

ABSTRACT

THE ASSOCIATION BETWEEN LONELINESS AND DEPRESSIVE SYMPTOMS WITH NUTRITIONAL STATUS OF OLDER PEOPLE IN RURAL AND URBAN AREAS YOGYAKARTA, INDONESIA

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Background: The Special Region of Yogyakarta has the highest number of older adults in Indonesia. During the pandemic, there was significant decrease in social interaction, particularly among older adults which makes them feel lonely and neglected. For many, this situation leads to depression and increases the risk of malnutrition.

Objective: To understand the association between loneliness and depressive symptoms with nutritional status among older adults in rural and urban areas of Yogyakarta, Indonesia.

Methods: A cross-sectional study which involved 114 older adults in Kulonprogo Regency (rural) and Yogyakarta City (urban) were conducted. Loneliness, depressive symptoms, and nutritional status were measured with UCLA Loneliness Scale, Geriatric Depression Scale and Mini Nutritional Assessment, respectively. Data were analyzed using Spearman Correlation, Independent T-Test, and One-Way ANOVA.

Results: There was no significant association between loneliness and depressive symptoms with the nutritional status of older adults as a whole group and for those living in urban areas ($p > 0.05$). However, depressive symptoms showed significant association with the nutritional status of older adults in rural areas ($p < 0.05$).

Conclusion: The nutritional status of older adults as a group and for those in urban areas was not affected by loneliness and depressive symptoms. Nevertheless, certain population of older people particularly those living in rural area are more prone to the impact of depressive symptoms which leads to deterioration of their nutritional status.

Key Word: loneliness, depression, nutritional status, older people

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INTISARI

HUBUNGAN TINGKAT KESEPIAN DAN GEJALA DEPRESI DENGAN STATUS GIZI LANSIA DI WILAYAH PERDESAAN DAN PERKOTAAN DAERAH ISTIMEWA YOGYAKARTA

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Latar Belakang: Daerah Istimewa Yogyakarta memiliki jumlah penduduk lansia terbesar di Indonesia. Selama pandemi, terjadi penurunan interaksi sosial terutama pada lansia yang membuat mereka merasa kesepian dan terabaikan. Bagi banyak orang, situasi ini menyebabkan depresi dan meningkatkan risiko malnutrisi.

Tujuan Penelitian: Mengetahui hubungan tingkat kesepian dan gejala depresi dengan status gizi pada lansia di wilayah perdesaan dan perkotaan di Daerah Istimewa Yogyakarta.

Metode: Sebuah studi *cross-sectional* yang melibatkan 114 lansia di Kabupaten Kulonprogo (perdesaan) dan Kota Yogyakarta (perkotaan) telah terlibat. Tingkat kesepian, gejala depresi, dan status gizi masing-masing diukur menggunakan kuesioner *UCLA Loneliness Scale*, *Geriatric Depression Scale*, dan *Mini Nutritional Assessment*. Data dianalisis menggunakan uji *Spearman Correlation*, *Independent T-Test*, dan *One-Way ANOVA*.

Hasil: Tidak ada hubungan signifikan tingkat kesepian dan gejala depresi dengan status gizi lansia secara keseluruhan dan yang tinggal di perkotaan ($p > 0,05$). Namun, gejala depresi menunjukkan hubungan yang signifikan dengan status gizi lansia di perdesaan ($p < 0,05$).

Kesimpulan: Status gizi lansia secara kelompok dan untuk mereka yang tinggal di perkotaan tidak terpengaruh oleh gejala kesepian dan depresi. Namun demikian, populasi lansia tertentu, terutama yang tinggal di pedesaan, lebih rentan terhadap dampak gejala depresi yang mengarah pada penurunan status gizi lansia.

Kata kunci: kesepian, depresi, status gizi, lansia

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