p = 0.973$) with depression score. From the results of the multivariate analysis, it was found that the three variables that most contributed to the depression score were nutritional status, spouse and level of education with an R^2 value of 43.9%.

Conclusion: There is a significant association between nutritional status and depression scores in the elderly at the Selakau Health Center, Sambas Regency.

Keywords: depression, elderly, nutritional status