

## CORRELATION OF RELIGIUSITY SCORE WITH DEPRESSION SCORE IN FAMILY CAREGIVERS OF DEMENTIA IN SLEMAN REGENCY

### ABSTRACT

**Background:** Dementia has physical, psychological, social and financial impacts both for PwD, family and community caregivers. The condition of PwD which continues to decline causes depression to suicide attempts and even death of family caregivers, acts of violence against PwD and institutionalization of PwD. Religiosity or religion can provide hope and comfort to caregivers so that it can have a positive impact on physical health, improve quality of life and reduce the occurrence of mental disorders including depression in family caregivers. The question arises whether there is a correlation between religiosity scores and depression scores.

**Objective:** to identify whether there is a correlation between religiosity scores and depression scores in caregivers of families with dementia in Sleman Regency.

**Methodes:** This research is an observational analytic study with a cross sectional approach. The research subjects were family caregivers of PwD who were within the reach of the public health center in the working area of the Sleman Regency Health Office (N=86). The religiosity score was measured by a religiosity questionnaire. Depression score was measured by Personal Health Questionnaire 9 (PHQ-9). Data analysis used the Spearman test, Pearson and linear regression and the significance level of the statistical test was stated at  $p < 0.05$ .

**Result:** There was a negative correlation between religiosity scores and depression scores in family caregivers with dementia ( $r = -0.666$ ;  $p = 0.000$ ) from the bivariate analysis. From the multivariate analysis, it was found that the factors that influenced the onset of depression were the religiosity factor ( $B = -0.389$ ;  $p = 0.000$ ) and the education factor ( $B = 1.928$ ;  $p = 0.005$ ) with an effect of 69.3%.

**Conclusion:** The higher the religiosity score, the lower the depression score in family caregivers of PwD in Sleman Regency. Factors that influence the incidence of depression are the level of religiosity and level of education.

**Keywords:** Family caregiver – Dementia – Depression – Religiosity

## KORELASI SKOR RELIGIUSITAS DENGAN SKOR DEPRESI PADA CAREGIVER KELUARGA PENDERITA DEMENSIA DI KABUPATEN SLEMAN

### INTISARI

**Latar belakang:** Demensia mempunyai dampak fisik, psikologis, sosial dan finansial baik bagi penderitanya maupun *caregiver* keluarga dan masyarakat. Kondisi ODD yang terus mengalami penurunan mengakibatkan timbulnya depresi sampai usaha bunuh diri bahkan kematian pada *caregiver* keluarga, tindak kekerasan terhadap ODD dan institusionalisasi ODD. Religiusitas atau agama dapat memberikan pengharapan dan kenyamanan pada *caregiver* sehingga dapat memberikan dampak positif bagi kesehatan fisik, meningkatkan kualitas hidup dan mengurangi terjadinya gangguan mental termasuk depresi pada *caregiver* keluarga. Timbul pertanyaan apakah terdapat korelasi antara skor religiusitas dan skor depresi.

**Tujuan penelitian:** untuk mengidentifikasi apakah terdapat korelasi antara skor religiusitas dengan skor depresi pada *caregiver* keluarga penderita demensia di Kabupaten Sleman.

**Metode:** Penelitian ini merupakan penelitian analitik observasional dengan pendekatan *cross sectional*. Subjek penelitian adalah *caregiver* keluarga penderita demensia yang berada dalam jangkauan puskesmas wilayah kerja Dinas Kesehatan Kabupaten Sleman (N=86). Skor religiusitas diukur dengan kuesioner religiusitas. Skor depresi diukur dengan *Personal Health Questionnaire 9* (PHQ-9). Analisis data menggunakan Uji *Spearman*, *pearson* dan regresi linear dan tingkat kemaknaan uji statistik dinyatakan pada  $p < 0,05$ .

**Hasil:** Dari analisis bivariat terdapat korelasi negatif antara skor religiusitas dan skor depresi pada *caregiver* keluarga penderita demensia ( $r=-0,666$ ;  $p=0,000$ ). Dari analisis multivariat didapatkan faktor yang berpengaruh pada timbulnya depresi adalah faktor religiusitas ( $B=-0,389$ ;  $p=0,000$ ) dan faktor pendidikan ( $B=1,928$ ;  $p=0,005$ ) dengan pengaruhnya sebesar 69,3%.

**Kesimpulan:** Semakin tinggi skor religiusitas maka semakin rendah skor depresi pada *caregiver* keluarga penderita demensia di Kabupaten Sleman. Faktor-faktor yang berpengaruh terhadap timbulnya depresi adalah tingkat religiusitas dan tingkat pendidikan.

**Kata kunci:** Caregiver Keluarga – Demensia – Depresi – Religiusitas