

202210420311172  
Rahel Marcellina  
Ilmu Keperawatan

**HUBUNGAN DISTRESS PSIKOLOGIS DENGAN RISIKO  
DEMENSIA PADA LANSIA DI PANTI JOMPO**

**SKRIPSI**



**FAKULTAS ILMU KESEHATAN**

**UNIVERSITAS MUHAMMADIYAH MALANG**

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**COVER**

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**HUBUNGAN DISTRESS PSIKOLOGIS DENGAN RISIKO DEMENSIA**

**PADA LANSIA DI PANTI JOMPO**

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## SURAT PERNYATAAN

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Dengan ini menyatakan bahwa telah menyelesaikan Tugas Akhir Mahasiswa Program Studi S1 Ilmu Keperawatan Fakultas Ilmu Kesehatan Universitas Muhammadiyah Malang sebagai syarat kelulusan dalam bentuk penulisan skripsi. Penulisan ini benar adanya hasil karya sendiri tanpa adanya pengambilan tulisan penelitian atau pemikiran orang lain.

Apabila kemudian hari penelitian ini dianggap telah melakukan plagiarisme karya tulis, maka saya bersedia menerima konsekuensi dari tindakan tersebut. Demikian surat pernyataan ini dibuat, atas perhatiannya saya sampaikan terima kasih.

Malang, 14 November 2025



(Rahel Marcellina)

## ABSTRAK

### Hubungan Distress Psikologis dengan Demensia pada Lansia di Panti Jompo

Rahel Marcellina<sup>1</sup> | Nurilla Kholidah<sup>2</sup> | Nur Melizza<sup>3</sup> | Muhammad Ari Arfianto<sup>4</sup>

---

Latar Belakang: Jumlah lansia terus meningkat dan diikuti oleh tingginya prevalensi demensia. Salah satu faktor yang berkontribusi terhadap penurunan fungsi kognitif lansia adalah distress psikologis, yang ditandai dengan gejala kecemasan, stres, dan depresi. Distress psikologis yang berlangsung lama dapat mempercepat kerusakan fungsi kognitif melalui peningkatan hormon stres dan perubahan struktur otak, sehingga meningkatkan risiko demensia terutama pada lansia yang tinggal di panti jompo.

Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan antara distress psikologis dan risiko demensia pada lansia di panti jompo.

Metode: Penelitian ini menggunakan desain kuantitatif dengan pendekatan *cross-sectional*. Sampel ditentukan dengan teknik *purposive sampling* dengan jumlah sampel 108 lansia yang tinggal di Panti Jompo Griya Lansia Khusnul Khatimah Malang. Instrumen yang digunakan adalah kuesioner *Self-Reporting Questionnaire (SRQ-20)* dan *Montreal Cognitive Assessment (MoCA-Ina)*. Analisis hubungan antar variabel menggunakan uji korelasi *Spearman Rank* dengan tingkat signifikansi 0,05.

Hasil: Sebagian besar lansia mengalami distress psikologis pada kategori ringan hingga sedang, dan lebih dari separuh responden berada pada kategori gangguan kognitif ringan hingga berat. Hasil uji statistik menunjukkan adanya hubungan signifikan antara distress psikologis dan risiko demensia ( $p < 0,05$ ) dengan kekuatan korelasi positif.

Kesimpulan: Terdapat hubungan antara distress psikologis dan risiko demensia pada lansia di panti jompo.

Kata Kunci: Demensia, Distress psikologis, Lansia, Panti jompo

## **Relationship Between Psychological Distress and Dementia Among Older Adults in Nursing Homes**

Rahel Marcellina<sup>1</sup> | Nurilla Kholidah<sup>2</sup> | Nur Melizza<sup>3</sup> | Muhammad Ari Arfianto<sup>4</sup>

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**Background:** The elderly population continues to increase and is accompanied by a high prevalence of dementia. One factor that contributes to cognitive decline in older adults is psychological distress, which is characterized by symptoms of anxiety, stress, and depression. Prolonged psychological distress can accelerate cognitive impairment through increased stress hormone levels and structural changes in the brain, thereby increasing the risk of dementia, particularly among older adults living in nursing homes.

**Objective:** This study aimed to determine the relationship between psychological distress and the risk of dementia among older adults in nursing homes.

