



THE CORRELATION BETWEEN DEPRESSION LEVEL AND INDEPENDENT LEVEL IN ACTIVITY OF DAILY LIVING (ADL) IN THE ELDERLY WITH AGE 60 YEARS AND OLDER

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ABSTRACT	Keywords
<p>Depression is a feeling of sadness and pessimism associated with an affliction. It can be an attack is shown on self or a deep feeling of anger that can affect the activity of daily living in the elderly. The purpose of this research was to determine the Relationship between Depression Level and Independent Level in Activity of Daily Living (ADL) in The Elderly with Age 60 Years and Older in Hamlet Candisari Village Awang Awang District Mojosari-Mojokerto. This research used analytic correlation survey method with cross sectional approach. The population in this research were all elderly with age 60 years and older in Hamlet Candisari Village Awang Awang District Mojosari-Mojokerto as many as 89 elderly that were taken by total sampling method. In this research, the data collection methods used a depression questionnaire and standard self-sufficiency measure in ADL. The result of the research were more than half of respondents had mild depression as many as 65 respondents (73.0%) with medium dependency as many as 34 respondents (38.2%), then the respondents of moderate to severe depression as many as 18 respondents (20.3%) respondents with moderate dependence as many as 11 respondents (12.4%), and the respondents who are not depressed as many as 6 respondents (6.7%) can still be independent as many as 3 respondents (3.4%). The analysis used cross tabulation showed the relationship between depression level and independent level in activity of daily living (ADL) the wigher level of depression in elderly, then the lower the level of independence. Elderly should be able to Activity of Daily Living (ADL) and regularly attend the elderly health post (Posyandu) and interact socially with the surrounding community.</p>	<p>Depression Level, Activity of Daily living (ADL)</p>

INTRODUCTION

With their own thoughts and ways, the elderly are recognized as individuals with unique characteristics. Therefore, nurses need knowledge to understand the elderly's ability to think, express opinions, and make decisions to improve their health. In the elderly, there is a decline in physical and mental decline, making them elderly vulnerable to physical and psychological problems. These problems can trigger depression. (Aminuddin et al., 2025). In addition, the decline in the condition of the elderly will affect their ability to carry out daily activities, which will impact their independence. Depression in the elderly can impact their ability to perform Activities of Daily Living (ADLs), such as bathing, dressing, eating, and other daily tasks..(Hartanti, Haniyah, & Dewi, 2022)

The prevalence of depression in the elderly in the world ranges from 8-15% and the results of analysis from reports of countries in the world found that the average prevalence of depression in the elderly is 13.5% with a female-male ratio of 14.1: 8.6..(Hitiyaut, Hatuwe, & Samalle, 2024) Meanwhile, in Indonesia, approximately 74% of elderly people suffer from chronic illnesses such as hypertension, diabetes, osteoporosis, rheumatism, and heart disease, requiring lifelong medication. This figure indicates that as many as 74% of elderly people in Indonesia are at risk of experiencing depression. (Hadrianti et al., 2024)

Depression among the elderly is a serious problem, both in Indonesia and globally. Factors such as chronic poor health, social isolation, and drastic life changes can trigger depression in the elderly. According to the 2023 World Population Review, Indonesia has approximately 9.16 million cases of depression, with a prevalence of 3.7% of the total population. Elderly people are highly vulnerable to depression due to risk factors such as chronic illness, loneliness, and the loss of a partner or significant social role. This number is expected to triple by 2050. (Hadrianti et al., 2024)

According to Basic Health Research data, depression is often found in the elderly in East Java province throughout life, with a

prevalence of 10%-25% in women and 5%-12% in men, and approximately 15% of those with depression attempt suicide. Although depression is most common in women, suicide is more common in men, especially young and old men. The prevalence of depression in the elderly varies depending on the situation, affecting more than 20% of elderly people living in community areas, 25% of elderly people in hospitals, and 40% of elderly people living in nursing homes. Biological symptoms of depression in the elderly include changes in sleep patterns (especially decreased sleep frequency and early morning awakenings), decreased appetite and weight, and mood swings that vary throughout the day, particularly worsening in the morning.(Anissa & KJ, 2024)

Depression in the elderly is caused by several factors, including biological, physical, psychological, and social factors. Changes in the central nervous system and reduced neurotransmitter concentrations may contribute to depression in the elderly. (Hidayah, Abidah, & Mahmudah, 2025). Untreated depression can increase the use of health and medical facilities, negatively impact the quality of life and independence (ADL) in the elderly, and can increase mortality.(Ekasari, Riasmini, & Hartini, 2019). The impact of depression on the elderly is caused by the emergence of susceptibility to acute or chronic diseases, there is a tendency for degenerative diseases, metabolic diseases, psychosocial disorders, and increased infectious diseases.(Rohmaniah & Aryati, 2021). This will of course also have an impact on Activities of Daily Living (ADL) so that it can have implications for independence in carrying out daily living activities. (Hartanti et al., 2022)

The level of independence of the elderly can be the basis for the role of nurses in determining the care or interventions to be performed on the elderly. The role of nurses in independent elderly can provide support to the elderly so that they can continue to maintain activities to meet their daily needs independently. In elderly with partial dependence, the role of nurses can help meet the elderly's daily needs, but only for

activities that require assistance and for activities that the elderly can still perform independently, the role of nurses can provide support to the elderly to maintain their independence. And in the elderly with total dependence, the role of nurses can help the elderly meet all their daily needs according to the criteria contained in the Barthel Index..(Astuti et al., 2023) Based on the background found above, the focus of this research is on the relationship between the level of depression and the level of independence in Activities of Daily Living (ADL) in the elderly aged 60 years and above.

