ABSTRAK

GHINA SALSABILA Perbedaan Tingkat Depresi Lansia Yang Tinggal Bersama Keluarga Dengan Di Griya Janati.

Depresi merupakan masalah psikologis yang dapat dialami lanjut usia dan dipengaruhi oleh dukungan sosial serta lingkungan tempat tinggal. Penelitian ini bertujuan mengetahui perbedaan tingkat depresi lansia yang tinggal bersama keluarga di Desa Mongolato, Kecamatan Telaga, Kabupaten Gorontalo, dan lansia di Griya Lansia Janati Provinsi Gorontalo. Penelitian menggunakan metode kuantitatif dengan desain deskriptif dan pendekatan survei. Penelitian dilaksanakan pada bulan Agustus 2026. Populasi terdiri atas 297 lansia di Desa Mongolato dan 15 lansia di Griya Lansia Janati. Sampel berjumlah 30 responden, masing-masing 15 lansia dari kedua kelompok, dipilih menggunakan teknik purposive sampling. Data dikumpulkan menggunakan kuesioner Geriatric Depression Scale-15 (GDS-15) dan dianalisis secara univariat serta bivariat menggunakan uji Mann–Whitney. Uji normalitas Shapiro–Wilk menunjukkan signifikansi 0,874 pada kelompok keluarga dan 0,971 pada kelompok Griya Lansia Janati, keduanya lebih besar dari 0,05. Hasil penelitian menunjukkan lansia yang tinggal bersama keluarga berada dalam kategori tidak depresi, normal, dan depresi ringan, sedangkan lansia di Griya Lansia Janati memiliki tingkat depresi dari normal hingga berat. Uji Mann–Whitney memperoleh nilai U sebesar 43,500, Z sebesar -3,144, dan signifikansi 0,002 ($p < 0,05$). Dengan demikian, terdapat perbedaan tingkat depresi yang signifikan, dengan kecenderungan depresi lebih tinggi pada lansia di Griya Lansia Janati dibandingkan lansia yang tinggal bersama keluarga.

Kata Kunci: Depresi, Geriatric Depression scale-15, Griya Janati, Keluarga, Lansia.

Abstract

Depression is a psychological problem that may affect older adults and can be influenced by social support and living environment. This study aimed to determine the differences in depression levels between older adults living with their families in Mongolato Village, Telaga District, Gorontalo Regency, and older adults residing at Griya Lansia Janati, Gorontalo Province. The study employed a quantitative method with a descriptive design and a survey approach. The study was conducted in August 2026. The population consisted of 297 older adults in Mongolato Village and 15 older adults at Griya Lansia Janati. The sample comprised 30 respondents, with 15 older adults from each group, selected using purposive sampling. *Data were collected using the* Geriatric Depression Scale-15 *(GDS-15) questionnaire and were analyzed using univariate and bivariate analyses with the Mann–Whitney test. The Shapiro–Wilk normality test yielded significance values of 0.874 for the family group and 0.971 for the Griya Lansia Janati group, both of which were greater than 0.05. The results showed that older adults living with their families were classified as not depressed, normal, and mildly depressed, whereas older adults residing at Griya Lansia Janati had depression levels ranging from normal to severe. The Mann–Whitney test yielded $U = 43.500$, $Z = -3.144$, and a significance value of 0.002 ($p < 0.05$). These findings indicated a significant difference in depression levels between the two groups, with a tendency toward higher depression levels among older adults residing at Griya Lansia Janati than among those living with their families.*

Keywords: *Depression; Geriatric Depression Scale-15; Griya Janati; Family; Older Adults*