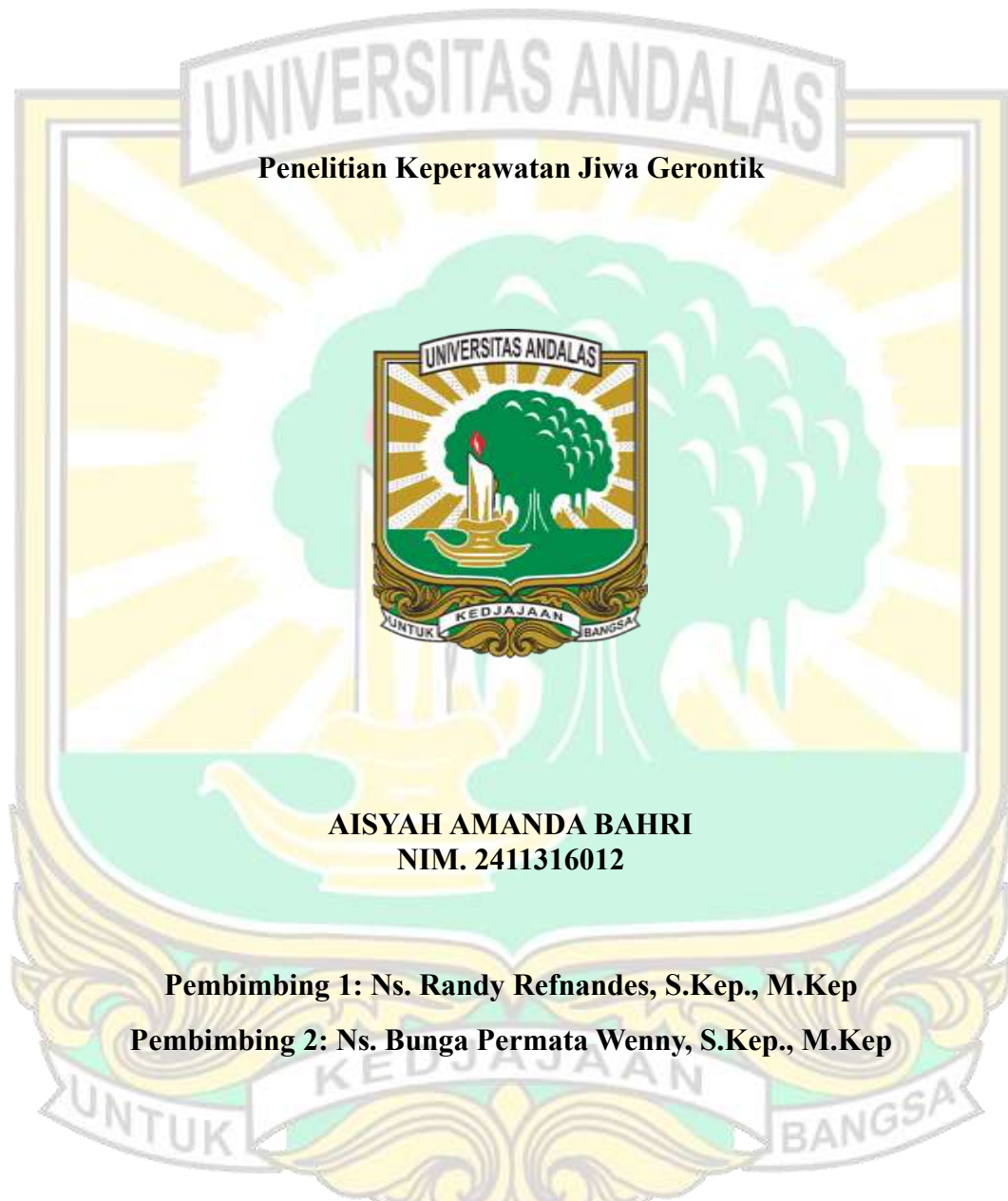


**SKRIPSI**

**HUBUNGAN DEPRESI DAN FUNGSI KOGNITIF DENGAN TINGKAT  
KEMANDIRIAN AKTIVITAS HARIAN LANSIA DI PANTI WERDHA  
SABAI NAN ALUIH SICINCIN**