**Methods:** This study employed a quantitative design with a cross-sectional approach. The sample was selected using a purposive sampling technique with a total of 108 older adults. The instruments used were the Self-Reporting Questionnaire (SRQ-20) to measure psychological distress and the Montreal Cognitive Assessment (MoCA-Ina) to assess the risk of dementia. The relationship between variables was analyzed using the Spearman Rank correlation test with a significance level of 0.05.

**Results:** Most older adults experienced mild to moderate levels of psychological distress, and more than half of the respondents were categorized as having mild to severe cognitive impairment. Statistical analysis showed a significant relationship between psychological distress and the risk of dementia ( $p < 0.05$ ) with a positive correlation strength.

**Conclusion:** There is a significant relationship between psychological distress and the risk of dementia among older adults living in nursing homes.

**Keywords:** Dementia, Elderly, Nursing home, Psychological distress

## KATA PENGANTAR

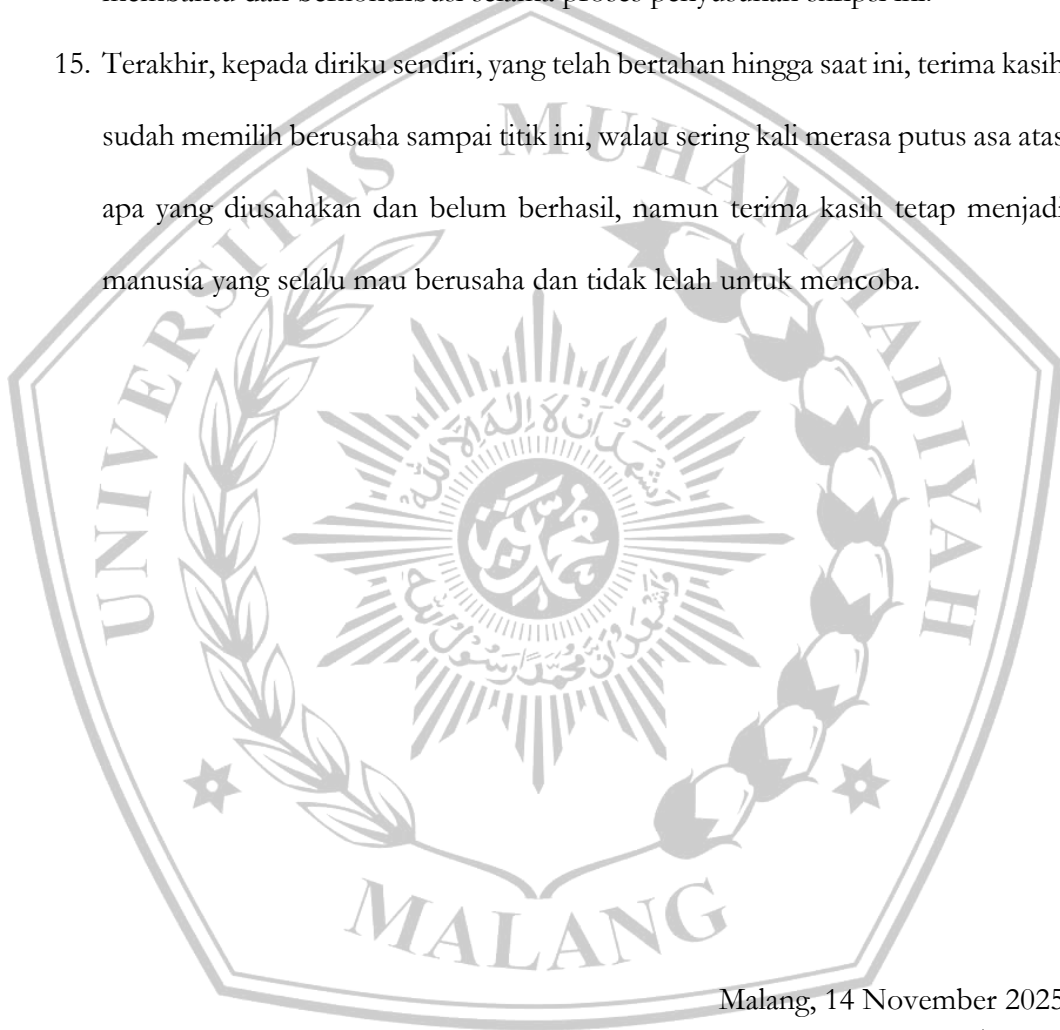
Puji dan syukur saya panjatkan kehadiran Allah SWT, berkat rahmat dan bimbinganNya saya dapat menyelesaikan skripsi dengan judul “Hubungan Distress Psikologis dengan Risiko Demensia pada Lansia di Panti Jompo”. Skripsi ini merupakan salah satu syarat untuk memperoleh gelar sarjana keperawatan (S.Kep) pada Program Studi Ilmu Keperawatan Fakultas Ilmu Kesehatan Universitas Muhammadiyah Malang.

