

ANALISIS DETERMINASI MODEL KOMPREHENSIF MULTIDIMENSI TERHADAP RISIKO DEPRESI PADA LANSIA

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Article Info	ABSTRAK
Article History: Received 21/08/2026 Revised - Accepted 02/09/2026 Keywords: Keseimbangan Fisik, Kemandirian Okupasi, Depresi Lansia, Model Komprehensif, Partisipasi Sosial	Peningkatan populasi lanjut usia di Indonesia membawa tantangan signifikan terhadap aspek kesehatan mental, khususnya gangguan depresi yang sering kali terlambat terdiagnosis. Pendekatan dilakukan untuk mendeteksi depresi sejatinya akumulasi berbagai faktor kompleks yang saling berkaitan dari faktor biologis, psikologis, sosial dan lingkungan. Sayangnya sampai hari ini langkah untuk mendeteksi dilakukan secara parsial dan mengabaikan keterkaitan antar dimensi kesehatan lainnya. Oleh karena itu diperlukan analisis komprehensif melihat berbagai faktor resiko depresi. Tujuan penelitian ini menganalisis secara komprehensif risiko depresi melalui domain partisipasi sosial, keseimbangan fungsional, kemandirian okupasi lansia. Penelitian kuantitatif dengan desain cross-sectional dimana tehnik pengambilan sampel menggunakan total sampling didapatkan 105 lansia di Posyandu Mawar Dukuh Tempuran, Bolon, Colomadu. Pengumpulan data menggunakan kuesioner meliputi partisipasi sosial menggunakan Australian Community Participation Questionnaire, keseimbangan fungsional menggunakan Berg Balance Scale, kemandirian okupasi menggunakan Canadian occupational performance measure dan tingkat depresi menggunakan Geriatric Depression Scale. Uji analisis menggunakan regresi linier berganda. Karakteristik menunjukkan lansia perempuan 74%, pria 26%, pralansia 21%, lansia muda 41%, lansia madya 29%, lansia tua 9%. Nilai $F=8,214$ dengan nilai signifikansi $p \text{ value} < 0,001$ artinya secara empiris domain partisipasi sosial, keseimbangan fungsional dan kemandirian okupasi memiliki kelayakan model yang kuat untuk memprediksi tingkat depresi lansia. Nilai $R^2 = 0,196$ angka ini mengindikasikan tingkat depresi lansia adalah kontribusi dari partisipasi sosial, keseimbangan fungsional dan kemandirian okupasi sebesar 19,6 % sementara sisanya 80,4% diluar pemodelan ini. Secara parsial ada yang menarik yaitu nilai $\beta=3,024$ keseimbangan fungsional bertindak sebagai predictor paling dominan sedangkan nilai $p=0,082$ kemandirian okupasi adanya ketidakpuasan terhadap kinerja sehari-hari yang meningkat. Berdasarkan hasil analisis regresi linier ganda model komprehensif multidimensi mengintegrasikan ketiga domain partisipasi sosial, keseimbangan fungsional dan kemandirian okupasi terbukti secara simultan menjadi model predictor yang layak dan signifikan terhadap risiko depresi pada lansia dengan daya determinasi sebesar 19,6%. Rekomendasi secara parsial keseimbangan fungsional bertindak sebagai predictor yang paling dominan dan signifikan
	ABSTRACT <i>The growing elderly population in Indonesia presents significant mental health challenges, particularly regarding depressive</i>

disorders, which are often diagnosed late. Detecting depression involves addressing a complex interplay of biological, psychological, social, and environmental factors. Unfortunately, current detection efforts remain fragmented, often overlooking the interconnections between these health dimensions. Therefore, a comprehensive analysis of depression risk factors is required. This study aimed to comprehensively analyze depression risk by examining the domains of social participation, functional balance, and occupational independence among the elderly. A quantitative, cross-sectional study was conducted using total sampling, resulting in a sample of 105 elderly individuals from the Mawar Integrated Health Post (Posyandu) in Tempuran Hamlet, Bolon, Colomadu. Data were collected via questionnaires assessing social participation (Australian Community Participation Questionnaire), functional balance (Berg Balance Scale), occupational independence (Canadian Occupational Performance Measure), and depression levels (Geriatric Depression Scale). Multiple linear regression was used for analysis. Participant characteristics included 74% women and 26% men; age groups comprised 21% pre-elderly, 41% young-old, 29% middle-old, and 9% old-old individuals. An F -value of 8.214 ($p < 0.001$) demonstrated that the model incorporating social participation, functional balance, and occupational independence was empirically robust for predicting depression levels among the elderly. The R^2 value of 0.196 indicated that these three domains contributed 19.6% to the variance in depression levels, while the remaining 80.4% was attributable to factors outside the model. A notable partial finding was that functional balance emerged as the most dominant predictor ($\beta = 3.024$), whereas occupational independence ($p = 0.082$) reflected increasing dissatisfaction with daily performance. Based on the results of a multiple linear regression analysis, a comprehensive multidimensional model integrating the three domains of social participation, functional balance, and occupational independence proved to be a valid and significant simultaneous predictor of depression risk among the elderly, with a coefficient of determination of 19.6%. Partial analysis indicates that functional balance acts as the most dominant and significant predictor.

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