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Judul : Gambaran Kesehatan Mental Lansia Di Daerah ROB Desa
Blacanan Kabupaten Pekalongan

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ABSTRAK

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Gambaran Kesehatan Mental Lansia Di Daerah ROB Desa Blacanan Kabupaten Pekalongan

Latar belakang: Banjir rob yang terjadi secara berulang di wilayah pesisir berpotensi memengaruhi kesehatan mental, terutama pada lansia yang rentan terhadap perubahan lingkungan.

Tujuan: Penelitian ini bertujuan untuk mengetahui gambaran kesehatan mental lansia di Daerah ROB Desa Blacanan Kabupaten Pekalongan.

Metode: Penelitian ini menggunakan desain deskriptif kuantitatif dengan wawancara terstruktur. Sampel penelitian berjumlah 103 lansia berusia 65–75 tahun yang dipilih menggunakan teknik cluster sampling. Pengumpulan data dilakukan menggunakan instrumen *Self Reporting Questionnaire 29*. Analisis data dilakukan secara univariat dan disajikan dalam bentuk distribusi, frekuensi, persentase.

Hasil: Rata-rata usia responden adalah 68,49 tahun dengan mayoritas berjenis kelamin Perempuan (70,9%). Hasil penelitian menunjukkan bahwa 75 responden (72,8%) mengalami gangguan mental emosional (GME), tidak ditemukan penyalahgunaan NAPZA (100%), sebanyak 37 responden (35,9%) mengalami gejala psikotik, dan 57 responden (55,3%) mengalami gejala *Post-Traumatic Stress Disorder* (PTSD).

Kesimpulan: Sebagian besar lansia di daerah rob mengalami gangguan mental emosional dan gejala PTSD, sehingga diperlukan upaya deteksi dini dan penguatan pelayanan kesehatan mental.

Kata Kunci: *kesehatan mental, lansia, rob, SRQ-29, PTSD, gangguan mental emosional*

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ABSTRACT

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The Identification of the Mental Health of the Elderly in the Tidal Flood-Prone Area of Blacanan Village, Pekalongan Regency

Background: Recurrent tidal flooding in coastal areas has the potential to affect mental health among coastal residents, particularly among the elderly, who are vulnerable to environmental changes.

Purpose: This study aims to assess the mental health status of the elderly in the tidal flood-prone area of Blacanan Village, Pekalongan Regency.

Method: This study employs a quantitative descriptive design using structured interviews. The sample of this study involved of 103 elderly aged 65–75 years, selected using the cluster sampling technique. Data were collected by using Self Reporting Questionnaire 29. The data were analyzed in the form of frequency and percentage.

Result: The average age of the respondents was 68.49 years, with the majority being female (70.9%). The results of this study indicate that 75 respondents (72.8%) experienced mental-emotional disorders, no instances of drugs abuse were found (100%), 37 respondents (35.9%) exhibited psychotic symptoms, and 57 respondents (55.3%) showed symptoms of Post-Traumatic Stress Disorder (PTSD).

Conclusion: The majority of elderly in areas affected by tidal flooding experience mental-emotional disturbances and symptoms of PTSD. Therefore, early detection efforts and the strengthening of mental health services are required.

Keywords: *Mental health, elderly, Tidal Flood, SRQ-29, PTSD, Emotional disturbance*