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ABSTRAK

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Tingkat Depresi Lansia di Panti Wreda Kota Semarang Pada Masa Pandemi COVID-19

xvi + 86 Halaman + 14 Tabel + 2 Gambar+ 11 Lampiran

Pandemi COVID-19 yang berlangsung memberikan dampak yang sangat berarti pada kehidupan, adanya pandemi COVID-19 dan pemberlakuan PSBB berisiko 2,6 kali lipat menyebabkan lansia mengalami depresi. Prevalensi depresi paling banyak terjadi pada usia 75 tahun keatas sebanyak 8,9%, kondisi yang dialami lansia pada masa pandemi seperti kesepian, merasakan hidup yang hampa dan kosong, menurunnya aktivitas fisik, dan kurangnya dukungan dari keluarga dapat menyebabkan lansia mengalami depresi. Penelitian ini bertujuan untuk mendeskripsikan tingkat depresi lansia di panti wreda Kota Semarang pada masa pandemi COVID-19 dan tingkat depresi lansia berdasarkan karakteristik lansia. Penelitian ini menggunakan pendekatan kuantitatif non eksperimen dengan menggunakan desain survei deskriptif. Teknik sampling yang digunakan yaitu total sampling dengan jumlah 107 lansia. Hasil penelitian menunjukkan 57% lansia tidak mengalami depresi, 25,2% depresi ringan, 11,2% depresi sedang, 6,5% berat. Terdapat lansia yang pernah terkonfirmasi positif COVID-19 mengalami depresi sedang. Hal yang paling sering dirasakan oleh lansia yang depresi yaitu lansia lebih suka berada didalam panti dibandingkan keluar untuk melakukan hal yang baru. Hasil penelitian diharapkan bahwa lansia dapat membangun hubungan yang harmonis dengan lingkungannya dan lebih terbuka dengan orang lain, serta perawat panti dapat mengadakan terapi aktivitas kelompok pada lansia.

Kata kunci : depresi, lansia, Pandemi COVID-19, panti wreda

Daftar Pustaka : 63 (2010-2022)

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Abstract

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The level of depression in the elderly at the Semarang City Nursing Home during the COVID-19 pandemic

xvi + 86 Pages + 14 Tables+ 2 Pictures+ 11 Attachments

The COVID-19 pandemic has a very significant impact on life, the COVID-19 pandemic and the implementation of the PSBB have a risk 2.6 times of causing the elderly to experience depression. The prevalence of depression is most common at the age of 75 years and over as much as 8.9%, Conditions experienced by the elderly during the pandemic such as loneliness, feeling life is empty and empty, decreased physical activity, and lack of support from family can cause the elderly to experience depression. This study aims to describe the level of depression in the elderly in the nursing home in Semarang City during the COVID-19 pandemic and the level of depression in the elderly based on the characteristics of the elderly. This study uses a non-experimental quantitative approach using a descriptive survey design. The sampling technique used is total sampling with a total of 107 elderly. The results of the study, 57% did not experience depression, 25.2% of the elderly had mild depression, 11.2% of the elderly had moderate depression, 6.5% severe. There are elderly who had been confirmed positive for COVID-19 who had moderate depression. The thing that is most often felt by depressed elderly is that the elderly prefer to be in an orphanage rather than going out to do new things. The results of the study are expected that the elderly can build harmonious relationships with their environment and be more open with others, and nursing home nurses can hold group activity therapy for the elderly.

Keywords : depression, elderly, COVID-19 pandemic, nursing home.

References : 63 (2010-2022)