ABSTRACT

CORRELATION AMONG ILLNESS COGNITION AND DEPRESSION LEVEL WITH FRAILTY OF ELDERLY IN MANYAR SABRANGAN DISTRICT, MULYOREJO, SURABAYA

Cross Sectional Design

by. Gading Ekapuja Aurizki

Frailty is a state of increased vulnerability to poor resolution of homeostasis after a stressor event, which increases the risk of adverse outcomes, including falls, delirium, and disability. Sarcopenia condition in frail elderly leads to physical deterioration which makes elderly needs more effort when they want to do some particular activities.

This study was aimed to identify correlation among illness cognition and depression level with frailty of elderly in Manyar Sabrangan District, Mulyorejo, Surabaya.

Design used in this study is cross sectional design. The population was all frail elderly in Manyar Sabrangan District, Mulyorejo, Surabaya. Total sampel was 15 respondents, taken according inclusion and exclusion criterias. The independent variables were illness cognition and depression level. The dependent variable was frailty. Data were collected using structure questionnaire and respondent examination. Data were analyzed using Spearman corellation test with level of significance < 0.05.

Result showed that illness cognition had no correlation with frailty of elderly ($p = 0.346$), depression level had no correlation with frailty ($p = 0.120$).

It can be concluded that both illness cognition and depression level have no correlation with frailty of elderly. Further studies should involve larger respondents, proper instruments, and Self-Regulation Model's Leventhal deep exploration to obtain more accurate results.

Keywords: *illness cognition, depression, frailty, elderly*

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