

Pratama, Muhammad Aditya. (2012). Evaluasi Keaktifan Lansia dalam Mengikuti Program Posyandu Lansia Terhadap Tingkat Depresi Lansia di Posyandu Adji Yuswo Ngebel Tamantirta Kasihan Bantul.

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INTISARI

Pusat Penelitian Kajian Universitas Indonesia, menyatakan bahwa jumlah lansia yang terkena depresi di Indonesia sebesar 30%. Di posyandu Adji Yuswo terdapat beberapa lansia yang mengalami depresi. Lansia memerlukan dukungan sosial yang diharapkan dapat mensejahterakan kehidupan lansia. Salah satu program pemerintah untuk kesejahteraan lansia adalah mengadakan Posyandu lansia. Tujuan penelitian ini adalah mengetahui hubungan antara keaktifan lansia dalam mengikuti program posyandu terhadap tingkat depresi lansia.

Metode yang digunakan dalam penelitian ini adalah *non eksperimental* dengan pendekatan *Cross sectional*. Jumlah sampel 51 responden. Pengambilan sampel menggunakan *systematic random sampling*. Instrument penelitian ini adalah *Geriatric Depression Scale (GDS)*. Analisis data menggunakan distribusi frekuensi dan uji *Spearman's Rho*.

Hasil penelitian dengan uji *Spearman's Rho* menunjukkan frekuensi tertinggi untuk keaktifan lansia yaitu katagori aktif dengan persentase 66,7% dan pada tingkat depresi lansia yaitu katagori norma dengan persentasi 66,7%. Nilai signifikansi sebesar $(p) = 0,000$ ($p < 0,05$) dan nilai koefisien korelasi $(r) = -0,783$. Hasil uji tersebut menyimpulkan bahwa ada hubungan yang signifikan antara keaktifan lansia dalam mengikuti program posyandu lansia Adji Yuswo terhadap tingkat depresi lansia. Kader posyandu lansia disarankan untuk lebih meningkatkan pelayanan posyandu dan memotivasi lansia agar lebih aktif mengikuti kegiatan posyandu.

Kata kunci: Posyandu, depresi, lansia

Pratama, Muhammad Aditya. (2012). *Evaluation of Elderly Activeness to Follow The Program of Elderly Posyandu with Level of Elderly Depression in Posyandu Adji Yuswo Ngebel Tamantirta Kasihan Bantul*

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ABSTRACT

Center for Research Studies, University of Indonesia, stated that the number of elderly people affected by depression in Indonesia was 30%. In posyandu Adji Yuswo, there were some elderly people who were depressed. Elderly need social support which is expected to prosper their lives. One of government program to welfare the elderly were held elderly Posyandu. The purpose of this study was to determine the relationship between elderly activeness to follow the program of elderly posyandu with level of elderly depression.

The method used in this study was non-experimental cross sectional approach. Numbers of samples were 51 respondents. Technique sampling used systematic random sampling. Research instrument was Geriatric Depression Scale (GDS). The results of this study were analyzed a frequency distribution and Spearman's Rho.

The results with Rho Spearman's test showed the highest frequency for the elderly activeness is active category (66.7%) and the highest frequency of elderly depression is normal category (66.7%). A significance of $(p) = 0.000$ ($p < 0.05$) and a correlation coefficient $(r) = -0.783$. The test results concluded that there was a significant correlation between elderly activeness to follow the program of elderly posyandu with level of elderly depression. Posyandu elderly were advised to further improve services posyandu and motivate elderly to be more active follow the posyandu activities.

Keyword: Posyandu, depression, elderly