

**PERBEDAAN TINGKAT KEMANDIRIAN DAN DEPRESI PADA LANSIA YANG
TINGGAL DI KELUARGA DAN DI BALAI PELAYANAN SOSIAL LANJUT
USIA SENJAH CERAH PANIKI MANADO**

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Abstrak

Latar Belakang: Penurunan fungsi pada lansia menimbulkan berbagai masalah, baik secara biologis maupun psikologis, yang menyebabkan lansia jadi bergantung pada orang lain. Penyakit degenerative yang dialami oleh para lansia menyebabkan dampak secara fisik, biologis maupun psikologis sehingga kebanyakan lansia jadi bergantung pada orang lain untuk beraktivitas dasar sehari-hari.

Tujuan: Penelitian ini bertujuan untuk mengetahui perbedaan tingkat kemandirian dan depresi lansia dalam melakukan aktifitas dasar sehari-hari antara lansia yang tinggal dengan keluarga dan lansia yang tinggal di Panti Werdha.

Metode: Penelitian ini termasuk penelitian kuantitatif Komparatif Desain dengan pendekatan *cross sectional* dilakukan pada lansia Usia 60 tahun keatas di Kelurahan Sindulang I dan di Panti Werdha Senjah Cerah Paniki. Dengan sampel 48 responden di Kelurahan Sindulang Satu dan 45 responden di Balai Pelayanan Sosial Lanjut Usia (BPLSU) Manado

Hasil: Tingkat kemandirian lansia yang tinggal di keluarga mandiri sebanyak 32 responden (71.1%) dibantu 13 responden (28,9%), mengalami depresi 17 responden (37.8%) tidak depresi 28 responden (62.2%). Sedangkan lansia yang tinggal di Panti Werdha mandiri sebanyak 22 responden (45.8%) dibantu 26 responden (54.2%), mengalami depresi sebanyak 29 responden (60.4%) tidak depresi 19 responden (39.6%). Hasil analisis data yang dianalisis dengan menggunakan uji *chi-square*, tingkat kemandirian memperoleh nilai p value=0.024 dan tingkat depresi memperoleh nilai p value=0.048.

Kata kunci: Lansia, Kemandirian, Depresi, Keluarga, Panti Werdha

Kepustakaan: 9 buku (2008-2016), 18 jurnal (2008-2017)

**Of The Differences Of Level Of Independence And Deporession Of Elderly
People Who Live With Family And In Elderly Nursing Home
People Senjah Cerah Paniki Manado**

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Abstract

Background: Declining function in the elderly people causes various problems, both biologically and psychologically, and causing the elderly to depend on others. Degenerative disease experienced by the elderly people cause physical, biological and pshycological effects, most elderly people depend on others for basic daily activities.

Objective: This study aimed to determine the differences of level of independence and depression of elderly people in carryng out their basic daily activities between elderly people live with their family and elderly people who live in Elderly Nursing Home.

Method: Who this research was a comparative quantitative research with cross sectional approach conducted on elderlies ages of 60 years and above in Sindulang District I and in Elderly Nursing Home In Panti Werdha Senjah Cerah Paniki. With sample 48 respondent in Sindulang District I and 45 respondents in Elderly Nursing Home (BPSLU) Manado.

Results: The level of independence of elderlies who live with their family was independent for 32 respondent (71.1%) assisted for 13 respondents (28.9%), experiencing depression for 17 respondents (37.8%) and not experiencing depression for 28 respondent (62.2%). While elderlies who live in Elderly Nursing Home and independent were 22 respondents (45.8%) assisted were 26 respondents (54.2%), experiencing depression were 29 respondents (60.4%)

And not experiencing depression were 19 respondents (39.6%). The result of data analysis using chi-square test, was the obtained level of independence p value=0.024 and obtained level of depression value p=0.048.

Conclusion: There was significant data of differences in the level of independence and depression of elderly people who live with their family in Distric Of Sindulang I And The Elderly People Who Live In Elderly Nursing Home (BPSLU) Senjah Cerah Manado.

Keywords: Elderly People, Independent, Depression, Family, Elderly Nursing Home

Literature: 9 Books (2008-2016), 18 Journal (2008-2017)