

ABSTRAK

Latar Belakang: Depresi merupakan isu kesehatan mental serius. Riset Kesehatan Dasar (Riskesdas) 2018 mencatat 6,1% atau sekitar 12 juta penduduk Indonesia usia >15 tahun mengalami depresi, dengan prevalensi tertinggi di Kawasan Timur Indonesia (KTI). Data sosiodemografi KTI, seperti rendahnya pendidikan dan tingginya kemiskinan diduga turut memengaruhi hal ini. Penelitian ini bertujuan mengidentifikasi faktor sosiodemografi yang berhubungan dengan depresi di KTI.

Metode: Penelitian ini menggunakan data sekunder *Indonesia Family Life Survey (IFLS) East* dengan desain *cross-sectional*. Populasi penelitian adalah responden dalam tujuh provinsi IFLS *East*, sampel penelitian merupakan individu dengan usia 15 tahun ke atas dan memiliki data status depresi. Analisis data dilakukan secara univariat, bivariat (*chi square*), dan multivariat (regresi logistik).

Hasil: Prevalensi depresi di KTI adalah 9,7%. Analisis multivariat pada *micro level* menunjukkan umur (aOR 1,524; CI 95% 1,00-2,31) dan pendapatan (aOR 1,313; CI 95% 1,02-1,68) berhubungan dengan depresi di KTI. Sedangkan pada *mezzo level*, status pekerjaan (aOR 1,383; CI 95% 1,13-1,68) dan perkawinan (aOR 1,444; CI 95% 1,05-1,97) berhubungan dengan depresi di KTI. Pada analisis *full model*, lansia (aOR 1,687, CI 95% 1,01-2,79), pendapatan kuartil 2 (aOR 1,331; CI 95% 1,03-1,70), dan status pekerjaan (aOR 1,406; CI 95% 1,13-1,73) berhubungan dengan depresi di KTI.

Kesimpulan: Faktor sosiodemografi jenis kelamin, tingkat pendidikan, dan wilayah tempat tinggal (perkotaan atau pedesaan) tidak berhubungan dengan depresi di KTI. Sedangkan lansia, tingkat pendapatan, tidak bekerja, dan status perkawinan berpisah berhubungan dengan depresi di KTI.

Kata Kunci: depresi, sosiodemografi, IFLS East, Kawasan Timur Indonesia.

ABSTRACT

Background: Depression is a serious mental health issue. According to the 2018 Basic Health Research (Riskesdas), 6.1% or approximately 12 million Indonesians aged over 15 years suffer from depression, with the highest prevalence found in Eastern Indonesia (KTI). Sociodemographic data in KTI—such as low education levels and high poverty rates—are suspected to contribute to this issue. This study aims to identify sociodemographic factors associated with depression in KTI.

Methods: This study used secondary data from the Indonesia Family Life Survey (IFLS) East with a cross-sectional design. The study population included respondents from seven provinces in IFLS East. The sample consisted of individuals aged 15 years and older with available depression status data. Data analysis was conducted using univariate, bivariate (chi-square), and multivariate (logistic regression) analyses.

Results: Multivariate analysis at the micro level showed that age (aOR 1,524; CI 95% 1,00-2,31) and income (aOR 1,313; CI 95% 1,02-1,68) were associated with depression. At the mezzo level, employment (aOR 1,383; 95% CI 1,13-1,68) and marital status (aOR 1,444; 95% CI 1,05-1,97) were associated with depression. In the full model, being elderly (aOR 1,687, 95% CI 1,01-2,79), 2nd quartile income (aOR 1,331; CI 95% 1,03-1,70), and employment status (aOR 1,406; 95% CI 1,13-1,73) were significantly associated with depression in KTI.

Conclusion: Sociodemographic factors such as gender, education level, and residential area (urban or rural) were not significantly associated with depression in KTI. However, being elderly, income level, unemployed, and separated/divorced were significantly associated with depression in this region.

Keywords: depression, sociodemographic, IFLS East, Eastern Indonesia