

HUBUNGAN DUKUNGAN SOSIAL DENGAN DERAJAT DEPRESI PADA LANSIA PASCA ERUPSI MERAPI DI HUNIAN TETAP KUWANG CANGKRINGAN KABUPATEN SLEMAN

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INTISARI

Latar Belakang: Depresi pada lansia merupakan hasil interaksi dari faktor biologi, psikologi, dan sosial. Faktor sosial disebabkan karena berkurangnya dukungan sosial dapat mencetuskan terjadinya depresi. Depresi pada lansia dapat diperberat oleh adanya bencana alam.

Tujuan: menganalisis hubungan dukungan sosial yang ditinjau dari jumlah pemberi dan kepuasan dukungan dengan derajat depresi pada lansia pasca erupsi merapi di Huntap Kuwang Cangkringan.

Metode: Jenis penelitian non eksperimental dengan rancangan *cross sectional* bersifat deskriptif analitik. Penelitian pada Desember 2014- Januari 2015 dengan subyek penelitian 46 lansia pasca erupsi merapi di Huntap Kuwang. Data dikumpulkan menggunakan *Geriatric Depression Scale* dan *Social Support Questionnaire*. Data dianalisis menggunakan *Spearman Rank*.

Hasil: Lansia yang mendapatkan banyak dukungan sosial (32,6%) dan 41,3 % menyatakan puas dengan dukungan sosial yang diterima. Derajat depresi pada lansia yaitu sebanyak 39,1 % berupa depresi sedang sampai berat. Ada hubungan negatif antara jumlah pemberi dukungan dengan derajat depresi ($r = -0,744$; $p = 0,001$) dan ada hubungan negatif antara kepuasan dukungan dengan derajat depresi pada lansia pasca erupsi merapi di Huntap Kuwang ($r = -0,710$; $p = 0,001$)

Kesimpulan: Ada hubungan negatif antara jumlah pemberi dukungan dan kepuasan dukungan dengan derajat depresi pada lansia pasca erupsi merapi di Huntap Kuwang Cangkringan.

Kata Kunci : dukungan sosial, depresi, lansia

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THE RELATIONSHIP OF SOCIAL SUPPORT WITH DEGREES IN ELDERLY DEPRESSION AFTER MERAPI VOLCANO ERUPTION IN KUWANG PERMANENT RESIDENCE CANGKRINGAN SLEMAN

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ABSTRACT

Background: Depression in the elderly is the result of the interaction of biological, psychological, and social. Social factors due to reduced social support can trigger depression. Depression in the elderly can be exacerbated by natural disasters.

Objective: Analyze the relationship of social support that can be determined from the number of support providers and satisfaction with the depression degree in the elderly after Merapi Volcano eruption in Kuwang permanent residence Cangkringan.

Methods: non-experimental research with cross sectional descriptive analytic. The study conducted in December 2014 to January 2015 with as many as 46 elderly who are life witnesses of the Merapi Volcano eruption in Kuwang Permanent Residence. Data collected by using the *Geriatric Depression Scale* and the *Social Support Questionnaire*. Thus, the analysis was using the Spearman Rank.

Result: Elderly who get a lot of social support as many (32,6%) and 41.3% said they satisfied with the received of social support. The degree of depression in the elderly as many as 39.1% has medium to severe depression. There is a negative relationship between the number of support provider with the degree of depression ($r=-0.744, p=0.001$), and there is a negative relationship between the social support satisfaction with the degree of depression in the elderly after the eruption of Merapi Volcano in Kuwang Permanent Residence ($r= -0.710, p=0.001$).

Conclusion : There is a negative relationship between the number of social support providers and satisfaction with the degree of depression in the elderly after the eruption of Merapi Volcano in Kuwang Permanent Residence Cangkringan Sleman.

Keywords : social support, depression, elderly

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