

DEPRESSION IN THE ELDERLY DURING THE COVID-19 PANDEMIC IN
KALIRASE, TRIMULYO, SLEMAN

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ABSTRACT

Baground : The Covid -19 pandemic is a form of new cases in the world of health which has various impacts, both biological, psychological, social and spiritual. Depression in the elderly is a psychiatric disorder and is a mental health problem that often occurs among the elderly. The prevalence of depression in the world is around 8-15%. Survey results from various countries in the world show that the average prevalence of depression in the elderly is 13.5% with the ratio of women: men is 14.1: 8,6 where women are twice as many as men.

Objective : This research aimed to determine the level of depression in the elderly during the Covid-19 Pandemic.

Method : This method of research used a descriptive design with sampling technique which aims to describe the level of depression in the elderly using a research instrument in the form of a Geriatric Depression Scale Short Form (GDS-S) questionnaire.

Result : Research shows that the majority of the elderly during the Covid-19 pandemic are not depressed or in normal status.

Conclusion : The conclusion description of the level of depression in the elderly during the Covid-19 pandemic most are not depressed or normal.

Keywords : Elderly, Depression, Covid-19

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DEPRESI LANSIA DIMASA PANDEMI COVID-19 DI DUSUN KALIRASE, TRIMULYO, SLEMAN

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INTISARI

Latar Belakang : Pandemi Covid -19 merupakan bentuk kasus baru di dunia kesehatan yang mempunyai beragam dampak, baik biologis, psikologis, sosial dan spiritual. Kondisi seperti ini harus benar-benar diwaspadai terutama pada usia rentan dan resiko yaitu salah satunya usia lansia. Depresi pada lansia merupakan gangguan psikiatri dan merupakan masalah kesehatan mental yang sering terjadi dikalangan lanjut usia. Prevalensi depresi didunia sekitar 8-15%. Hasil survey dari berbagai negara di dunia diperoleh prevalensi rata- rata depresi pada lansia adalah 13,5 % dengan perbandingan wanita : pria 14,1 : 8,6 dimana wanita dua kali lebih banyak daripada pria.

Tujuan : Penelitian ini bertujuan untuk mengetahui gambaran tingkat depresi pada lansia di Masa Pandemi Covid-19.

Metode : Jenis penelitian ini adalah penelitian desain deskriptif dengan teknik acak yang bertujuan untuk melihat gambaran tingkat depresi lansia menggunakan instrument penelitian berupa kuesioner Geriatric Depression Scale Short Form (GDS-S).

Hasil : Berdasarkan penelitian menunjukkan bahwa mayoritas lansia di masa pandemi Covid-19 tidak depresi atau berada pada status normal.

Kesimpulan : Penelitian gambaran tingkat depresi pada lansia pada masa pandemi covid-19 sebagian besar tidak mengalami depresi atau normal.

Kata Kunci : Lansia, Depresi, Covid-19

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