

ABSTRAK

Muhamad Isnan Lipoeto, 2014. Hubungan Aktivitas Spiritual dengan Tingkat Depresi Pada Lanjut Usia di Panti Sosial Tresna Werdha Ilomata Kota Gorontalo. Skripsi, Jurusan Ilmu Keperawatan, Fakultas Ilmu-Ilmu Kesehatan Dan Keolahragaan, Universitas Negeri Gorontalo. Pembimbing I Dr. Hj. Herlina Jusuf, Dra., M.Kes dan Rhein Djunaid, S.Kep, NS, M.Kes Pembimbing II.

Depresi adalah perasaan sedih dan pesimis yang berhubungan dengan suatu penderitaan. Dapat berupa serangan ditujukan pada diri sendiri atau perasaan marah yang dalam. Dalam upaya penanggulangan depresi pendekatan pelayanan kesehatan pada kelompok lanjut usia sangat perlu ditingkatkan beberapa pendekatan, salah satunya pendekatan spiritual. Tujuan penelitian untuk mengetahui hubungan aktivitas spiritual dengan tingkat depresi.

Penelitian ini merupakan penelitian analitik dengan pendekatan *cross sectional*. Populasi adalah seluruh lansia penghuni Panti Sosial Tresna Werdha Ilomata Kota Gorontalo berjumlah 35 orang. Teknik pengambilan sampel *purposive sampling* dengan jumlah 33 orang. Teknik analisa data adalah uji statistik *Fishers Exact Test*.

Berdasarkan hasil penelitian didapatkan responden yang memiliki aktivitas spiritual baik sebanyak 28 responden (84.8%), sedangkan responden yang tidak depresi sebanyak 18 responden (54,5%). Responden yang tidak depresi dengan aktivitas spiritual baik sebanyak 18 orang (54,5%),. Hasil uji statistik *Fishers Exact Test* didapatkan nilai $\rho = 0,013 < 0,05$ maka dinyatakan terdapat hubungan antara aktivitas spiritual dengan tingkat depresi.

Simpulan penelitian yaitu terdapat hubungan antara aktivitas spiritual dengan tingkat depresi pada lansia di Panti Sosial Tresna Werdha Ilomata Kota Gorontalo. Saran agar mempertahankan dan melanjutkan pelayanan kesehatan dan program berupa bimbingan keagamaan ceramah agama, sholat berjama'ah.

Kata kunci: *Depresi, Aktivitas Spiritual.*

ABSTRACT

Muhamad Isnan Lipoeto, 2014. Relationship on Spiritual Activity and the Level of Depression in the Elderly at Ilomata Social Institution of Tresna Werdha, Gorontalo City. Skripsi, Department of Nursing, Faculty of Health and Sport Sciences, Universitas Negeri Gorontalo. The principal supervisor was Dr. Hj. Herlina Jusuf, Dra., M.Kes and co supervisor was Rhein Djunaid, S.Kep, NS, M.kes.

Depression is a feeling of sadness and pessimism associated with an affliction. It can be attacks aimed at themselves or profound anger. In terms of overcoming depression, approach to health care in the elderly needs to be improved as spiritual approach can be one of necessary approaches. The resarch aimed at understanding the relationship between spiritual activity and level of depression.

The research was categorized to analytical research with cross sectional approach. population were all elderlies who occupied Ilomata social institution of Tresna werdha and amounted to 35 people. Sampling applied purposive sampling that 33 people had been considered to become research samples. Data analysis used Fishers Exact Test.

The research findings showed that there were 28 respondents (84,8%) who had good spiritual activity while 18 respondents (54,5%) were considered lack of depression. There were 18 respondents who had good spiritual activity and lack of depression. Fishers Exact Test obtained $p = 0,0013 < 0,05$, therefore it was stated that there was relationship between spiritual activity and level of depression.

To sum up, there was relationship between spiritual activity and level of depression in the elderly at Ilomata social institution of Tresna werdha, gorontalo city. it requires to sustain and continue health care and program such as religious support (religious lectures and prayer in congregation).

Keywords: *Depression, Spiritual Activity*