Bersamaan ini perkenankanlah saya mengucapkan terimakasih yang sebesar besarnya dengan hati yang tulus kepada:


1. Ibu Dr. apt. Hidajah Rachmawati, S.Si., Sp. FRS., selaku Dekan Fakultas Ilmu Kesehatan Universitas Muhammadiyah Malang.
2. Ibu Nur Aini, S. Kep., Ns., M.Kep. Ph.D, selaku ketua Program Studi Ilmu Keperawatan.
3. Ibu Nurilla Kholidah, S. Kep., Ns., M. Kep selaku Dosen Pembimbing yang telah sabar, ikhlas, kasih sayang kepada penulis dan memberikan kontribusi yang sangat besar selama penyusunan skripsi berupa bimbingan, arahan, masukan, ilmu dan pengalaman kepada penulis selama berjalannya pengerjaan.
4. Ibu Nur Melliza, M. Kep., selaku dosen penguji, yang telah memberikan arahan, bimbingan, serta masukan berharga dalam proses penyusunan laporan ini.
5. Bapak Muhammad Ari Arfianto, M. Kep. Sp. Kep. J., selaku dosen penguji, atas segala saran, evaluasi, dan motivasi yang sangat membantu dalam penyempurnaan laporan ini.

6. Pemilik Griya Lansia Khusnul Khatimah Malang dan para staff jajarannya yang telah memberikan izin, kesempatan, dan fasilitas sehingga penulis dapat melakukan kegiatan dan pengambilan data dengan baik.
7. Para lansia di Griya Lansia Khusnul Khatimah Malang, yang dengan sukarela dan penuh kesabaran telah bersedia menjadi responden serta membantu mengisi kuesioner dalam penelitian ini.
8. Cinta pertamaku dan panutanku, Ayahanda Eko Budi Susilo, terima kasih atas segala pengorbanan, kasih sayang, serta segala bentuk tanggung jawab atas kehidupan layak yang telah diberikan. Terima kasih telah menjadi alasan penulis untuk tetap semangat berjuang meraih gelar sarjana.
9. Pintu surgaku, ibu tercinta Sutirini, terima kasih atas segalanya, doa-doa tulus yang selalu menyertai, pasti doamu yang lancarkan upayaku, pasti doa yang meluncur dari bibirmu, semoga aku sesuai yang kau impi. Semoga ayah dan ibu sehat, panjang umur dan bahagia selalu.
10. Kakak laki-lakiku, Mahaputra Dewa Adi Pradana, terima kasih atas segala kasih sayang, dukungan, dan doa doa terbaiknya selama ini.
11. Kedua nenek penulis Almarhumah nenek Nimah dan Almarhumah nenek Binti yang hadir dalam setiap langkah perjalanan hidup penulis, yang selalu memberikan kasih sayang, perhatian, serta dukungan kepada penulis.
12. Kepada seseorang yang tak kalah penting kehadirannya, Muhariansyah Danu Ubaidillah yang menjadi penyemangat di suka maupun duka, selalu membersamai dihari-hari yang tak mudah, selalu sabar menghadapi sikap penulis selama pengerjaan skripsi ini. Terima kasih telah menjadi rumah tempat berkeluh kesah di waktu lelah, menjadi pendengar serta penasehat yang baik, senantiasa memberikan cinta dan semangat untuk tidak pantang menyerah.