**Penelitian Keperawatan Jiwa Gerontik**

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**FAKULTAS KEPERAWATAN  
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Hubungan Depresi Dan Fungsi Kognitif Dengan Tingkat Kemandirian Aktivitas  
Harian Lansia Di PSTW Sabai Nan Aluih Sicincin

### ABSTRAK

Lansia yang tinggal di Panti Werdha rentan mengalami depresi dan penurunan fungsi kognitif yang dapat berdampak pada kemandirian. Penelitian ini bertujuan untuk mengetahui hubungan depresi dan fungsi kognitif dengan tingkat kemandirian aktivitas harian lansia di PSTW Sabai Nan Aluih Sicincin. Penelitian ini menggunakan desain kuantitatif dengan pendekatan *cross-sectional*. Subjek penelitian adalah 80 lansia yang tinggal di PSTW Sabai Nan Aluih Sicincin dan pengambilan sampel dengan teknik *total sampling*. Instrumen yang digunakan meliputi *Geriatric Depression Scale* (GDS) untuk mengukur depresi, *Mini Mental State Examination* (MMSE) untuk menilai fungsi kognitif, dan *Barthel Index* untuk menilai kemandirian aktivitas harian. Analisis data dilakukan secara univariat dan bivariat menggunakan uji *chi square*. Hasil penelitian menunjukkan bahwa sebagian besar lansia mengalami depresi ringan (58,8%), gangguan kognitif ringan (67,5%) dan ketergantungan ringan (72,5%). Selain itu terdapat hubungan depresi dengan kemandirian lansia ( $p\text{-value}=0.044$ ) dan terdapat hubungan fungsi kognitif dengan kemandirian lansia ( $p\text{-value}= 0.024$ ). Sehingga dapat disimpulkan depresi dan fungsi kognitif berhubungan dengan tingkat kemandirian aktivitas harian lansia. Perawat panti disarankan menyusun jadwal kegiatan fisik dan mental secara rutin, seperti senam lansia, kegiatan seni, dan berkebun ringan, serta melakukan skrining depresi dan fungsi kognitif secara berkala untuk mencegah perkembangan depresi ringan dan gangguan fungsi kognitif ringan pada lansia.

**Kata kunci:** Depresi, Fungsi Kognitif, Tingkat Kemandirian, Lansia

Daftar Pustaka: 100 (1975 - 2025)

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*The Relationship Between Depression and Cognitive Function and the Level of Independence in Activities of Daily Living Among the Elderly at PSTW Sabai Nan Aluih Sicincin*

### **ABSTRACT**

*Elderly individuals living in nursing homes are vulnerable to depression and cognitive decline, which may affect their independence. This study aimed to examine the relationship between depression, cognitive function, and independence in activities of daily living among elderly residents at PSTW Sabai Nan Aluih Sicincin. A quantitative study with a cross-sectional design was conducted involving 80 elderly participants selected using total sampling. Depression was assessed using the Geriatric Depression Scale (GDS), cognitive function using the Mini Mental State Examination (MMSE), and independence using the Barthel Index. Data were analyzed using univariate and bivariate analyses with the chi-square test. The results showed that most participants experienced mild depression (58.8%), mild cognitive impairment (67.5%), and mild dependence (72.5%). A significant relationship was found between depression and independence ( $p = 0.044$ ), as well as between cognitive function and independence ( $p = 0.024$ ). In conclusion, depression and cognitive function are significantly associated with the level of independence in activities of daily living among the elderly. Nursing homes are encouraged to implement regular physical and mental activities, such as elderly exercise, art activities, and light gardening, along with periodic screening of depression and cognitive function to prevent further decline.*

**Keywords:** *depression, cognitive function, level of independence, elderly*

**References:** *100 (1975 - 2025)*