

Hubungan Kemampuan Mobilitas Dengan Depresi Pada Lanjut Usia Di Panti Sosial Tresna Werdha Budi Mulia

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Abstrak

Latar Belakang: Depresi pada lansia merupakan gangguan mental yang ditandai dengan kesedihan terus menerus serta kurangnya minat/kesenangan yang menyebabkan terganggunya kualitas tidur, nafsu makan, kelelahan dan konsentrasi yang berdampak pada kesehatan fisik dan fungsi sosial. Penyebabnya kompleks, mencakup faktor psikososial, biologis, dan lingkungan. Kemampuan mobilitas rendah meningkatkan risiko depresi. **Tujuan:** Menganalisis dan mengetahui hubungan antara kemampuan mobilitas dengan depresi pada lansia di Panti Sosial Tresna Werdha Budi Mulia, dengan mempertimbangkan faktor usia, jenis kelamin, pendidikan, riwayat penyakit, dukungan sosial, kemampuan mengingat, kualitas tidur, dan aktivitas fisik. **Metode:** Penelitian cross sectional melibatkan 385 lansia. Data dikumpulkan dengan menggunakan kuesioner. Analisis regresi logistik digunakan untuk menganalisis hubungan antara kemampuan mobilitas dengan depresi pada lansia. **Hasil:** Lansia dengan kemampuan mobilitas rendah memiliki peluang lebih tinggi mengalami depresi (OR = 2,35; p = 0,001). Dukungan sosial tidak signifikan secara statistik, namun masih menunjukkan kecenderungan berhubungan dengan depresi. **Kesimpulan:** terdapat hubungan kemampuan mobilitas dengan depresi di Panti Sosial Tresna Werdha Budi Mulia dengan mempertimbangkan faktor lain yaitu dukungan sosial sebagai faktor yang paling berperan. **Saran:** kementrian sosial, dinas sosial, dinas kesehatan dan pengelola panti fokus pada program yang meningkatkan kemampuan mobilitas lansia untuk mencegah depresi, serta meningkatkan dukungan sosial bagi lansia yang tinggal di Panti Sosial Tresna Werdha Budi Mulia.

Background: Depression in older adults is a mental disorder characterized by persistent sadness and a lack of interest or pleasure, which may disturb sleep quality, appetite, energy levels, and concentration, and may affect physical health and social functioning. Its causes are complex and include psychosocial, biological, and environmental factors. Low mobility ability may increase the risk of depression among older adults. **Objective:** This study aimed to analyze and determine the relationship between mobility ability and depression among older adults at Panti Sosial Tresna Werdha Budi Mulia, while considering age, sex, education, disease history, social support, memory ability, sleep quality, and physical activity. **Methods:** This cross-sectional study involved 385 older adults. Data were collected using questionnaires. Logistic regression analysis was used to examine the relationship between mobility ability and depression among older adults. **Results:** Older adults with low mobility ability had a higher likelihood of experiencing depression (OR = 2.35; p = 0.001). Social support was not statistically significant; however, it still showed a tendency to be associated with depression. **Conclusion:** There was a relationship between mobility ability and depression among older adults at Panti Sosial Tresna Werdha Budi Mulia after considering other factors. Social support also remains an important factor to consider in relation to depression among older adults. **Recommendation:** The Ministry of Social Affairs, social service offices, health offices, and nursing home management are expected to focus on programs that improve older adults's mobility ability to help prevent depression, as well as strengthen social support

for older adults living at Panti Sosial Tresna Werdha Budi Mulia. Kata kunci: Depresi, Dukungan Sosial, Kemampuan Mobilitas, Lansia.</div>