

## INTISARI

**Latar Belakang:** Proses penuaan yang dialami oleh setiap individu dapat menimbulkan masalah psikologis pada lansia. Masalah psikologis yang sering dijumpai pada lansia diantaranya stres, depresi, dan kecemasan. Kesehatan pada lansia dapat diidentifikasi secara alternatif komplementer dengan *Traditional Chinese Medicine Constitution* (TCMC).

**Tujuan Penelitian:** Penelitian ini bertujuan untuk mengetahui hubungan tipe konstitusi fisik dengan skala depresi pada lansia di BPSTW Yogyakarta Unit Budi Luhur.

**Metode:** Penelitian ini merupakan penelitian analitik observasional korelasi dengan rancangan *cross sectional*. Populasi penelitian ini adalah lansia yang tinggal di BPSTW Yogyakarta Unit Budi Luhur. Jumlah sampel penelitian sebanyak 56 lansia yang direkrut menggunakan metode *consecutive sampling*. Instrumen yang digunakan yaitu *Center for Epidemiologic Studies Depression Scale* (CESD-10) dan kuesioner TCMC. Analisis data menggunakan uji *Chi Square*.

**Hasil:** Mayoritas responden adalah perempuan (69,6%), berada pada kategori lansia muda (67,9%) dan tidak menunjukkan gejala depresi (67,9%). Berdasarkan kategori TCMC, responden yang termasuk tipe konstitusi fisik “tidak sakit” sebanyak 71,4% dan “sakit” 28,6%. Responden dengan kategori “tidak sakit” dan tidak ada gejala depresi sebanyak 38 lansia. Sedangkan responden dengan kategori “tidak sakit” dengan gejala depresi sebanyak 2 lansia. Terdapat 16 lansia yang memiliki TCMC “sakit” dengan gejala depresi. Hasil uji *chi square* menunjukkan ada hubungan yang signifikan antara depresi yang dialami oleh responden dengan kategori TCMC ( $p\text{-value} = <0,000$ ).

**Kesimpulan:** Terdapat hubungan yang signifikan antara depresi dengan kategori TCMC pada lansia di BPSTW Yogyakarta Unit Budi Luhur di mana semakin rendah gejala depresi yang dialami oleh individu maka semakin baik skor TCMC yang didapatkan.

**Kata Kunci:** depresi, konstitusi fisik, lansia, TCMC

## ABSTRACT

**Background:** The aging process is experienced by each individual can cause psychological problems for the elderly. Common psychological problems are namely stress, depression, and anxiety. Health status in the elderly can be identified in the alternative complementary field with the Traditional Chinese Medicine Constitution (TCMC).

**Objective:** This study aims to determine the relationship between physical constitution type and depression scale in the elderly at Yogyakarta Social Services Institution for the Elderly Budi Luhur Unit.

**Method:** This study used observational analytical study of correlation with cross-sectional design. The population of this study is the elders in Yogyakarta Social Services Institution for the Elderly, Budi Luhur Unit. The respondents of this study are 56 elders which were obtained through the consecutive sampling. The instruments of Center for Epidemiologic Studies Depression Scale (CESD-10) and TCMC questionnaire were used for data collection. Statistical analysis using Chi Square test was performed for the data analysis.

**Results:** The majority of respondents were women (69.6%), in the category of young elderly (67.9%) and showed no symptoms of depression (67.9%). Based on the TCMC category, respondents who belonged to the physical constitution type were "not sick" as much as 71.4%, "sick" with 28.6%. Respondents in the category of "not sick" and no symptoms of depression as many as 38 elderly. While respondents in the "not sick" category with depressive symptoms were 2 elderly. There were 16 elderly people who had "sick" TCMC with symptoms of depression. From the statistical analysis of Chi Square is resulted significant relationship between depression and the TCMC category (p-value <0.000).

**Conclusion:** There is a significant relationship between depression and the TCMC category in the elderly whereas the lower the symptoms of depression experienced by individuals, the better the TCMC score obtained.

**Keywords:** depression, physical constitution, elderly, *traditional chinese medicine constitution*