13. Sahabat terbaikku, Aisyah Nur Azizah, Wulan Agus Yulia Sari, Annisa Qoirotul Amelia, Ari Amanda dan Aldi Cahyo Kurniawan, terima kasih sudah selalu kebersamai selama masa perkuliahan ini, terima kasih pengalaman, waktu dan ilmu yang telah dijalani bersama-sama.
14. Kepada semua pihak yang tidak sempat disebutkan satu persatu, yang telah membantu dan berkontribusi selama proses penyusunan skripsi ini.
15. Terakhir, kepada diriku sendiri, yang telah bertahan hingga saat ini, terima kasih sudah memilih berusaha sampai titik ini, walau sering kali merasa putus asa atas apa yang diusahakan dan belum berhasil, namun terima kasih tetap menjadi manusia yang selalu mau berusaha dan tidak lelah untuk mencoba.



Malang, 14 November 2025

  
(Rahel Marcellina)

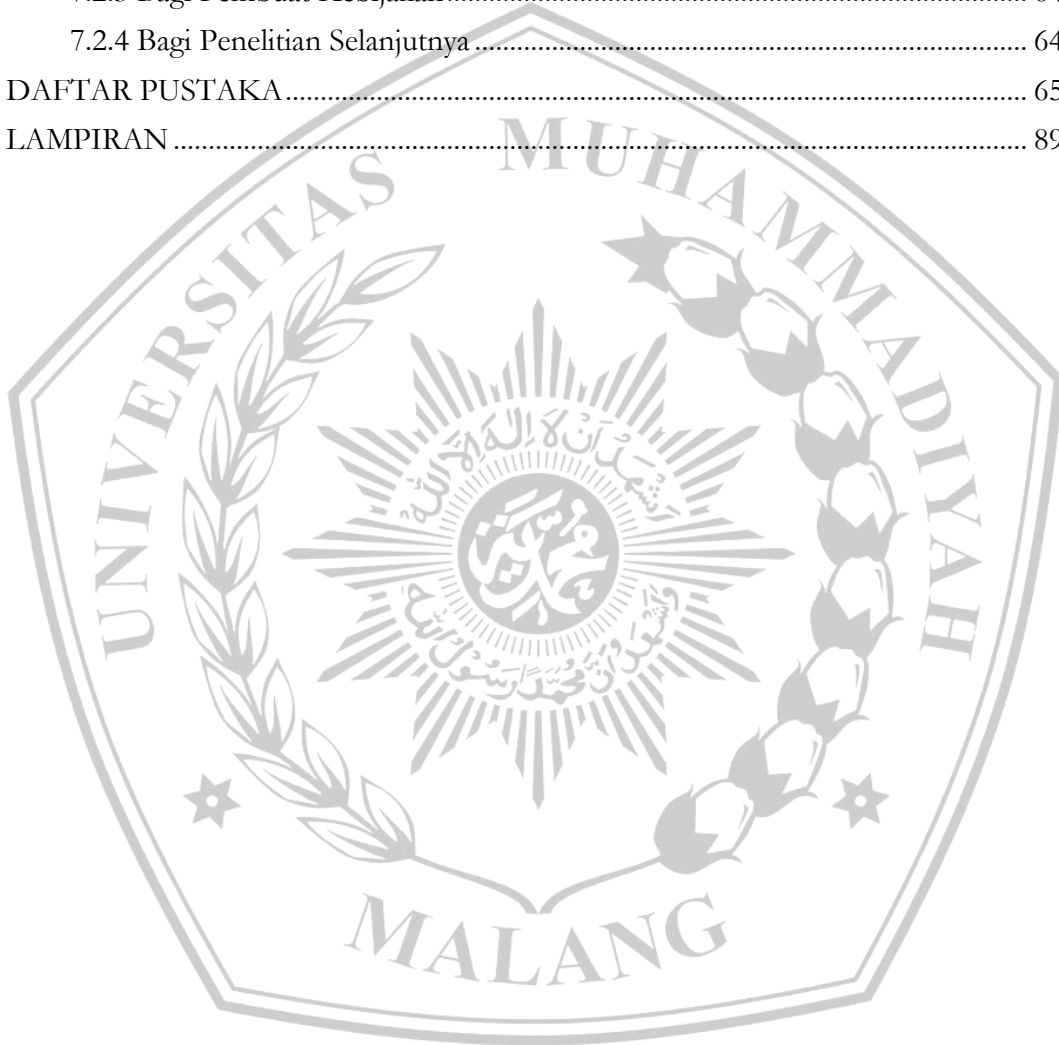
## DAFTAR ISI

COVER.....	i
LEMBAR PENGESAHAN .....	ii
LEMBAR PENGESAHAN .....	iii
SURAT PERNYATAAN .....	iv
ABSTRAK .....	v
KATA PENGANTAR.....	vii
DAFTAR ISI.....	x
DAFTAR TABEL.....	xiii
DAFTAR GAMBAR.....	xiv
DAFTAR LAMPIRAN.....	xv
BAB I PENDAHULUAN.....	1
1.1 Latar Belakang.....	1
1.2 Rumusan Masalah.....	4
1.3 Tujuan Penelitian.....	4
1.4 Manfaat Penelitian.....	4
1.5 Keaslian Penelitian.....	6
BAB II TINJAUAN PUSTAKA.....	11
2.1 Konsep Lansia.....	11
2.1.1 Definisi Lanjut Usia.....	11
2.1.2 Batasan Lanjut Usia .....	12
2.1.3 Perubahan yang terjadi pada Lansia .....	13
2.2 Konsep Distress Psikologis.....	15
2.2.1 Definisi Distress Psikologis.....	15
2.2.2 Faktor Penyebab Distress Psikologis.....	16
2.2.3 Dampak Distress Psikologis.....	17
2.3 Konsep Demensia .....	19
2.3.1 Definisi Demensia.....	19
2.3.2 Epidemiologi Demensia.....	19
2.3.3 Jenis-Jenis Demensia .....	21
2.3.4 Faktor Resiko Demensia.....	24
