

## HUBUNGAN ANTARA SKOR DEPRESI DENGAN DISFUNGSI KOGNITIF PADA LANJUT USIA DI PUSKESMAS SELAKAU KABUPATEN SAMBAS

### Abstrak

**Latar belakang:** Depresi dan disfungsi kognitif merupakan gangguan yang sering terjadi pada lansia. Prevalensinya secara global cukup tinggi yaitu sebesar 5,9% untuk depresi dan bervariasi dari 3,6-38% pada disfungsi kognitif. Gejala pada pasien depresi seringkali tumpang tindih dengan keluhan yang dialami oleh pasien dengan disfungsi kognitif sehingga seringkali tidak terdiagnosis. Dari beberapa studi sebelumnya disebutkan lansia yang mengalami depresi memiliki risiko lebih besar untuk terjadinya disfungsi kognitif bahkan dementia. Kedua gangguan tersebut dapat meningkatkan biaya kesehatan, menurunkan produktivitas serta meningkatkan risiko morbiditas dan kejadian bunuh diri.

**Tujuan:** Untuk mengetahui hubungan antara skor depresi dengan disfungsi kognitif pada lansia di Puskesmas Selakau, Kabupaten Sambas.

**Metode:** Penelitian deskriptif analitik observasional non-eksperimental dengan rancangan *cross-sectional* ini dilakukan pada 80 lansia yang datang ke Posyandu Lansia di wilayah kerja Puskesmas Selakau, Kabupaten Sambas. Skor depresi lansia diukur dengan Geriatric Depression Scale (GDS) versi 15 *items*, sedangkan disfungsi kognitif diukur dengan *Montreal Cognitive Assessment* versi Indonesia (MoCa-Ina). Analisis dilakukan dengan uji *chi-square* dan uji regresi logistik multipel.

**Hasil:** Diperoleh prevalensi lansia yang mengalami depresi sebesar 16,3% dan disfungsi kognitif sebesar 40%. Pada analisis bivariat didapatkan hubungan yang signifikan antara depresi lansia dengan disfungsi kognitif ( $p=0,04$ ;  $\chi^2 :5,52$ ; OR:4,30; 95%CI:1,19-15,50). Tidak terdapat hubungan yang signifikan antara variabel umur ( $p = 0,06$ ), jenis kelamin ( $p = 0,059$ ), adanya pasangan ( $p = 0,58$ ), tingkat pendidikan ( $p = 0,64$ ), status pekerjaan ( $p = 0,73$ ), tingkat penghasilan ( $p = 0,56$ ) dan adanya penyakit kronis ( $p = 0,42$ ) dengan disfungsi kognitif. Hasil analisis multivariat didapatkan tiga variabel yang berpengaruh pada disfungsi kognitif yaitu depresi, umur dan jenis kelamin. Nilai *R Square* ( $R^2$ ) untuk ketiga variabel tersebut sebesar 19,1%.

**Kesimpulan:** Terdapat hubungan yang signifikan antara skor depresi lansia dengan disfungsi kognitif pada lansia di Puskesmas Selakau, Kabupaten Sambas.

**Kata kunci:** depresi, lansia, disfungsi kognitif

## ASSOCIATION BETWEEN DEPRESSION SCORE AND COGNITIVE DISFUNCTION IN ELDERLY AT SELAKAU HEALTH CENTER SAMBAS REGENCY

### Abstract

**Background:** Depression and cognitive dysfunction are disorders that often occur in the elderly. The global prevalence is quite high at 5.9% for depression and varies from 3.6-38% for cognitive dysfunction. Symptoms in depressed patients often overlap with complaints experienced by patients with cognitive dysfunction so that they are often undiagnosed. From several previous studies, it was stated that elderly people who experience depression have a greater risk of developing cognitive dysfunction and even dementia. Both of these disorders can increase health costs, reduce productivity and increase the risk of morbidity and suicide.

**Objective:** To determine the association between depression scores and cognitive dysfunction 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 was conducted on 80 elderly who came to the Elderly Posyandu in the working area of the Selakau Health Center, Sambas Regency. Elderly depression scores were measured using the Geriatric Depression Scale (GDS) version of 15 items, while cognitive dysfunction was measured using the Indonesian version of the Montreal Cognitive Assessment (MoCa-Ina). Analysis was performed using the *chi-square* test and multiple logistic regression tests.

**Result:** In this study, the prevalence of elderly who experienced depression was 16.3% and cognitive dysfunction was 40%. In the bivariate analysis, there was a significant association between depression in the elderly and cognitive dysfunction ( $p=0.04$ ;  $\chi^2:5.52$ ; OR:4.30; 95% CI:1.19-15.50). There is no significant association between the variables age ( $p = 0.06$ ), gender ( $p = 0.059$ ), spouse ( $p = 0.58$ ), level of education ( $p = 0.64$ ), employment status ( $p = 0.73$ ), income level ( $p = 0.56$ ) and presence of chronic disease ( $p = 0.42$ ) with cognitive dysfunction. The results of multivariate analysis showed that three variables had an effect on cognitive dysfunction that is depression, age and gender. The R Square value ( $R^2$ ) for the three variables is 19.1%.

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

**Keywords:** depression, elderly, cognitive dysfunction