

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI S1-ILMU KEPERAWATAN
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Efektivitas Program *Sekolah Eyang* Terhadap Tingkat Depresi Pada Lansia Di Desa Sumberlesung Kecamatan Ledokombo Jember

x + 80 hal + 2 bagan + 4 tabel + 15 lampiran

Abstrak

Lansia merupakan kelompok yang rentan mengalami berbagai masalah, termasuk depresi akibat kesepian, kehilangan peran sosial dan kurangnya aktivitas bermakna setelah pensiun. Desa Sumberlesung terdapat program Sekolah Eyang yang ditujukan untuk mengurangi permasalahan tersebut. Tujuan penelitian ini untuk mengetahui efektivitas program Sekolah Eyang terhadap tingkat depresi pada lansia di Desa Sumberlesung, Kecamatan Ledokombo. Penelitian ini menggunakan desain case control dengan pendekatan kuantitatif dan teknik purposive sampling. Instrumen yang digunakan meliputi lembar observasi untuk menilai keaktifan dan Geriatric Depression Scale (GDS) untuk mengukur tingkat depresi. Analisis data menggunakan uji Chi-Square. Dari 31 lansia aktif, 96.8% tidak depresi, sementara dari 9 lansia tidak aktif, 77.8% mengalami depresi ringan. Uji Chi-Square menunjukkan P- value 0.000 (sangat signifikan) dan OR 105, artinya lansia tidak aktif memiliki risiko 105 kali lebih besar mengalami depresi ringan dibandingkan dengan lansia tidak aktif. Program Sekolah Eyang terbukti efektif menurunkan tingkat depresi pada lansia. Keaktifan mengikuti program ini berpengaruh besar terhadap kondisi psikologis lansia, terutama dalam mencegah atau mengurangi gejala depresi.

Kata Kunci : Lansia, Depresi, Program Sekolah Eyang, Geriatric Depression Scale, Kesehatan Mental

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ABSTRACT

UNIVERSITY OF MUHAMMADIYAH JEMBER
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The Effectiveness Of The Sekolah Eyang Program On Depression Levels Among The Elderly In Sumberlesung Village Ledokombo District Jember

xi + 80 pages + 2 figures + 4 tables + 15 appendices

Abstract

The elderly are a vulnerable group prone to various problems, including depression due to loneliness, loss of social roles, and lack of meaningful activities after retirement. Sumberlesung Village has implemented the Sekolah Eyang program aimed at addressing these issues. This study aims to determine the effectiveness of the Sekolah Eyang program in reducing depression levels among the elderly in Sumberlesung Village, Ledokombo District. This research employed a case-control design with a quantitative approach and purposive sampling technique. Instruments used included an observation sheet to assess program participation and the Geriatric Depression Scale (GDS) to measure depression levels. Data were analyzed using the Chi-Square test. Among 31 active elderly participants, 96.8% were not depressed, while among 9 inactive elderly, 77.8% experienced mild depression. The Chi-Square test showed a p-value of 0.000 (highly significant) and Odds Ratio (OR) of 105, indicating that inactive elderly individuals were 105 times more likely to experience mild depression than active ones. The Sekolah Eyang program proved effective in reducing depression levels in the elderly. Active participation in this program significantly impacts the psychological well-being of the elderly, particularly in preventing or alleviating symptoms of depression.

Keywords : Elderly, Depression, Sekolah Eyang Program, Geriatric Depression Scale, Mental Health

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