

POLITEKNIK KESEHATAN TANJUNGPUR
JURUSAN GIZI
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Gambaran Tingkat Depresi Dan Status Gizi Lansia Di Posyandu Lansia Kelurahan
Kotabumi Tengah Kotabumi Lampung Utara Tahun 2024
xiii + 52 halaman + 8 tabel, 2 gambar, 9 lampiran

ABSTRAK

Keberhasilan pembangunan suatu negara dapat dilihat dari peningkatan Usia Harapan Hidup (UHH) penduduk yang ditandai dengan jumlah penduduk lansia yang meningkat. Seiring peningkatan jumlah penduduk lansia, maka akan memicu timbulnya masalah kesehatan yang lebih kompleks. Tujuan dari penelitian ini untuk mengetahui karakteristik Lansia, Tingkat Depresi, Status gizi, Isolasi Sosial Lansia di posyandu Mekarsari Kelurahan Kotabumi Tengah, Kotabumi, Lampung Utara Tahun 2024.

Rancangan penelitian yang digunakan yaitu penelitian deskriptif dengan menggunakan instrumen berupa kuesioner. Populasi dalam penelitian ini adalah seluruh lansia yang ada di posyandu Mekarsari dan Campursari Kelurahan Kotabumi Tengah, Lampung Utara tahun 2024 yang mengikuti kegiatan posyandu lansia. Penelitian ini dilaksanakan di posyandu Mekarsari dan Campursari Kelurahan Kotabumi Tengah, Kotabumi, Lampung Utara Tahun 2024. Penelitian ini dilakukan pada Bulan April Tahun 2024. Data yang telah diolah akan dianalisis menggunakan analisis presentase dalam bentuk tabel yang disertai narasi

Hasil penelitian Karakteristik responden Bawah sebagian besar umur 60 – 70 tahun sebanyak 28 responden(70%), berjenis kelamin Perempuan 34 responden (85,0%). Pendidikan terakhir responden yaitu SD/Sederajat sebesar 22 responden (55,0%). Dan pekerjaan responden tidak bekerja 33 responden (82,5%). Status gizi responden tingkat depresi pada lansia, dengan kategori normal sebesar 23 responden dengan persentase (57,5%). Hasil Skrining responden kategori > 12 tidak mempunyai risiko sebanyak 26 responden (65,0%). Tingkat Depresi responden pada lansia dengan kategori depresi ringan sebanyak 30 responden dengan persentase (75,0%). Isolasi Sosial pada lansia tidak terisolasi sebanyak 22 responden (55,0%).

Diharapkan tenaga kesehatan di posyandu lansia Kelurahan Kotabumi Tengah berperan aktif dalam melaksanakan pemantauan status gizi dengan pengukuran antropometri. Diharapkan tenaga kesehatan dan kader di posyandu lansia Kelurahan Kotabumi Tengah rutin melaksanakan pemeriksaan skrining kesehatan baik jasmani atau rohani.

Kata Kunci : Lansia, Status Gizi, Tingkat Depresi
Daftar Bacaan : 55 (1998-2022)

**TANJUNGPURBA HEALTH POLYTECHNIC
DEPARTMENT OF NUTRITION
Final Project, May 2024**

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Description of the level of depression and nutritional status of the elderly in
Posyandu for the Elderly, Bumi Tengah City Subdistrict, Bumi Tengah City,
North Lampung 2024

xiii + 60 pages + 8 tables, 2 picture, 9 attachment

ABSTRACT

The success of a country's development can be seen from the increase in population life expectancy (UHH), which is indicated by the increasing number of elderly people. As the number of elderly people increases, this will trigger the emergence of more complex health problems. The aim of this research is to determine the characteristics of the elderly, the level of depression and the nutritional status of the elderly at Posyandu Makarsari in Kotabumi Tengah subdistrict, Kotabumi, North Lampung in 2024.

The research design used is descriptive research using an instrument in the form of a questionnaire. The population in this study were all elderly people in the Mekarsari and Campursari posyandu, Kotabumi Tengah Subdistrict, North Lampung in 2024 who took part in elderly posyandu activities. This research was carried out at Mekarsari and Campursari posyandu, Kotabumi Tengah Subdistrict, Kotabumi, North Lampung in 2024. This research was conducted in April 2024. The data that has been processed will be analyzed using percentage analysis in the form of tables accompanied by narratives.

Research results: Characteristics of the Lower Respondents, mostly 60 - 70 years old, 28 respondents (70%), female, 34 respondents (85.0%). Respondents' last education was elementary school/equivalent for 22 respondents (55.0%). And 33 respondents (82.5%) did not work. The nutritional status of respondents was level of depression in the elderly, with a normal category of 23 respondents with a percentage of (57.5%). Screening results for the category of respondents > 12 did not pose a risk for 26 respondents (65.0%). The level of depression among elderly respondents in the mild depression category was 30 respondents with a percentage of (75.0%). Social isolation among unprotected elderly people was 22 respondents (55.0%).

It is hoped that health workers at the elderly posyandu in Kotabumi Tengah Village will play an active role in monitoring nutritional status using anthropometric measurements. It is hoped that health workers and cadres at the elderly posyandu in Kotabumi Tengah Village will routinely carry out health screening examinations, both physical and spiritual.

Keywords : Elderly, Nutritional Status, Level of Depression

Reference : 55 (1998-2022)