2.4 Konsep Panti Jompo.....	25
2.4.1 Peran Panti Jompo untuk Lansia.....	25
2.4.2 Peran Panti Jompo sebagai Tempat Tinggal Lansia dengan Demensia dan Distress Psikologis.....	26

BAB III KERANGKA KONSEP DAN HIPOTESIS.....	28
3.1 Kerangka Konsep .....	28
3.2 Hipotesis.....	29
BAB IV METODE PENELITIAN .....	30
4.1 Desain Penelitian .....	30
4.2 Populasi, Sampel, dan Teknik Sampling.....	31
4.2.1 Populasi.....	31
4.2.2 Teknik Sampling.....	31
4.2.3 Sampel.....	31
4.3 Variabel Penelitian .....	33
4.4 Definisi Operasional.....	34
4.5 Tempat Penelitian.....	36
4.6 Waktu Penelitian .....	36
4.7 Instrumen Penelitian .....	36
4.7.1 Kuesioner Distress Psikologis.....	36
4.7.2 Kuesioner Demensia .....	37
4.8 Prosedur Pengumpulan Data .....	40
4.9 Analisa Data.....	43
4.9.1 Analisis Univariat .....	43
4.9.2 Analisis Bivariat .....	44
BAB V HASIL PENELITIAN.....	45
5.1 Karakteristik Umum Responden.....	45
5.1.1 Karakteristik umum responden berdasarkan riwayat tempat tinggal sebelum tinggal di panti jompo .....	45
5.1.2 Karakteristik umum responden berdasarkan usia .....	46
5.1.3 Karakteristik umum responden berdasarkan jenis kelamin .....	46
5.1.4 Karakteristik umum responden berdasarkan pendidikan terakhir .....	46
5.1.5 Karakteristik umum responden berdasarkan riwayat pekerjaan .....	47
5.1.6 Karakteristik umum responden berdasarkan riwayat penyakit .....	47
5.2 Tingkat Distress Psikologis pada Lansia .....	48
5.3 Tingkat Risiko Demensia pada Lansia.....	48
5.4 Hubungan Distress Psikologis dengan Risiko Demensia pada Lansia.....	48
BAB VI PEMBAHASAN.....	50
6.1 Gambaran Distress Psikologis pada Lansia .....	50
6.2 Gambaran Risiko Demensia pada Lansia .....	52
6.3 Hubungan Distress Psikologis dengan Risiko Demensia pada Lansia.....	56

