

## ABSTRACT

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### **An Overview of Depression Levels in Elderlies Living in a Community**

**Background:** Elderly will experience physical, mental, and social changes. The changes may result in a decrease in daily productivity. The degenerative process can make the elderly vulnerable to various diseases. Decreased productivity, illness or perceived complaints, loss of life partner and children, limited social activities, as well as feelings of sadness and worthlessness can result in depression in the elderly. **Objective:** This study aimed to describe the level of depression in the elderly living in a community.

**Methods:** This descriptive study employed a cross sectional approach. A total sampling technique was used to select respondents who met the criteria: the elderly aged >60 years, willing to become respondents, and were registered as residents of Bugangan Village, Kedungwuni, Pekalongan Regency.

**Results:** 151 elderlies met the inclusion criteria and participated in this study. The results showed that the majority (16.6%) of the elderlies living in the community were at a level of mild depression.

**Conclusion:** By living in a community where it was still possible to gather with family and do social activities could reduce the risk of depression. Social support, especially from the families, was important and much needed by the elderlies.

**Keywords:** *Depression, Community, Elderly*