

INTISARI

Latar Belakang: Depresi merupakan salah satu gangguan mental yang sering dijumpai pada populasi lansia. Sebanyak 280 juta penduduk dunia mengalami depresi dan 5,7% di antaranya adalah lansia. Depresi pada lansia sering terjadi, namun seringkali tidak dapat diketahui. Depresi pada lansia penting untuk dideteksi agar dapat segera diberikan penanganan. Penilaian skrining diperlukan untuk mendeteksi depresi. Instrumen skrining depresi yang dianggap sebagai “*Gold Standard*” adalah GDS-15, namun instrumen ini tidak memiliki pendekatan yang lebih luas dibandingkan dengan instrumen TCMC depresi Qi yang merupakan instrumen baru.

Tujuan Penelitian: Penelitian ini bertujuan untuk mengetahui akurasi instrumen *Traditional Chinese Medicine Constitution* komponen depresi Qi dalam mendeteksi depresi pada lansia.

Metode: Penelitian ini adalah penelitian uji diagnostik menggunakan rancangan *cross-sectional* dengan pendekatan kuantitatif. Penelitian ini dilakukan di PSTW Unit Abiyoso, Yogyakarta. Subjek penelitian adalah lansia di PSTW Abiyoso tahun 2023. Penelitian ini menggunakan teknik *nonprobability sample* dan perhitungan besar sampel menggunakan teknik *total sampling*. Analisis data menggunakan uji diagnostik matriks 2x2 dengan instrumen GDS-15 berperan sebagai “*Gold Standard*”.

Hasil: Responden pada penelitian ini sebanyak 43 orang yang memenuhi kriteria inklusi dan eksklusi. Menurut instrumen GDS-15 didapatkan 29 lansia normal (tidak depresi), 8 lansia depresi ringan, 5 lansia depresi sedang, dan 1 lansia depresi berat. Sedangkan menurut TCMC depresi Qi sebanyak 32 lansia normal (tidak depresi), 6 lansia pra depresi, dan 5 lansia depresi. Uji diagnostik dari TCMC depresi Qi didapatkan sensitivitas 78,6%; spesifisitas 100%; nilai duga positif (PPV) 100%; nilai duga negatif (NPV) 90,6%; dan akurasi 93%.

Kesimpulan: Instrumen TCMC depresi Qi dapat dijadikan sebagai alternatif untuk mendeteksi depresi pada lansia karena tingginya spesifisitas dan nilai duga positif (PPV). Namun, perlu diperhatikan kemungkinan adanya kasus depresi yang tidak dapat terdeteksi (*false negative*) karena sensitivitas yang dihasilkan adalah sedang.

Kata Kunci: Depresi, GDS-15, TCMC depresi Qi

ABSTRACT

Background: Depression is a mental disorder that is often found in the elderly population. There are 280 million people in the world who have depression and 5.7% of them are elderly. Depression in the elderly is common, but often unnoticed. It is important to detect depression in the elderly so that treatment can be given. Screening assessments are necessary to detect depression. The GDS-15 instrument is considered to be the gold standard for screening depression in elderly, but this instrument does not have a broader approach compared to the TCMC Qi depression instrument which is a new instrument.

Objective: This study aims to determine the accuracy of the Traditional Chinese Medicine Constitution Qi depression component instrument in detecting depression in the elderly.

Method: This research is a diagnostic test study using a cross-sectional design with a quantitative approach. This research was conducted at PSTW Abiyoso Unit, Yogyakarta. The research subjects were elderly at PSTW Abiyoso in 2023. This research uses a non-probability sample technique and the sample size calculation uses a total sampling technique. Data analysis uses a 2x2 matrix diagnostic test with the GDS-15 instrument as the "Gold Standard".

Result: In this study, 43 respondents were obtained based on inclusion and exclusion criteria. According to the GDS-15 instrument, it was found that 29 elderly people had normal (not depression), 8 elderly people had mild depression, 5 elderly people had moderate depression, and 1 elderly person had severe depression. Meanwhile, according to the TCMC Qi depression instrument, there are 32 elderly with normal (not depression), 6 elderly with pre-depression, and 5 elderly with depression. The diagnostic test of TCMC Qi depression is sensitivity 78.6%; specificity 100%; Positive predictive value (PPV) 100%; negative predictive value (NPV) 90.6%; and 93% accuracy.

Conclusion: The TCMC Qi depression instrument can be used as an alternative for detecting depression in the elderly because of its high specificity and positive predictive value (PPV). However, it should be noted that there may be cases of depression that cannot be detected (false negative) because the resulting sensitivity is moderate.

Keywords: depression, GDS-15, TCMC Qi depression