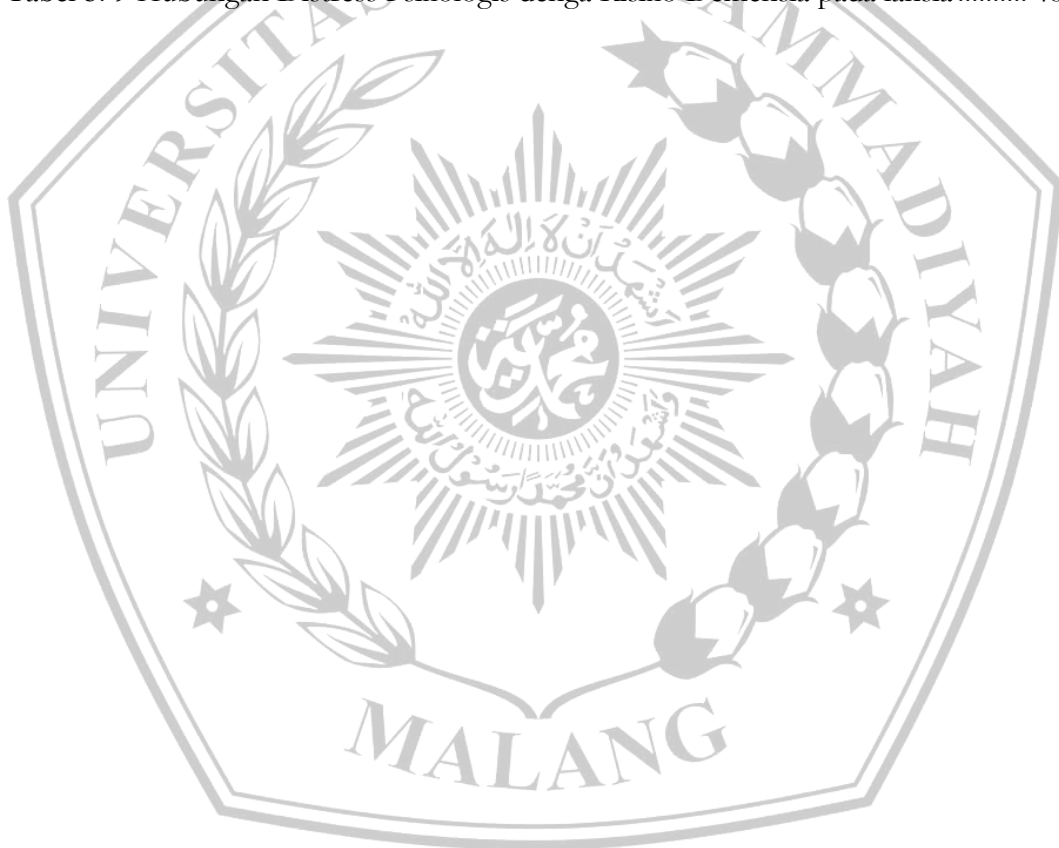
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6.4 Keterbatasan Penelitian.....	60
6.5 Implikasi untuk Keperawatan .....	60
BAB VII KESIMPULAN DAN SARAN.....	63
7.1 Kesimpulan.....	63
7.2 Saran.....	63
7.2.1 Bagi Layanan Kesehatan .....	63
7.2.2 Bagi Responden.....	64
7.2.3 Bagi Pembuat Kebijakan.....	64
7.2.4 Bagi Penelitian Selanjutnya .....	64
DAFTAR PUSTAKA.....	65
LAMPIRAN .....	89



## DAFTAR TABEL

Tabel 1. 1 Keaslian Penelitian .....	6
Tabel 4. 1 Definisi Operasional.....	34
Tabel 4. 2 Kisi-kisi kuesioner SRQ .....	37
Tabel 4. 3 Kisi-kisi Kuesioner Moca-Ina .....	39
Tabel 5. 1 Karakteristik umum responden berdasarkan riwayat tempat tinggal sebelum tinggal di panti jompo .....	45
Tabel 5. 2 Karakteristik umum responden berdasarkan usia .....	46
Tabel 5. 3 Karakteristik umum responden berdasarkan jenis kelamin .....	46
Tabel 5. 4 Karakteristik umum responden berdasarkan Pendidikan terakhir .....	46
Tabel 5. 5 Karakteristik umum responden berdasarkan riwayat pekerjaan .....	47
Tabel 5. 6 Karakteristik umum responden berdasarkan riwayat penyakit .....	47
Tabel 5. 7 Tingkat Distress Psikologis pada Lansia.....	48
Tabel 5. 8 Tingkat Risiko Demensia pada Lansia.....	48
Tabel 5. 9 Hubungan Distress Psikologis dengan Risiko Demensia pada lansia .....	48



