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**GAMBARAN DETEKSI DINI DEPRESI PADA LANSIA DALAM UPAYA
PENINGKATAN KESEHATAN JIWA MASYARAKAT DI WILAYAH
PUSKESMAS LEREP DESA NYATNYONO KABUPATEN SEMARANG**
(XIV+65 Halaman+2 gambar+ 10 tabel + 10 Lampiran)

ABSTRAK

Latar Belakang : Depresi merupakan gangguan mental yang paling sering terjadi pada lansia. kira- kira 25% komunitas lanjut usia dan pasien rumah perawatan ditemukan adanya gejala depresi pada lansia. Tujuan penelitian untuk mengetahui gambaran deteksi dini depresi pada lansia dalam upaya peningkatan kesehatan jiwa masyarakat.

Metode : Metode penelitian menggunakan metode deskriptif dengan pendekatan *survey*. Populasi penelitian ini berjumlah 767 orang. Sampel penelitian ini berjumlah 89 orang di Desa Nyatnyono Kabupaten Semarang. Teknik pengambilan sampel *purposive sampling*. Instrument penelitian menggunakan menggunakan kuesioner GDS-15. Analisa data menggunakan distribusi frekuensi.

Hasil : Dari hasil penelitian gambaran deteksi dini depresi pada lansia di Desa Nyatnyono yang paling banyak yaitu tidak depresi (73%), depresi ringan sebanyak (22,5)%, depresi sedang (3,4%), depresi berat (1,1%). Kejadian depresi cenderung dialami oleh yang berusia 70-79 tahun yaitu depresi ringan (27,0%), depresi sedang (5,4%), depresi berat (2,7%). Perempuan sebanyak depresi ringan (24,5%), depresi sedang (3,8%), depresi berat (1,9%). janda/duda yang depresi ringan (23,9%), depresi sedang (4,3%), depresi berat (2,2%), riwayat penyakit dengan hipertensi yaitu depresi ringan (40,0%), depresi sedang (8%).

Kesimpulan : Gambaran Deteksi Dini Depresi Pada Lansia Dalam Upaya Peningkatan Kesehatan Jiwa Masyarakat di Wilayah Puskesmas Lerep Desa Nyatnyono Kabupaten Semarang tergolong rendah yaitu tidak depresi (73%), depresi (27%). Kejadian depresi cenderung terjadi pada umur 70-79 tahun, perempuan, janda/duda, dan dengan riwayat penyakit hipertensi.

Saran : Petugas kesehatan dapat melakukan skrining minimal setiap 6 bulan pada lansia untuk mendeteksi depresi pada lansia.

Kata Kunci : Lansia, Depresi, Usia, Jenis Kelamin, Status Perkawinan, Riwayat penyakit kronis

Kepustakaan : 31 (2009-2019)

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THE DESCRIPTION OF EARLY DETECTION OF DEPRESSION IN ELDERLY PEOPLE AS AN EFFORT TO IMPROVE COMMUNITY'S MENTAL HEALTH IN LEREP PUBLIC HEALTH CENTER, NYATNYONO VILLAGE, SEMARANG REGENCY

(XIV + 65 pages + 2 pictures + 10 tables + 10 Appendixes)

ABSTRACT

Background : Depression is a mental disorder that most often occurs in elderly people. Approximately 25% of the elderly people community and nursing home patients have found symptoms of depression in the elderly people. The aim of the research was to describe of early detection of depression in elderly people as an effort to improve community's mental health

Method : The research method used descriptive method with survey approach. The Samples of this study were 89 people in Nyatnyono village Semarang regency. It used purposive sampling technique. Instrument research used GDS-15 questionnaires. The data were analyzed by using frequency distribution.

Results : From the research results, the early detection of depression in the elderly people in Nyatnyono village was mostly no depression (73%), light depression (22.5%), moderate depression (3.4%), severe depression (1.1%). The depression tended to be experienced by the 70-79-years-old people consisting light depression (27,0%), moderate depression (5.4%), severe depression (2.7%). Women with light depression (24,5%), moderate depression (3.8%), severe depression (1.9%). widow / widower with light depression (23.9%), moderate depression (4.3%), severe depression (2.2%). History of hypertension consisting of light depression (40.0%), moderate depression (8 %).

Conclusion : Early Detection Of Depression In The Elderly People As An Effort To Improve Community's Mental Health In Lerep Public Health Center, Nyatnyono Village, Semarang Regency is relatively low consisting no depression (73%), depression (27%), tends to occur at the age of 70-79 years, women, widows / widowers, and has a history of hypertension.

Suggestion : The health worker can screen at least every 6 months for the elderly people to detect depression in the elderly people

Keywords : Elderly, Depression, Age, Sex, Marital Status, History Of Illness

Literatures : 31 (2009-2019)