Gambaran Tingkat Depresi Pada Lansia Dimasa Pandemik Covid - 19 di Kelurahan Banjar Tengah, Kecamatan Negara

ABSTRAK

Latar Belakang : Berdasarkan beberapa studi, depresi banyak terjadi pada lansia. Ada beberapa faktor penyebab depresi, salah satunya faktor eksternal seperti kondisi pandemi Covid – 19. Kondisi ini berdampak pada perubahan psikologi lansia dan meningkatnya depresi.

Tujuan : Untuk mengetahui gambaran tingkat depresi pada lansia dimasa pandemi COVID-19 di Kelurahan Banjar Tengah, Kecamatan Negara

Metode :Jenis penelitian ini adalah *deskriptif.* Populasinya adalah seluruh lansia di Kelurahan Banjar Tengah Kecamatan Negara Kabupaten Jembrana dengan jumlah populasi 682 lansia.Teknik sampel menggunakan metode *proportional stratified random sampling*. Sampel penelitian adalah 87 responden, yang dibagi menjadi 21 responden di Lingkungan Tengah dan66 responden di Lingkungan Tinyeb. Alat ukur yang digunakan adalah kuisioner (GDS - 15) *Geriatric Depression Scale-15*. Analisis data menggunakan univariat.

Hasil : Sebagian besar lansia dimasa pandemik Covid - 19 di Kelurahan Banjar Tengah, Kecamatan Negara mengalami depresi ringan. Hal ini diperoleh hasil 31 responden (35.6%) mengalami tidak depresi, sebanyak 37 responden (42.5%) depresi ringan, 14 responden (16.1%) depresi sedang, dan sebanyak 5 responden (5.7%) mengalami depresi berat.

Saran : Lansia dapat senantiasa berfikir positif untuk mengurangi tingkat depresi, dan tetap mematuhi protokol kesehatan yang ada selama pandemi covid – 19.

Kata kunci : tingkat depresi, lansia, covid – 19

The Description of Depression Levels During Covid – 19 Pandemic in Banjar Tengah, Negara District

ABSTRACT

Background : Based on several studies, depression is common in the elderly. There are several factors that cause depression, one of which is external factors such as the Covid-19 pandemic. This condition has an impact on changes in the psychology of the elderly and increases depression.

Objectives : This study aims to describe the levels of depression that happens on elderly people during COVID-19 pandemic Banjar Tengah, Negara District.

Method : This study applied descriptive method. The population of this study contained all elderly people which amounts up to 682 elderly people in Banjar Tengah, Negara District, Jembrana Regency. The sampling method used *proportional stratified random sampling method* with 87 respondents divided into 21 respondents in Lingkungan Tengah and 66 respondents in Lingkungan Tinyeb. The data were collected by using questionnaires (GDS-15) *Geriatric Depression Scale-15* and analyzed by using univariate.

Result : The results of this study showed that most of the elderly during the Covid-19 pandemic in Banjar Tengah Village, Negara District experienced mild depression. This shows that 31 respondents (35.6%) experienced no depression, 37 respondents (42.5%) had mild depression, 14 respondents (16.1%) had moderate depression, and as many as 5 respondents (5.7%) experienced severe depression.

Suggestion : Elderly people can always think positively to reduce levels of depression, and still adhere to existing health protocols during the Covid-19 pandemic.

Keywords : depression levels, elderly, covid-19