

ABSTRAK

Pengaruh *Therapy Reminiscence* Terhadap Tingkat Depresi Pada Lansia Di Panti Pelayanan Sosial Lansia Bojongbata Pemalang

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Latar Belakang : Fenomena populasi lansia meningkat dialami banyak negara di dunia, lansia perlu adanya perhatian khusus pada masalah kesehatan. Masalah kesehatan lansia disebabkan oleh penurunan fungsi berkaitan dengan proses penuaan salah satunya perubahan psikologis. Lansia membutuhkan perhatian khusus dari keluarganya, tidak semua keluarga bisa memperhatikan lansia karena waktu mereka habis untuk bekerja, lansia pada akhirnya tinggal di panti. Lansia yang hidup dengan keluarga dengan lansia yang tinggal dipanti berbeda dari kepuasan dan perasaannya. Dampak lansia yang tinggal di panti lebih rentan terkena depresi. Depresi lansia memerlukan penanganan serius, salah satu cara menurunkan tingkat depresi pada lansia yaitu dengan *Therapy Reminiscence*.

Metode : Penelitian ini menggunakan desain *pre experimental* dengan rancangan *one-group pre and post test without control group design*. Pengumpulan data menggunakan teknik *purposive sampling*. Sampel penelitian yaitu lansia yang tinggal di panti yang memenuhi kriteria inklusi sebanyak 15 responden.

Hasil : Tingkat depresi lansia sebelum diberikan *therapy reminiscence* rata-rata 9,40 sedangkan sesudah diberikan *therapy reminiscence* rata-rata 6,33. Berdasarkan uji wilcoxon didapatkan nilai P value $0,001 < 0,05$.

Simpulan : Penelitian ini disimpulkan terdapat pengaruh *Therapy Reminiscence* terhadap tingkat depresi pada lansia, diharapkan perawat gerontik khususnya di panti dapat menggunakan *therapy reminiscence* sebagai intervensi yang dapat menurunkan tingkat depresi lansia di Panti Pelayanan Sosial Lansia Bojongbata Pemalang.

Kata kunci: Depresi, Lansia, Panti Sosial, *Therapy Reminiscence*.

ABSTRACT

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The Impact of Reminiscence Therapy on Depression Levels Among the Elderly at Bojongbata Pemalang Social Service Center

Background: Many countries worldwide are experiencing a growing elderly population, which requires special attention to their health needs. Health issues in the elderly are caused by decreasing function due to the aging process, one of which is psychological alterations. The elderly need special attention from their families, but not all families can provide this care due to work commitments. As a result, many elderly people end up living in nursing homes. There exists a distinction in the levels of satisfaction and emotional well-being between elderly individuals residing with their families and those living in nursing homes. Elderly who reside in nursing homes have an increased risk of developing depression. Reminiscence therapy is one method of lowering the degree of depression in the elderly, a condition that requires urgent medical attention.

Method: This study used quasy experiment with one group pre and post-test design without control group. Purposive sampling was used. There were 15 participants involved in this study that fulfill inclusion creteria.

Result: Before receiving reminiscence therapy, the average depression level among the elderly was 9.40. After the therapy, the average depression level decreased to 6.33. Wilcoxon test showed p-value of 0.001.

Conclusion: he study concluded that Reminiscence Therapy effectively reduces depression levels in the elderly. It is recommended that geriatric nurses, especially those in nursing homes, use Reminiscence Therapy as an intervention to help lower depression levels among the elderly at the Bojongbata Pemalang Social Service Center.

Keywords: *Depression, Elderly, Social Service, Nursing Home, Reminiscence therapy*