**DAFTAR GAMBAR**

Gambar 3. 1 Kerangka Konsep..... 28



## DAFTAR LAMPIRAN

Lampiran. 1 <i>Inform Consent</i> .....	89
Lampiran. 2 Lembar Kuesioner Penelitian .....	90
Lampiran. 3 Kuesioner <i>Self Reporting Questionnaire</i> (SRQ-20) .....	93
Lampiran. 4 Kuesioner <i>Montreal Cognitive Assesment</i> (Moca-Ina) .....	92
Lampiran. 5 Data Demografi Responden .....	93
Lampiran. 6 Tabel Distress Psikologis .....	98
Lampiran. 7 Tabel Risiko Demensia Lansia .....	103
Lampiran. 8 Hasil SPSS .....	108
Lampiran. 9 Surat Ijin Penelitian .....	110
Lampiran. 10 Sertifikat Layak Etik Penelitian .....	111
Lampiran. 11 Dokumentasi Penelitian .....	112
Lampiran. 12 Hasil Uji Plagiasi Bab 1-4 .....	113
Lampiran. 13 Hasil Uji Plagiasi Bab 5-7 dan Naspub .....	114
Lampiran. 14 Lembar Konsultasi .....	115



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Lampiran. 12 Hasil Uji Plagiasi Bab 1-4



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SURAT KETERANGAN HASIL DETEKSI PLAGIASI

Berdasarkan hasil tes deteksi plagiasi yang telah dilakukan oleh Biro Tugas Akhir Prodi Program Studi Ilmu Keperawatan, Fakultas Ilmu Kesehatan Universitas Muhammadiyah Malang yang telah dilaksanakan pada 4/28/2025, pada karya ilmiah mahasiswa di bawah ini :

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Nim : 202210420311172

Prodi : Ilmu Keperawatan

Judul Naskah : Hubungan Distress Psikologis dengan Demensia pada Lansia di Panti Jompo

Jenis Naskah : Proposal Skripsi

Keperluan : Seminar Proposal

Hasilnya dinyatakan Memenuhi Syarat, dengan Rincian Sebagai Berikut :

No	Jenis Naskah	Maksimum Kesamaan	Hasil Deteksi
1.	Bab 1 (Pendahuluan)	10	2%
2.	Bab 2 (Tinjauan Pustaka)	25	7%
3.	Bab 3 & 4 (Kerangka Konsep / Metodologi)	35	6%
4.	Bab 5 & 6 (Hasil & Pembahasan)	15	
5.	Bab 7 (Kesimpulan & Saran)	5	
6.	Naskah Publikasi	25	

Keputusan : Lolos



Mengetahui,

  
**Edi Purwanto MNg**  
Kaprosdi

Malang, 4/28/2025

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Lampiran. 13 Hasil Uji Plagiasi Bab 5-7 dan Naspub



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SURAT KETERANGAN HASIL DETEKSI PLAGIASI

Berdasarkan hasil tes deteksi plagiasi yang telah dilakukan oleh Biro Tugas Akhir Prodi Program Studi Ilmu Keperawatan, Fakultas Ilmu Kesehatan Universitas Muhammadiyah Malang yang telah dilaksanakan pada 11/17/2025, pada karya ilmiah mahasiswa di bawah ini :

Nama : Rahel Marcellina

Nim : 202210420311172

Prodi : Ilmu Keperawatan

Judul Naskah : Hubungan Distress Psikologis dengan Risiko Demensia pada Lansia di Panti Jompo

Jenis Naskah : Skripsi

Keperluan : Seminar Hasil

Hasilnya dinyatakan Memenuhi Syarat, dengan Rincian Sebagai Berikut :

No	Jenis Naskah	Maksimum Kesamaan	Hasil Deteksi
1.	Bab 1 (Pendahuluan)	10	
2.	Bab 2 (Tinjauan Pustaka)	25	
3.	Bab 3 & 4 (Kerangka Konsep / Metodologi)	35	
4.	Bab 5 & 6 (Hasil & Pembahasan)	15	10%
5.	Bab 7 (Kesimpulan & Saran)	5	4%
6.	Naskah Publikasi	25	20%

Keputusan : Lolos



Yang Bertanggung Jawab,

**Nur Aini, M.Kep., PhD**  
Kaprosdi

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