

ABSTRACT

Background : *As the elderly get older, they will experience changes in physiological, functional, cognitive and psychosocial functions. The impact of changes in the functional status of the elderly can affect the independence of the elderly in carrying out activities of daily living (ADL). Therefore, if the elderly cannot adapt to these changes, it can cause the elderly to experience mental changes, one of which is depression. The purpose of this study was to determine the relationship between activity of daily living (ADL) and the level of depression in the elderly at Tresna Werdha, Budi Luhur, Jambi.*

Methods : *The research method used in this research is quantitative research which is cross sectional in nature, which was conducted at the tresna werdha budi luhur nursing home in Jambi with a sample size of 63 elderly people, total sampling technique, questionnaire instrument.*

Results : *Most respondents have independent activity of daily living (ADL) (31.7%) and light (25.4%) while the level of elderly depression is dominated not in severe condition, namely (28.6%). The results of the kendall's tau test obtained a significant value or sig (2-tailed) of 0.000 <0.05.*

Conclusion : *then it can be concluded that there is a relationship between activity of daily living (ADL) and the level of depression in the elderly at Tresna Werdha Budi Luhur Jambi. The results of this research are expected to be used as material for consideration at the Tresna Werdha Budi Luhur Home to provide useful activities in living out old days at the Budi Luhur Tresna Werdha Home, Jambi. Such as carrying out regular recreational activities such as gymnastics for the elderly and gardening, while for the elderly who have decreased ADL it is hoped that the administrators of the Tresna Werdha orphanage will provide regular orientation activities for the elderly such as activities to introduce mobility to the elderly (moving beds/chairs, using a wheelchair, and going up and down stairs, as well as socializing personal grooming (dental care, bathing, dressing and personal hygiene) to the elderly.*

Keywords : *Activity of daily living (ADL), depression, elderly.*

ABSTRAK

Latar Belakang : Seiring bertambahnya usia lansia akan mengalami perubahan fungsi fisiologis, fungsional, kognitif dan psikososial. Dampak dari perubahan status fungsional lansia dapat mempengaruhi kemandirian lansia dalam menjalankan *activity of daily living* (ADL), dari hal tersebut jika lansia belum bisa beradaptasi dengan perubahan tersebut maka dapat menyebabkan lansia mengalami perubahan mental, salah satunya adalah depresi. Tujuan penelitian ini adalah untuk mengetahui hubungan *activity of daily living* (ADL) dengan tingkat depresi pada lansia di panti tresna werdha budi luhur jambi.

Metode : Metode penelitian yang digunakan dalam penelitian ini adalah penelitian kuantitatif yang bersifat *cross sectional*, yang dilakukan di panti tresna werdha budi luhur jambi dengan jumlah sampel 63 orang lansia, teknik *total sampling*, instrumen kuesioner.

Hasil : Sebagian besar responden memiliki *activity of daily living* (ADL) mandiri (31,7%) dan ringan (25,4%) sedangkan tingkat depresi lansia didominasi tidak dalam kondisi berat yaitu sebesar (28,6%). Hasil uji *kendall's tau* didapatkan nilai *sig* (2-tailed) sebesar $0.000 < 0.05$.

Kesimpulan : maka dapat disimpulkan bahwa adanya hubungan antara *activity of daily living* (ADL) dengan tingkat depresi pada lansia di panti tresna werdha budi luhur jambi. Hasil Penelitian ini diharapkan sebagai bahan pertimbangan Panti Tresna Werdha Budi Luhur untuk memberikan kegiatan-kegiatan yang bermanfaat dalam menjalani hari-hari tua di Panti Tresna Werdha Budi Luhur Jambi. Seperti melakukan kegiatan rekreasi secara teratur seperti senam lansia dan berkebun, sedangkan bagi lansia yang mengalami penurunan ADL diharapkan agar pengurus panti Tresna Werdha, agar memberikan kegiatan orientasi secara teratur pada lansia seperti kegiatan pengenalan cara mobilitas pada lansia (berpindah tempat tidur/kursi, menggunakan kursi roda, dan naik turun tangga, serta melakukan sosialisasi *personal grooming* (perawatan gigi, mandi, berpakaian dan *personal hygiene*) pada lansia.

Kata kunci : *Activity of daily living* (ADL), depresi, lansia.