

INTISARI

Latar Belakang: Penduduk lansia mengalami peningkatan dari tahun ke tahun, termasuk Yogyakarta menjadi provinsi yang memiliki populasi lansia terbanyak. Depresi sering kali terjadi pada lansia. Aktivitas sosial bermanfaat mengurangi rasa jenuh, sepi, dan mengurangi depresi.

Tujuan penelitian: Mengetahui hubungan aktivitas sosial dengan depresi pada lansia di BPSTW Yogyakarta

Metode: Penelitian ini merupakan penelitian kuantitatif dengan jenis penelitian analitik obeservasional dengan rancangan cross sectional. Pengambilan sampel dengan teknik total sampling sebanyak 123. Instrumen penelitian meliputi data demografi, Center of Epidemiologi Studies Depression 10 (CES-D 10) dan pertanyaan terkait seberapa sering mengikuti aktivitas sosial dalam seminggu. Analisis data menggunakan uji chi square.

Hasil: Lansia yang mengikuti aktivitas sosial berupa senam 103 (83,7%) lansia, kegiatan keagamaan 96 (78%) lansia, kerja bakti 66 (53,7%) lansia, bimbingan sosial dan psikologi 77 (62,6%) lansia, kesenian 86 (69,9%) lansia ketrampilan 56 (45,5%) lansia. Lansia yang menunjukkan depresi sebanyak 30 (23,8%). Analisis bivariat menggunakan chi-square mendapatkan aktivitas sosial ($p=0,203$), 2 dari 6 kegiatan aktivitas sosial memiliki p -value $<0,05$ yaitu senam ($p=0,019$) dan kerja bakti ($p=0,032$), sedangkan sisanya memiliki p -value $>0,05$ yaitu keagamaan ($p=0,083$), bimbingan sosial dan psikologi ($p=0,228$), kesenian ($p=0,069$), dan ketrampilan ($p=0,484$).

Kesimpulan: Tidak ada hubungan aktivitas sosial dengan depresi pada lansia di BPSTW Yogyakarta. Ada hubungan antara aktivitas sosial senam dan kerja bakti dengan depresi pada lansia di BPSTW Yogyakarta. Tidak ada hubungan antara aktivitas sosial keagamaan, bimbingan sosial dan psikologi, kesenian, dan ketrampilan dengan depresi pada lansia di BPSTW Yogyakarta

Kata kunci: lansia, aktivitas sosial, depresi

ABSTRACT

Background: The elderly population has increased every year. Yogyakarta is a province with the largest elderly population in Indonesia. Depression often occurs in the elderly. Social activities are very useful in reducing boredom, loneliness, and reduce depression.

Objective: To identify the relationship between social activities and depression in the elderly at BPSTW Yogyakarta.

Methods: This is a quantitative research with an analytical observation by using a cross-sectional design. Sampling with a total sampling technique of 123 participants. Instrument from data demographic, Center of Epidemiologi Studies Depression 10 (CES-D 10) and the questions related to how often they participate in social activities in a week. Data analysis using chi square test.

Results: Elderly people who participate in social activities such as gymnastic 103 (83.7%), religious activities 96 (78%), community service 66 (53.7%), social and psychological guidance 77 (62.6%), arts 86 (69.9%), skills 56 (45.5%). The elderly who showed depression were about 30 (23.8%). The result of Bivariate analysis using chi-square got the frequent of social activity ($p=0,203$), 2 from 6 type of social activities, had p -value <0.05 , namely gymnastics ($p=0.019$) and community service ($p=0.032$), while the rest had p -value >0.05 , namely religious ($p = 0.083$), social and psychological guidance ($p = 0.228$), arts ($p = 0.069$), and skills (0.484).

Conclusion: There is no relationship between the frequent of social activity with depression in the elderly at BPSTW Yogyakarta. There is a relationship between social activities (gymnastics and community service) with depression in the elderly at BPSTW Yogyakarta. There is no relationship between social activities (religious activities, social and psychological guidance, arts, and skills) with depression in the elderly at BPSTW Yogyakarta.

Key words: elderly, social activities, depressions