

INTISARI

Gangguan depresi banyak terjadi di Indonesia namun sering tidak disadari oleh masyarakat. Hal ini disebabkan karena literasi untuk mengenali, mengelola dan mencegah gangguan mental masih rendah. Apoteker turut berperan penting dalam upaya peningkatan literasi kesehatan mental. Faktor seperti usia, jenis kelamin, tempat tinggal, tingkat pendidikan, bidang pendidikan dan status terindikasi turut mempengaruhi literasi. Pada penelitian ini, akan dilihat gambaran tingkat literasi gangguan depresi serta faktor yang berpengaruh pada masyarakat di wilayah Daerah Istimewa Yogyakarta.

Penelitian bersifat observasional secara *cross sectional* terhadap 100 responden berusia 18-65 tahun yang berdomisili di Daerah Istimewa Yogyakarta. Instrumen berupa kuesioner terdiri dari isian identitas, *Patient Health Questionnaire (PHQ)-9*, dan kuesioner literasi. Tingkat literasi dan status terindikasi dianalisis secara deskriptif. Hubungan antara usia, jenis kelamin, tempat tinggal, tingkat pendidikan serta bidang pendidikan dan status terindikasi dengan tingkat literasi gangguan depresi dianalisis menggunakan *crossstab* dengan uji statistik *chi-square*.

Hasil penelitian menunjukkan sebagian besar responden berjenis kelamin perempuan (66%), berusia 21 tahun atau lebih (60%), bertempat tinggal di daerah perkotaan (55%) dengan tingkat pendidikan menengah ke bawah (58%) dan di bidang kesehatan (58%). Responden lebih banyak memiliki tingkat literasi rendah (51%). Responden sebagian besar terindikasi gangguan depresi (61%) dengan tingkat ringan (42%). Terdapat hubungan antara bidang pendidikan, status terindikasi dengan tingkat literasi. Namun tidak terdapat hubungan antara usia, jenis kelamin, tempat tinggal, tingkat pendidikan dengan tingkat literasi. Apoteker diharapkan lebih berperan aktif dalam berbagai kegiatan edukasi dan pelayanan kesehatan mental di komunitas sehingga dapat meningkatkan tingkat literasi gangguan depresi masyarakat.

Kata kunci : Gangguan Depresi, Faktor Literasi Kesehatan Mental, PHQ-9.

ABSTRACT

Depressive disorders are common in Indonesia, but sometimes it is not recognized by the society because of low literacy to recognize, manage and prevent mental disorders. Pharmacists play an important role in improving mental health literacy. Factors such as age, sex, residence, educational level, field of education and depression status also influence literacy. This study identified literacy level of depression as well as factors that influence the society in the Special Region of Yogyakarta.

The study was an observational cross-sectional study that covered 100 respondents aged 18-65 who lived in the Special Region of Yogyakarta. The instruments were in the form of questionnaire consisting of identity forms, *Patient Health Questionnaire* (PHQ)-9 to determine depression status, and literacy questionnaire. The literacy level and depression status were analyzed descriptively. The relationship between age, sex, residence, educational level, field of education and depression status with the literacy level were analyzed using *Crosstab* with *Chi-Square*.

The results showed that the majority of respondents are female (66%), aged 21 or older (60%), residing in urban areas (55%) with a secondary education level (58%) and pursuing the health sector (58%). More respondents had a low literacy level (51%). Most respondents were indicated depressive disorders (61%) with minor level of depression (42%). There were significant relations between the field of education as well as depression status with literacy level. However, there were no relation between age, sex, residence, educational level with literacy level. Pharmacists are expected to play an active role in educational activities and mental health services in the community so that they can increase literacy level of depression among society.

Keywords: Depressive Disorders, Depression, Mental Health Literacy Factors, PHQ-9.