

ABSTRAK

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PENGARUH TERAPI AKTIVITAS KELOMPOK STIMULASI SENSORI
MENDENGARKAN MUSIK TERHADAP PENURUNAN TINGKAT DEPRESI
PADA LANSIA DI UPTD GRIYA WREDA JAMBANGAN SURABAYA

xv + 64 Halaman + 7 Tabel + 17 Lampiran

Depresi pada kelompok lansia berisiko menurunkan kualitas hidup, memicu kesepian, serta meningkatkan ketergantungan. Sebagai solusi nonfarmakologis, Terapi Aktivitas Kelompok (TAK) stimulasi sensori melalui musik dapat digunakan untuk merangsang sistem saraf serta meningkatkan hormon endorfin dan serotonin yang menciptakan rasa tenang. Penelitian pra-eksperimental dengan desain *one group pretest-posttest* ini melibatkan 35 lansia perempuan di UPTD Griya Wreda Jambangan Surabaya dengan teknik total sampling. Menggunakan instrumen *Geriatric Depression Scale* (GDS-15), intervensi dilakukan sebanyak 6 kali selama 3 minggu. Hasilnya menunjukkan perubahan signifikan: sebelum terapi mayoritas responden mengalami depresi sedang (57,1%), namun setelah terapi turun menjadi depresi ringan (68,6%). Dengan nilai $p=0,000$, terapi musik terbukti efektif menekan tingkat depresi dan layak direkomendasikan untuk meningkatkan kesejahteraan psikologis lansia.

Kata Kunci: Depresi, Lansia, Terapi Aktivitas Kelompok, Stimulasi Sensori,
Musik

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ABSTRACT

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*THE EFFECT OF SENSORY STIMULATION GROUP ACTIVITY THERAPY:
LISTENING TO MUSIC ON REDUCING DEPRESSION LEVELS IN THE
ELDERLY AT UPTD GRIYA WREDHA JAMBANGAN SURABAYA*

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Depression in the elderly poses a risk of decreasing quality of life, triggering loneliness, and increasing dependency. As a non-pharmacological solution, Group Activity Therapy (GAT) using sensory stimulation through music can be utilized to stimulate the nervous system and increase endorphin and serotonin levels, which create a sense of calm. This pre-experimental study, employing a one-group pretest-posttest design, involved 35 elderly women at UPTD Griya Wreda Jambangan Surabaya selected via total sampling. Using the Geriatric Depression Scale (GDS-15) instrument, the intervention was conducted six times over three weeks. The results showed a significant change: prior to therapy, the majority of respondents experienced moderate depression (57.1%), but after the intervention, this shifted to mild depression (68.6%). With a p-value of 0.000, music therapy is proven effective in reducing depression levels and is recommended as an alternative therapy to improve the psychological well-being of the elderly.

Keywords: Depression, Elderly, Group Activity Therapy, Sensory Stimulation, Music

References : 45 Journals, 4 books (2015-2025)