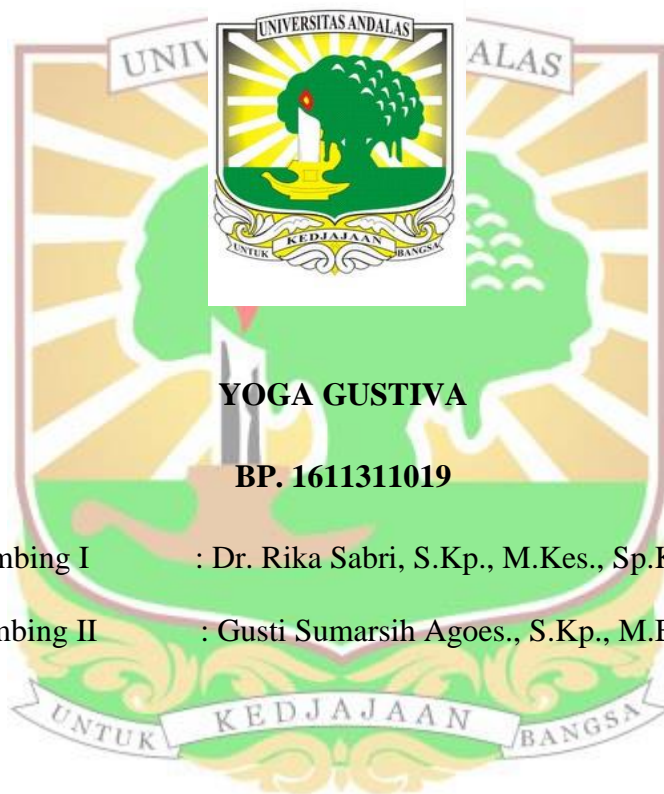


SKRIPSI

**LITERATURE REVIEW : HUBUNGAN ANTARA TINGKAT DEPRESI
DENGAN KUALITAS HIDUP PADA LANSIA DI PANTI SOSIAL**

Penelitian Keperawatan Gerontik



YOGA GUSTIVA

BP. 1611311019

Pembimbing I : Dr. Rika Sabri, S.Kp., M.Kes., Sp.Kep.Kom

Pembimbing II : Gusti Sumarsih Agoes., S.Kp., M.Biomed

FAKULTAS KEPERAWATAN

UNIVERSITAS ANDALAS

PADANG

2020

FAKULTAS KEPERAWATAN

UNIVERSITAS ANDALAS

Agustus, 2020

Nama : Yoga Gustiva

No. Bp : 1611311019

***Literature Review* : Hubungan Antara Tingkat Depresi Dengan Kualitas Hidup
Pada Lansia Di Panti Sosial**

ABSTRAK

Secara biologis, lanjut usia akan mengalami kemunduran kesehatan secara fisik maupun psikis yang bisa menimbulkan gejala depresi. Depresi yang dialami oleh lansia dalam jangka panjang dapat menurunkan kualitas hidup pada lansia yang bersangkutan. Kualitas hidup yang baik harus dijaga pada seorang yang lanjut usia, karena kualitas hidup adalah kondisi optimal bagi lansia untuk kehidupan sehari-hari mereka. Untuk menunjang kualitas hidup lansia, sudah disediakan panti sosial bagi para lansia yang membutuhkan dukungan dan pelayanan kesehatan. Tujuan penelitian ini untuk mengetahui hubungan antara tingkat depresi dengan kualitas hidup pada lanjut usia di Panti Sosial. Metode yang digunakan adalah literatur review. Data penelitian diperoleh dari 10 jurnal yang telah diseleksi dari pencarian database *Google Scholar*, *Pubmed* dan *Science Direct*. Hasil *Literature Review* menunjukkan bahwa lanjut usia di panti sosial tetap berkemungkinan mengalami depresi terutama lebih besar pada wanita dan depresi menjadi lebih buruk jika ada penyakit serta kurangnya perhatian dan dukungan keluarga serta kehidupan spiritualitas yang kurang baik. Tingkat depresi juga bervariasi pada lansia tetapi ditemukan penurunan signifikan selama lansia tinggal di panti sosial. Kualitas hidup para lansia yang tinggal di panti sosial ditemukan cenderung meningkat terutama jika mendapat perhatian petugas kesehatan. Selain itu ditemukan ada korelasi yang signifikan antara tingkat depresi dengan kualitas hidup lansia yang tinggal di panti sosial. Disarankan agar pelayanan kesehatan lebih memberikan perhatian khusus bagi para lansia dalam memenuhi kebutuhan mereka, dan ditunjang dengan petugas kesehatan yang memadai yang mampu berinteraksi dengan baik dan memberikan dukungan sosial kepada para lansia.

