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INTISARI

Latar belakang: Lansia merupakan tahap akhir kehidupan ditandai perubahan fisik, mental, dan sosial. Populasi lansia perempuan dan depresi lebih besar dibandingkan lansia laki-laki. Dukungan keluarga sangat penting sebagai pemberi dukungan sosial utama. Di desa Bunder Purwobinangun Sleman DIY, risiko kekerasan dan penelantaran lansia perempuan tinggi, dipengaruhi konflik keluarga, beban perawatan, dan tekanan ekonomi. Kondisi ini memicu isolasi sosial dan kesepian, terutama pada lansia perempuan yang tinggal sendiri atau ditinggal merantau keluarganya.

Tujuan penelitian: Mengidentifikasi hubungan antara dukungan sosial keluarga dengan depresi pada lansia perempuan di Desa Bunder Kalurahan Purwobinangun Kecamatan Pakem Kabupaten Sleman Provinsi Daerah Istimewa Yogyakarta (DIY).

Metode: Analitik observasional *Cross-Sectional*, sampel lansia perempuan di Desa Bunder Purwobinangun Sleman Provinsi Daerah Istimewa Yogyakarta (DIY). Instrumen: Dukungan Sosial Keluarga dan *Geriatric Depression Scale* 15 (GDS-15) versi Bahasa Indonesia. Analisis data menggunakan uji Korelasi *spearman* dan uji regresi ordinal. Tingkat kemaknaan uji statistik dinyatakan pada $p < 0,05$.

Hasil: Depresi 53,8%, tidak mendapatkan dukungan keluarga 51,3%. Subjek yang tidak mendapat dukungan keluarga mengalami depresi berat (35%) dan subjek yang mendapat dukungan keluarga sebagian besar tidak depresi (84,2%). Uji Korelasi Spearman didapatkan hubungan signifikan dukungan keluarga dengan depresi ($p=0,001$), koefisien korelasi $r=-0,744$. Uji Regresi Ordinal didapatkan dukungan keluarga berpengaruh signifikan terhadap depresi $p=0,005$. Koefisien regresi 3,5 artinya subjek yang tidak mendapatkan dukungan mengalami tingkat depresi 4 kali lebih tinggi.

Kesimpulan: terdapat terdapat hubungan negatif antara dukungan sosial keluarga dengan depresi pada lansia perempuan di Desa Bunder Purwobinangun Sleman Provinsi Daerah Istimewa Yogyakarta (DIY).

Kata Kunci: depresi, dukungan sosial keluarga, lansia perempuan

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THE CORRELATION BETWEEN FAMILY SOCIAL SUPPORT AND DEPRESSION AMONG ELDERLY WOMEN IN BUNDER VILLAGE, PURWOBINANGUN, SLEMAN, SPECIAL REGION OF YOGYAKARTA (DIY)

ABSTRACT

Background: Older adulthood represents the final stage of life, characterized by physical, mental, and social changes. The population of elderly women and the prevalence of depression among them are larger compared to elderly men. Family support is crucial as the primary source of social support. In Bunder Village, Purwobinangun, Sleman, DIY, the risk of abuse and neglect toward elderly women is high, influenced by family conflicts, caregiver burden, and economic pressure. These conditions trigger social isolation and loneliness, particularly among elderly women who live alone or have been left behind by families migrating for work.

Objective: To identify the correlation between family social support and depression among elderly women in Bunder Village, Purwobinangun, Pakem, Sleman, Special Region of Yogyakarta (DIY).

Methods: This study employed an observational analytic design with a cross-sectional approach. The sample consisted of elderly women in Bunder Village, Purwobinangun, Sleman, DIY. Data were collected using the Family Social Support questionnaire and the Indonesian version of the 15-item Geriatric Depression Scale (GDS-15). Data analysis was performed using the Spearman correlation test and ordinal regression analysis. Statistical significance was set at $p < 0.05$.Results: The prevalence of depression was 53.8%, and 51.3% of respondents did not receive family support. Among subjects who did not receive family support, 35% experienced severe depression, whereas the majority of subjects who received family support did not experience depression (84.2%). The Spearman correlation test revealed a significant correlation between family support and depression ($p = 0.001$) with a correlation coefficient of $r = -0.744$. The ordinal regression analysis showed that family support significantly influenced depression ($p = 0.005$). The regression coefficient of 3.5 indicates that subjects who did not receive support experienced a 4-fold higher level of depression.

Conclusion: There is a significant negative correlation between family social support and depression among elderly women in Bunder Village, Purwobinangun, Sleman, Special Region of Yogyakarta (DIY).Keywords: depression, family social support, elderly women