

Pengaruh logoterapi lansia dan psikoedukasi keluarga terhadap depresi dan kemampuan memaknai hidup pada lansia di Kelurahan Katulampa Bogor Timur = The influence of logotherapy and family psychoeducation on depression and ability to look upon the meaning of life among elderly in Katulampa village of east Bogor

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Abstrak

Prevalensi depresi pada lansia di Indonesia sebesar 30% (Komnas lansia, 2011). Penelitian ini bertujuan untuk mengetahui pengaruh logoterapi lansia dan psikoedukasi keluarga terhadap penurunan depresi, harga diri rendah, ketidakberdayaan, keputusasaan, isolasi sosial dan peningkatan kemampuan memaknai hidup pada lansia di Kelurahan Katulampa Bogor Timur. Desain penelitian quasi eksperimental pre test-post test with control group. Sampel berjumlah 72 orang, 36 orang kelompok intervensi dan 36 orang kelompok kontrol.

Hasil penelitian menunjukkan lansia yang diberikan logoterapi lansia dan psikoedukasi keluarga mengalami penurunan lebih besar bermakna terhadap depresi, harga diri rendah, ketidakberdayaan, keputusasaan, isolasi sosial dan peningkatan kemampuan memaknai hidup dibandingkan dengan lansia yang hanya diberikan psikoedukasi keluarga ( $p$  value  $< 0.05$ ). Logoterapi lansia dan psikoedukasi keluarga direkomendasikan pada lansia depresi dengan diagnosa keperawatan harga diri rendah, ketidakberdayaan, keputusasaan dan isolasi sosial.

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Depression is a major problem for elderly, and the prevalence rate of depression among elderly in Indonesia is around 30% (Komnas Lansia, 2011). The aim of this study was to determine the effect of logotherapy and family psychoeducation on depression, low self-esteem, powerlessness, hopelessness, social isolation, and the ability to look upon the meaning of life among elderly in Katulampa village of East Bogor. The research design was quasi-experimental pre-post test with control group. The sample of this research are 72 respondents, 36 respondents in the intervention group and 36 respondents in the control group.

The results showed a significant decrease of depression, low self-esteem, powerlessness, hopelessness, social isolation, and an increase in meaning life ability among the elderly who receive logotherapy and family psychoeducation compared to the elderly only receive a family psychoeducation ( $p$  value  $< 0.05$ ). Therefore, the logotherapy and family psychoeducation are recommended for the elderly with depression who are diagnosed with low self-esteem, powerlessness, hopelessness and social isolation.