

ABSTRACT

THE ASSOCIATION BETWEEN DEPRESSION AND QUALITY OF LIFE AMONG ELDERLY WOMEN IN PURWOBINANGUN SLEMAN

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Background: The Special Region of Yogyakarta is an area with the largest elderly population in Indonesia. Sleman Regency has the highest number of elderly residents within the Special Region of Yogyakarta. Elderly individuals often experience a decline in physical, psychological, and social health, as well as changes in their lives. These changes in the elderly can affect their lives and may lead to depression, which can also impact their quality of life.

Objective: to understand the relationship between depression and quality of life among the elderly in Purwobinangun Village, Pakem District, Sleman Regency.

Methods: An observational non-experimental analytical study with a cross-sectional design involving 105 elderly individuals in Purwobinangun Village, Sleman Regency. Depression status and quality of life were measured using the Geriatric Depression Scale questionnaire and the World Health Organization Quality of Life questionnaire. Data were analyzed using the Spearman Correlation test.

Results: The results of the study indicate a relationship between depression status and the quality of life of elderly women, with $p > 0.05$. The results of the Spearman rank test show a significant relationship between depression status and the quality of life in elderly women in Purwobinangun, Sleman, with a result of $p = -0.453$ ($p > 0.05$).

Conclusion: There is a significant relationship between depression and the quality of life of elderly women in Purwobinangun, Sleman. Thus, the lower the level of depression experienced by an individual, the higher the quality of life of elderly women in Purwobinangun, Sleman.

Key Word: depression, quality of life, elderly woman.

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INTISARI

HUBUNGAN DEPRESI DENGAN KUALITAS HIDUP LANSIA WANITA DI PURWOBINANGUN SLEMAN

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Latar Belakang: Daerah Istimewa Yogyakarta merupakan daerah yang memiliki jumlah penduduk lansia terbanyak di Indonesia. Kabupaten Sleman memiliki jumlah penduduk lansia tersesar di Daerah Istimewa Yogyakarta. Lansia akan mengalami penurunan kesehatan baik secara fisik, psikologi, sosial dan juga akan merasakan perubahan dalam kehidupannya. Perubahan yang terjadi pada lansia akan mempengaruhi kehidupan pada lansia dan dapat menyebabkan depresi yang juga akan berpengaruh pada kualitas hidup.

Tujuan Penelitian: Mengetahui hubungan depresi dengan kualitas hidup pada lansia di Desa Purwobinangun Kecamatan Pakem Kabupaten Sleman.

Metode: Sebuah studi analitik observasional non-eksperimental dengan rancangan *cross-sectional* yang melibatkan 105 lansia di Desa Purwobinangun Kabupaten Sleman. Status depresi dan kualitas hidup diukur menggunakan kuesioner *Geriatric Depression Scale* dan *World Health Organization Quality of Life*. Data dianalisis menggunakan uji *Spearman Correlation*.

Hasil: Hasil penelitian menunjukkan adanya hubungan antara status depresi dengan kualitas hidup lansia wanita dengan $p > 0,05$. Hasil uji *rank spearman test* menunjukkan bahwa adanya hubungan yang signifikan status depresi dengan kualitas hidup pada lansia wanita di Purwobinangun Sleman dengan hasil $p = -453$ ($p > 0,05$).

Kesimpulan: Terdapat hubungan yang signifikan antara depresi dengan kualitas hidup lansia wanita di Purwobinangun Sleman. Dengan demikian, semakin rendah seseorang mengalami depresi maka semakin tinggi kualitas hidup lansia wanita di Purwobinangun Sleman.

Kata kunci: depresi, kualitas hidup, lansia wanita.

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