Kata Kunci: Depresi, Kualitas Hidup, Lansia, Panti Sosial

NURSING FACULTY

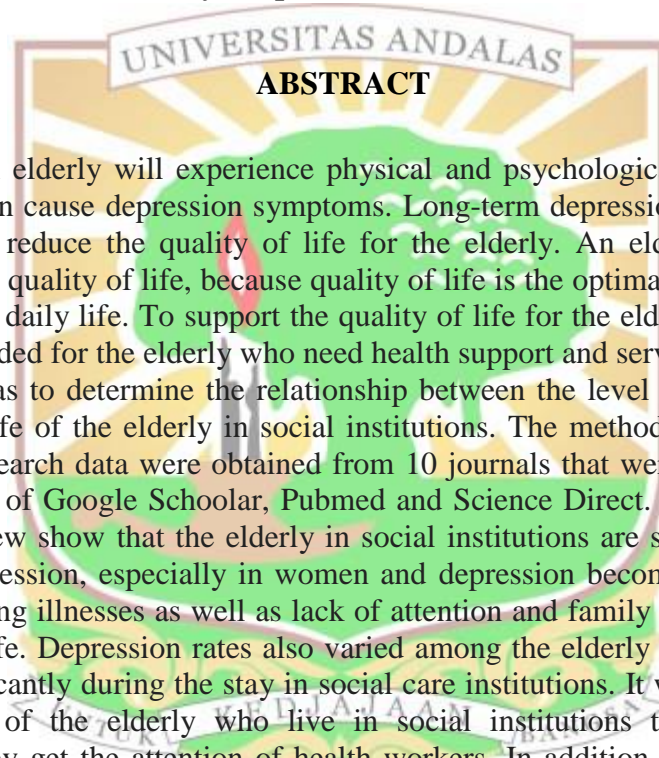
ANDALAS UNIVERSITY

Agustus, 2020

Name : Yoga Gustiva

No. Bp : 1611311019

***Literature Review : Relationship Between Depression Rates and Quality of Life
in Elderly People at Social Institutions***



Biologically, an elderly will experience physical and psychological deterioration in health which can cause depression symptoms. Long-term depression experienced by the elderly can reduce the quality of life for the elderly. An elderly person must maintain a good quality of life, because quality of life is the optimal condition for the elderly for their daily life. To support the quality of life for the elderly, social homes have been provided for the elderly who need health support and services. The purpose of this study was to determine the relationship between the level of depression and the quality of life of the elderly in social institutions. The method used is literature review. The research data were obtained from 10 journals that were selected from a database search of Google Scholar, Pubmed and Science Direct. The results of the Literature Review show that the elderly in social institutions are still more likely to experience depression, especially in women and depression becomes worse if there are accompanying illnesses as well as lack of attention and family support as well as poor spiritual life. Depression rates also varied among the elderly but were found to decrease significantly during the stay in social care institutions. It was found that the quality of life of the elderly who live in social institutions tends to improve, especially if they get the attention of health workers. In addition, it was found that there was a significant correlation between the level of depression and the quality of life of the elderly living in social institutions. It is recommended that health services give more special attention to the elderly in meeting their needs, and are supported by adequate health workers who are able to interact well and provide social support to the elderly

Keywords : Depression, Quality of Life, Elderly, Social Institution