

**PENGARUH BIMBINGAN MENTAL UNTUK MENINGKATKAN *SELF -ESTEEM*
PADA LANJUT USIA DEPRESI DI PANTI TRESNA WERDHA HARGO DEDALI
SURABAYA**

PALAMANI, SOFINA

Pembimbing : Prof. Dr. Moeljono Notosoedirdjo, dr. Sp.S.,Sp.KJ,MPH (JHU)

SELF ESTEEM ; DEPRESSION

KKC KK TKM 41 / 11 Pal p

Copyright© 2011 by Airlangga University Library Surabaya

ABSTRACT

The effect of mental guidance applied to elevate Self-Esteem in the Depression of old people living in the Old Home Hargo Dedali

To become old is a process of losing one's ability to maintain one's normal function so that the system in the body is unable to fight the infection that comes in, and the damage in the body. In line with the aging process, the body will face various problems which is also called degenerative disease. The accumulation of all the process of depression in life, include illness, losing hopes, losing jobs, loneliness, withdrawing from one's environment and the like. It was all of these things which cause depression in old people. This research was aimed at studying the effect of mental guidance on the decrease of the level of depression in the inhabitants of the Old Home Hargo Dedali. The research method used was Quasy Experimental, where mental guidance was the independent variable, and the dependent variable was depression and self-esteem. The sample was chosen at random, from a homogeneous population, which was divided into two groups. One group was the experimental group with 10 old people, and the other group was the kontrol group with 9 old people. The data was collected based on a questionnaire which use the Geriatric Depression Scale (GDS) to measure the level of depression, and another questionnaire which use Self-Esteem Questionnaire (SEQ) to measure the Self-Esteem Scale. Then it was analyzed with non-parametric statistics. The result of the research showed that there is a difference between before and after the experiment. The difference between the level of depression before and after experiment where $p = 0,034$ and between the experimental group and the control group is quite significant with $p = 0,032$. In the case of self-esteem the difference between the groups is scored $p = 0,008$. The above result showed that mental guidance could lower the level of depression and increase self-esteem in old people. It can thus be concluded that.

Key Words: Mental guidance, self-esteem, depression. Elderly.

SUMMARY

The effect of mental guidance to increase self-esteem in depressed old people at the old home „Hargo Dedali“

Old age is the last level of development in human life. As people get older by the day, many changes may happen as a result of the Aging Process; these changes may be physical, mental, spiritual and psychosocial, which very often becomes the trigger for being depressed. The inability to adapt oneself to one's environment is the negative effect of the decaying function of the human body, and the psychosocial changes such as the loss of a beloved person, losing a job/or position, loneliness, emptiness syndrome, living in an institution which means having less social interaction and social support resulting in a useless feeling, having the feeling of being left alone and unwanted. In such a situation, a kind of guidance is needed to increase their self-esteem, in order to obtain a healthy mentality. The problem in this research is whether mental guidance can elevate self-esteem, and decrease the level of depression of the old people who live at the old home. Mental guidance is an activity which is done by a person with a good personality and is well trained in this kind of activity. The design of this research is quasi experimental in nature, with pretest – posttest control group design. Mental guidance is then the independent variable, whereas self-esteem is the dependent variable. This research was administered at the old home Hargo Dedali. With a sample of 19 subjects, the sample was divided randomly into two groups, namely the experimental group and the control group. The study also used Geriatric Depression Scale (GDS) to measure the old people's depression, and the Self-Esteem Quiz (SEQ), to measure the old people's self – esteem. The data obtained was analyzed with the Wilcoxon Mann Whitney Test to compare the scores of the experimental group with the scores of the control group. To measure the effect of the mental guidance on elevating the self-esteem of old people, the Wilcoxon-Signed Rank Test was used both before as well as after intervention, with a level of confidence of 95% ($p \leq \alpha = 0,05$). The result of the study showed that mental guidance decrease the level of depression in old people. The median score of the depression before intervention in the experimental group was 4, and in the control group the median score before intervention was 6. After intervention, a decrease in the depression could be seen. A difference at the level of depression after intervention between the two groups proved to be significant with a level of confidence where $p = 0,032$. A change in self-esteem in old people after intervention between the two groups showed a difference where $p = 0,05$. Mental guidance could lower the level of depression in old people significantly where $p = 0=0,01$, whereas free interview in the control group could also lower the level of depression in old people where $p = 0 = 0.015$. In conclusion, this study showed that mental guidance could lower the level of depression and could increase self-esteem of the old people living at the old home Hargo Dedali. Based on the above mentioned conclusion, mental guidance could be given to old people living in old homes.