

ABSTRAK

Sofyan Lagia. 2015. *Terapi Aktifitas Kelompok Dengan Media Musik Terhadap Tingkat depresi Pada Lansia di Panti Sosial Tresna Werdha Beringin Kabupaten Gorontalo.* Skripsi, Jurusan Program Studi Ilmu Keperawatan, Fakultas Ilmu-Ilmu Kesehatan dan Keolahragaan, Universitas Negeri Gorontalo. Pembimbing I Dr. Hj. Herlina Jusuf, Dra., M.Kes dan Pembimbing II Rhein Djunaid S.Kep.,Ns., M.Kes.

Lansia mengalami proses menua dalam hidupnya ditandai dengan kemunduran kemampuan fisik, kesehatan, dan kedudukan sosial, yang dapat menjadi stressor terjadinya depresi pada lansia. Salah satu penatalaksanaan depresi adalah terapi aktifitas kelompok dengan media musik. Tujuan penelitian mengetahui pengaruh terapi aktifitas kelompok dengan media musik terhadap tingkat depresi pada lansia di Panti Sosial Tresna Werdha

Desain penelitian menggunakan *Pre-Experimental* rancangan *one group pretes-post test*. Populasi berjumlah 15 lansia dan sampel sebanyak 12 lansia dengan teknik *Purposive sampling*. Data dikumpulkan melalui wawancara menggunakan kuisioner *Geriatric Depression Scale*. Tehnik analisa dengan uji t berpasangan.

Hasil penelitian didapatkan sebelum perlakuan sebagian besar lansia mengalami depresi sedang (58.3%) dan setelah perlakuan menunjukkan tingkat depresi ringan (75.0%). Hasil statistik didapatkan $p=0,002 < \alpha =0,05$, berarti H_0 ditolak. Sehingga kesimpulannya terdapat pengaruh terapi aktifitas kelompok dengan media musik terhadap tingkat depresi pada lansia di Panti Sosial Tresna Werdha Kabupaten Gorontalo. Disarankan kepada perawat atau petugas panti memberikan terapi aktifitas kelompok dengan media musik secara berkala agar menurunkan dan mencegah depresi pada lansia.

Kata kunci : TAK, Musik, Depresi, Lansia.

Daftar pustaka : 35 referensi (2001-2015)

ABSTRACT

Sofyan Lagia. 2015. *Therapy of Group Activity with Music toward Level of Depression at Elderly in Social Homes of Tresna Werdha Beringin, District of Gorontalo.* Skripsi, Department of Nursing, Faculty of Health Sciences and Sport, State University of Gorontalo. The principal supervisor was Dr. Hj. Herlina Jusuf, Dra., M.Kes and co-supervisor was Rhein Djunaid S.Kep., Ns., M.Kes.

Elderly has aging process in their life which was marked by deterioration of physical ability, health, and social status that become stressor and the occurrence of depression at elderly. One of the ways to manage depression is group activity therapy with music media. The aim of this research was to find out the influence of group activity therapy with music media toward level of depression at elderly in social homes of Tresna Werdha.

Research design used pre-experimental design with one group pretest-posttest. The population were 15 elderly and the samples were 12 elderly with purposive sampling technique. The data were collected through interview by using geriatric depression scale questionnaire. The technique of analyzing was by paired t test.

The research results were gained before treatment, mostly the elderly had medium depression (58, 3%) and after treatment, it showed that level of depression was easy (75.0%). Statistic result gained $p=0,002 < \alpha =0, 05$, means that H_0 was rejected. It concluded that there is influence therapy of group activity with music media toward level of depression at elderly in social home of Tresna Werdha District of Gorontalo. It is suggested to nurse or officer to give therapy of group activity with music media periodically to decrease and prevent depression at elderly.

Keywords: Therapy, Music, Depression, Elderly

References: 35 references (2001-2015)

