

## **Intisari**

**LATAR BELAKANG:** Lansia merupakan salah satu golongan usia yang rentan terhadap berbagai jenis penyakit. Jatuh merupakan salah satu penyebab tingginya mortalitas dan morbiditas pada lansia. Beberapa faktor risiko jatuh contohnya adalah depresi, status hemoglobin, dan status gula darah. Pada penelitian ini, tes *Timed Up and Go* digunakan untuk mengukur risiko jatuh.

**TUJUAN:** Melihat hubungan antara gejala depresi, kadar hemoglobin, dan kadar gula darah sewaktu dengan hasil *Timed Up and Go Test*.

**METODE:** Penelitian dilakukan secara potong lintang. Jumlah sampel ditentukan dengan teknik total populasi. Depresi diperiksa dengan menggunakan kuesioner *Geriatric Depression Scale*, sementara kadar hemoglobin dan kadar gula darah sewaktu dengan *strip test*, dan risiko jatuh dengan *TUG test*.

**HASIL:** Hasil yang didapat dari 31 orang lansia yang diperiksa adalah hubungan yang tidak signifikan antara depresi dan risiko jatuh ( $p=0,905$ ), antara status hemoglobin dan risiko jatuh ( $p=0,332$ ) dan antara kadar gula darah sewaktu dengan risiko jatuh ( $p=0,711$ ).

**KESIMPULAN:** Tidak ada hubungan antara gejala depresi, kadar hemoglobin, dan kadar gula darah sewaktu dengan risiko jatuh pada lansia di Panti Jompo Budhi Dharma

**KATA KUNCI:** *Timed Up and Go test*, depresi, hemoglobin, gula darah sewaktu, lanjut usia.

## Abstract

**BACKGROUND:** Elderly is a group of age that vulnerable to many kind of disease. Fall is one of the reason of high morbidity and mortality in elderly. Some risk factors for fall is depression, hemoglobin status, and blood sugar status. In this study, Timed Up and Go Test was used to measure the risk of fall.

**OBJECTIVES:** Understand the correlation between depression, hemoglobin, and blood sugar level on the outcome of Timed Up and Go Test.

**METHODS:** This study used cross-sectional study design. Subjects was determined with total population technique. Depression was examined by the use of Geriatric Depression Scale Questionnaire, meanwhile hemoglobin and blood sugar level were assessed with strip test, and falls risk assessed with Timed Up and Go Test.

**RESULT:** Results obtained from 31 elderly were insignificant correlation between depression and falls risk ( $p=0,905$ ), between hemoglobin status and falls risk ( $p=0,332$ ), and between blood sugar level with falls risk ( $p=0,711$ )

**CONCLUSION:** There were no correlation between depression, hemoglobin level, and blood sugar level with falls risk in elderly that lived in Panti Jompo Budhi Dharma.

**KEYWORD:** Timed Up and Go Test, depression, hemoglobin, random blood glucose, elderly