

ABSTRACT

THE RELATIONSHIP BETWEEN THE SPIRITUAL ACTIVITY WITH LEVEL OF DEPRESSION IN ELDERLY IN PANTI SOSIAL TRESNA WERDHA YOGYAKARTA UNIT BUDI LUHUR

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Background: The old is the ultimate future of the human life cycle, in this period will occur aging or aging process is a dynamic process as a result of changes in the cells, physiological and psychological. Factors thought to play a role in the problems of the elderly, namely the events of life in the form of a stressor (financial problems, marriage, work, spirituality disease), personality factors, genetic and other biological disorders such as hormones, neurotransmitters biogenic and immunologic balance.

Objective: To determine the Spiritual Activity Relationship Between the Level of Depression in the Elderly Who Lived In Social Institution Tresna Elderly Unit Budi Luhur Yogyakarta.

Methods: The study was a quantitative descriptive cross-sectional approach. Samples were taken with a total sampling technique is On Elderly Who Lived In Social Institution Tresna Elderly Unit Budi Luhur Yogyakarta with a sample of 42 people. Analysis using Kendal Tau test.

Results: The results of statistical tests Kendal Tau addressing a significant relationship between the level of spiritual activity, namely depression (-0028). The test results showed that the contingency coefficient Spiritual Activity Relationship Between the Level of Depression in the Elderly Who Lived In Social Institution Tresna Elderly Unit Budi Luhur Yogyakarta.

Conclusion: There is a significant correlation between spiritual activity with rates of depression in the elderly who live in PSTW Unit Budi Luhur.

Keywords: Spiritual Activity, Level of Depression in the Elderly

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