

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*

DAFTAR ISI

	Halaman
Halaman Judul	i
Surat Pernyataan Keaslian	Error! Bookmark not defined. ii
Halaman Pernyataan Persetujuan Publikasi Tugas Akhir Untuk Kepentingan Akademis	iii
Halaman Persetujuan	iv
Halaman Persetujuan	v
Kata Pengantar	vii
<i>Abstract</i>	ix
Daftar Isi	x
Daftar Tabel	xii
Daftar Gambar	xiii
Daftar Lampiran	xiv
Daftar Singkatan	xv
BAB 1 PENDAHULUAN	1
1.1 Latar Belakang	1
1.2 Identifikasi Masalah	5
1.3 Rumusan Masalah	6
1.4 Tujuan Penelitian	6
1.4.1 Tujuan umum	6
1.4.2 Tujuan khusus	6
1.5 Manfaat Penelitian	7
1.5.1 Manfaat teoritis	7
1.5.2 Manfaat praktis	7
BAB 2 TINJAUAN PUSTAKA	8
2.1 Konsep Lansia	8
2.1.1 Definisi dan batasan Lansia	8
2.1.2 Teori penuaan	9
2.1.3 Perubahan yang terjadi pada Lansia	10
2.2 Konsep Kerapuhan	14
2.2.1 Definisi kerapuhan	14
2.2.2 Patofisiologi kerapuhan	15
2.2.3 Alat ukur kerapuhan	16
2.3 Konsep Depresi	17
2.2.1 Definisi depresi	17
2.2.2 Faktor depresi	17
2.2.3 Gejala dan kriteria depresi	18
2.2.4 Perilaku depresi	21
2.2.5 Depresi pada Lansia	22
2.2.6 Alat ukur depresi pada Lansia	23
2.2.7 Depresi dan kerapuhan	23
2.4 Konsep Kognisi Penyakit (<i>Illness Cognition</i>)	24
2.3.1 Definisi kognisi penyakit	24
2.3.2 Dimensi kognisi penyakit	25
2.3.3 Mengukur kognisi penyakit	26