

## INTISARI

**Latar belakang:** Gunung Merapi menempati peringkat ke-7 sebagai gunung teraktif di dunia. Salah satu desa yang terdampak besar dari erupsi gunung Merapi adalah desa Kalitengah Lor, berjarak 3 kilometer dari puncak Merapi dan termasuk Kawasan Rawan Bencana (KRB) III (paling bahaya). Lansia Kalitengah Lor sudah lebih dari 5 kali mengungsi, yaitu tahun 1994, tahun 2006, 2010, 2020 dan yang terakhir Maret 2022. Hingga saat ini Erupsi susulan Gunung Merapi masih terjadi, namun warga dusun Kalitengah Lor enggan direlokasi. Para lansia ini menderita kerugian paling berat dan beresiko meningkatkan gangguan kesehatan mental, salah satunya depresi. Banyak penelitian sebelumnya menyatakan depresi berkorelasi dengan dukungan sosial. Penelitian ini penting untuk mengetahui apakah dukungan sosial juga mempengaruhi kecenderungan depresi lansia di dusun Kalitengah Lor dan jenis dukungan sosial apakah yang paling mempengaruhi.

**Tujuan penelitian:** Mengetahui apakah terdapat hubungan antara dukungan sosial dengan depresi pada lansia rawan erupsi susulan gunung Merapi di Yogyakarta

**Metode:** Merupakan penelitian analitik observasional non eksperimental dengan rancangan *Cross-Sectional*. Subjek penelitian adalah lansia penyintas erupsi susulan gunung merapi di dusun Kalitengah. Skor depresi diukur dengan menggunakan instrumen *Geriatric Depression Scale SF-15* (GDSSF-15) dan Skor Dukungan sosial diukur dengan instrument *Multidimensional Scale of Perceived Social Support* (MSPSS). Analisis data menggunakan uji korelasi Spearman dan Uji Regresi Linier Berganda. Tingkat kemaknaan uji statistik dinyatakan pada  $p < 0,05$ .

**Hasil:** Penelitian ini menunjukkan adanya hubungan antara skor dukungan sosial dengan skor depresi dengan  $p < 0,001$ . Koefisien korelasi  $-0,513$  (negative) artinya semakin tinggi dukungan sosial maka semakin rendah skor depresi. Domain dukungan sesorang  $p = 0,001$ ,  $r = -0,478$ , dukungan keluarga  $p = 0,001$ ,  $r = -0,504$ , dan dukungan teman  $p = 0,001$ ,  $r = -0,470$ . Dari analisis multivariat didapatkan skor MSPSS berpengaruh terhadap skor Depresi (adjusted R square =  $0,804$ ,  $\beta = -0,870$ ,  $p < 0,001$  CI =  $-0,340$  hingga  $-0,236$ ).

**Kesimpulan:** Terdapat hubungan yang bermakna antara dukungan sosial dengan depresi pada lansia pasca erupsi susulan gunung Merapi di Yogyakarta

**Kata kunci:** Depresi - Dukungan Sosial - Lansia Pasca Bencana Alam

## ABSTRACT

**Background:** Mount Merapi is ranked 7th as the most active mountain in the world. One of the villages that was heavily affected by the eruption of Mount Merapi was Kalitengah Lor village, located 3 kilometers from the peak of Merapi and included in the Disaster-Prone Area (KRB) III (most dangerous). The elderly of Kalitengah Lor have been displaced more than 5 times, namely in 1994, 2006, 2010, 2020 and the last one is March 2022. Until now, the aftershocks of Mount Merapi are still occurring, but the residents of Kalitengah Lor hamlet are reluctant to be relocated. These elderly suffer the heaviest losses and are at risk for mental health problems, one of which is depression. Many previous studies have shown that depression is correlated with social support. This study is important to determine whether social support also affects the tendency of depression in the elderly in Kalitengah Lor hamlet and what type of social support is the most influential.

**Objectives:** To find out whether there is a relationship between social support and depression in the elderly prone to the aftershocks of Mount Merapi in Yogyakarta

**Methods:** This is a non-experimental observational analytic study with a cross-sectional design. The research subjects were elderly survivors of the aftershocks of Mount Merapi in the hamlet of Kalitengah Lor Sleman, Yogyakarta. Depression score was measured using the Geriatric Depression Scale SF-15 (GDS SF-15) instrument and the Social Support Score was measured using the Multidimensional Scale of Perceived Social Support (MSPSS) instrument. Data analysis used Spearman correlation test and Multiple Linear Regression Test. The significance level of the statistical test was stated at  $p < 0.05$ .

**Results:** This study showed that there was a relationship between social support scores and depression scores with  $p < 0.001$ . The correlation coefficient is -0.513 (negative), meaning that the higher the social support, the lower the depression score. Individual support domain  $p = 0.001$ ,  $r = -0.478$ , family support  $p = 0.001$ ,  $r = -0.504$ , and friend support  $p = 0.001$ ,  $r = -0.470$ . From the multivariate analysis, it was found that the MSPSS score had an effect on the depression score (adjusted R square = 0.804,  $r = -0.870$ ,  $p < 0.001$  CI = -0.340 to -0.236).

**Conclusion:** There is a significant relationship between social support and depression in the elderly after the subsequent eruption of Mount Merapi in Yogyakarta

**Keywords:** Depression - Social Support - Elderly After Natural Disaster