

KARYA ILMIAH AKHIR

**ASUHAN KEPERAWATAN PADA LANSIA DALAM KONTEK KELUARGA
TNS PASCA STROKE DENGAN PENERAPAN TERAPI *REMINISCENCE*
UNTUK MENGURANGI DEPRESI
DI PAUH KOTA PADANG
TAHUN 2023**

KEPERAWATAN GERONTIK



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**FAKULTAS KEPERAWATAN
UNIVERSITAS ANDALAS
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**Untuk Memenuhi Gelar Ners (Ns)
Pada Fakultas Keperawatan Universitas Andalas**

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2023**

**FAKULTAS KEPERAWATAN
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KARYA ILMIAH AKHIR
JANUARY 2024**

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**Asuhan Keperawatan Pada Lansia Dalam Konteks Keluarga Tn.S Pasca
Stroke Dengan Penerapan Terapi Reminiscence Untuk Mengurangi
Depresi Di Pauh Kota Padang Tahun 2023**

ABSTRAK

Penyakit kronik menjadi salah satu faktor meningkatnya prevalensi depresi pada lansia yang saat ini menempati urutan keempat di dunia. Depresi pada lansia yang tidak ditangani dengan baik akan berdampak terhadap tindakan menyakiti diri sendiri dan bunuh diri. Perawat perlu memberikan asuhan keperawatan secara holistic. Penelitian menunjukkan bahwa terapi *Reminiscence* efektif dalam menurunkan depresi pada lansia dengan penyakit kronik. Karya ilmiah akhir ini bertujuan untuk menampilkan studi kasus asuhan keperawatan pada lansia dalam konteks keluarga pasca stroke dengan penerapan terapi *Reminiscence* untuk mengurangi depresi. Karya ilmiah ini merupakan studi kasus pada satu responden lansia pasca stroke dengan depresi yang dinilai menggunakan *Geriatric Depression Scale*. Intervensi diberikan sebanyak 4 sesi (sesi I konsep depresi dan konsep terapi *reminiscence*, sesi II terapi *reminiscence* fase anak dan remaja, sesi III terapi *reminiscence* fase dewasa dan sesi IV terapi *reminiscence* pengalaman bersama keluarga) selama 4 hari, setiap sesi dilakukan selama 60 menit. Hasil studi kasus ini menunjukkan bahwa terjadi perubahan skor GDS dari 11 saat pre-test menjadi 7 saat post-test atau dari depresi sedang menjadi depresi ringan. Karya ilmiah ini menyimpulkan bahwa pemberian terapi *reminiscence* dapat memberikan perubahan pada skor GDS lansia pasca stroke. Diharapkan perawat dapat memaksimalkan terapi *reminiscence* dalam bentuk terapi aktifitas kelompok..

Kata kunci : Asuhan Keperawatan, Depresi, Stroke, Terapi *Reminiscence*,
Daftar Pustaka: 38 (2018-2023)

**FACULTY OF NURSING
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***Nursing Care for the Elderly in the Family Context of Mr. S Post-Stroke with
the Application of Reminiscence Therapy to Reduce
Depression in Pauh Padang City in 2023***

ABSTRACT

Depression ranks fourth in the world's diseases and has the highest prevalence in the elderly in every country and is related to chronic diseases. Depression in the elderly that is not handled properly will result in self-harm and suicide. Nurses need to provide holistic nursing care. Research shows that therapy Reminiscence effective in reducing depression in elderly people with chronic illnesses. This final scientific work aims to present a case study of nursing care for the elderly in the context of post-stroke families with the application of therapy Reminiscence to reduce depression. This scientific work is a case study of an elderly respondent after a stroke with depression who was assessed using Geriatric Depression Scale. The intervention was given in 4 sessions (session I, depression concept and therapy concept reminiscence, session II of therapy reminiscence child and adolescent phase, therapy session III reminiscence adult phase and IV session of therapy reminiscence experience with family) for 4 days, each session lasts 60 minutes. The results of this case study show that there was a change in the GDS GDS score from 11 at pre-test to 7 at post-test or from moderate depression to mild depression. This scientific work concludes that providing therapy reminiscence can provide changes in the GDS score of elderly people after stroke. It is hoped that nurses can maximize therapy reminiscence in the form of group activity therapy.

*Keywords : Nursing Care, Depression, Stroke, Therapy Reminiscence,
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