

Gambaran strategi koping keluarga dalam merawat lansia depresi di Kelurahan Mekarjaya Kecamatan Sukmajaya Kota Depok = Descriptive study of the coping strategy of family caregiver of elderly with depression in the village Mekarjaya Sukmajaya district Depok city

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Abstrak

[ABSTRAK

Depresi pada lansia yang tidak ditangani secara optimal dapat menurunkan kualitas hidup lansia dan menambah beban bagi keluarga yang merawat lansia. Strategi koping keluarga merupakan perilaku keluarga dalam mengatasi masalah kesehatan anggota keluarga. Tujuan penelitian ini adalah untuk mengetahui gambaran strategi koping keluarga dalam merawat lansia depresi. Sampel penelitian adalah 55 pelaku rawat utama lansia depresi yang berada di Kelurahan Mekarjaya Kecamatan Sukmajaya Kota Depok. Jenis penelitian ini adalah cross sectional dengan metode purposive sampling. Hasil penelitian menunjukkan 50,9% pelaku rawat lansia depresi menggunakan strategi koping keluarga dengan efektif. Penelitian ini diharapkan dapat berguna untuk pengembangan ilmu keperawatan ke depannya terkait intervensi self help group bagi pelaku rawat lansia depresi. Selain itu, penelitian selanjutnya diharapkan mampu melihat hubungan antara strategi koping dengan karakteristik keluarga.

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<i>ABSTRACT

;Depression in the elderly is not handled optimally can reduce the quality of life of the elderly and increase the burden for families who care for the elderly. Family coping strategy is the behavior of the family in addressing the health problems of family members. The purpose of this study is to describe the family coping strategies in treating elderly depression. Samples are 55 primary caregivers of elderly depression are located in the Village Mekarjaya Sukmajaya District of Depok. This type of research is cross sectional with purposive sampling method. The results showed 50.9% of elderly depressed caregivers use family coping strategies effectively. This research is expected to be useful for the future development of nursing interventions related self help group for caregivers of elderly depression. In addition, further research is expected to look at the relationship between coping strategies with family characteristics., Depression in the elderly is not handled optimally can reduce the quality of life of the elderly and increase the burden for families who care for the elderly. Family coping strategy is the behavior of the family in addressing the health problems of family members. The purpose of this study is to describe the family coping strategies in treating elderly depression. Samples are 55 primary caregivers of elderly depression are located in the Village Mekarjaya Sukmajaya District of Depok. This type of research is cross sectional with purposive sampling method. The results showed 50.9% of elderly depressed caregivers use family coping strategies effectively. This research is expected to be useful for the future development of nursing interventions related self help group for caregivers of elderly depression. In addition, further research is expected to look at the relationship between coping strategies with family characteristics.]