RESEARCH METHODS

This study used an analytical correlation survey method with a cross-sectional approach. The population in this study was all 89 elderly people in Candisari Hamlet, Awang Awang Village, Mojosari District, Mojokerto Regency. The sampling technique in this study was total sampling. The instrument used in this study was a questionnaire. For the independent variable, the level of depression was measured using a standard questionnaire model Geriatric Depression Scale (GDS). Meanwhile, the dependent variable, the level of independence in ADL was measured using a standard measuring instrument in the form of the Barthel Index. (Mahoney & Barthel, 1965 dalam (Azizah, 2011). Assessment of the relationship between the level of depression and the level of independence in activities of daily living (ADL) in the elderly using descriptive statistics with Cross Tabulation

RESEARCH RESULT

1. Respondent characteristics based on depression level

Table 1 Characteristics Of Respondents Based On The Level Of Depression In Candisari Hamlet, Awang Awang Village, Mojosari District, Mojokerto Regency 2025

No	Depression Level	Frequency	Percentage (%)
1	Not depressed	6	6,7
2	Mild depression	65	73,0
3	Moderate/severe depression	18	20,3
Total		89	100

Respondent characteristics based on depression levels show that more than half of respondents experienced mild depression, namely 65 respondents (73.0%).

2. Respondent Characteristics Based On Level Of Independence In ADL

Table 2 Characteristics Of Respondents Based On The Level Of Independence In ADL In Candisari Hamlet, Awang Awang Village, Mojosari District, Mojokerto Regency 2025

No	Level Of Independence In ADL	Frequency	Percentage (%)
1	Complete Dependence	0	0
2	Severe Dependence	17	19,1
3	Moderate Dependence	47	52,8
4	Light Dependence	5	5,6
5	Independent	20	22,5
Total		89	100

Respondent characteristics based on the level of independence in ADL show that the highest value of respondents who experienced moderate dependence was 47 respondents (52.8%).

3. The Relationship Between Depression Levels And Independence Levels In Activities Of Daily Living (ADL) In Elderly People Aged 60 Years And Over In Candisari Hamlet, Awang Awang Village, Mojosari District, Mojokerto Regency

In this section, the results of cross-tabulation between the measured variables will be presented, namely the independent variable: level of depression, and the dependent variable: level of independence in the activity of daily living (ADL) in the elderly aged 60 years and above in Candisari Hamlet, Awang Awang Village, Mojosari District, Mojokerto Regency.

Table 3 Cross Tabulation of the Relationship between Depression Level and Independence Level in Activities of Daily Living (ADL) in Elderly Aged 60 Years and Above in Candisari Hamlet, Awang Awang Village, Mojosari District, Mojokerto Regency 2025

Depression Levels	Level Of Independence									
	Severe Dependence		Moderate Dependence		Light Dependence		Independent		Total	
	f	%	f	%	f	%	f	%		
Not depressed	1	11.1%	2	22.2%	0	0%	3	33.3%	6	6.7%
Mild depression	1	11.1%	3	33.3%	5	55.6%	1	11.1%	10	10.0%
Depressing	7	77.8%	1	11.1%	0	0%	0	0%	8	8.0%
Moderate/severe depression	7	77.8%	1	11.1%	0	0%	0	0%	8	8.0%
Total	17	17.8%	6	66.7%	5	55.6%	4	44.4%	32	32.0%

Table 3 shows that more than half of the respondents experienced mild depression with a total of 65 respondents (73.0%) of this mild depression, half of the respondents experienced moderate dependence, namely 34 respondents (38.2%), then in the respondents who experienced moderate/severe depression, less than half of the respondents with a total of 18 respondents (20.3%) respondents experienced moderate dependence, namely 11 respondents (12.4%), and finally in the respondents who were not depressed, a small number of respondents, namely 6 respondents (6.7%) were also still able to be independent, namely 3 respondents (3.4%).

DISCUSSION

1. Depression Level

The results of the study of 89 respondents showed that more than half, namely 65 respondents (73.0%), experienced mild depression, then 18 respondents (20.3%) experienced moderate/severe depression, and finally a small portion of respondents, namely 6 respondents (6.7%), did not experience depression.

Depression is characterized by prolonged sadness, decreased motivation, and a lack of energy to perform activities. It is one of the risk factors for depressive disorders, which are the result of the loss process. A prolonged emotional state that colors a person's entire mental process (thinking, feeling, activity) is characterized by negative self-reflection, decreased mood, loss of interest or motivation, slowed thinking, and decreased activity. (Keliat, Wiyono, & Susanti, 2011) The factors that influence depression are: biological factors, personal factors, genetic factors, and psychological factors. (Hidayah et al., 2025).

Discussion of previous research states that the level of depression that occurs in the elderly includes visual impairment, hearing impairment, mobility impairment, difficulty dressing, difficulty walking, difficulty toileting, difficulty bathing, difficulty grooming oneself, disturbed sleep patterns, lower extremity muscle weakness,

and upper extremity muscle weakness.(Damayanti, Irawan, Tania, Rahmayati, & Khasanah, 2020)

Based on the research that has been done, more than half of it, namely 65 respondents (73.0%) who experienced mild depression due to reduced energy that triggers fatigue, so that it affects the decline in usual activities, respondents only had a little difficulty in work and social activities that they usually do, and concentration and attention were lacking. Meanwhile, 18 respondents (20.3%) who experienced moderate/severe depression were caused by anxiety, annoyance, feelings of happiness, enthusiasm and reduced desire, in addition, most of the respondents who experienced depression were women because of the heavy burden of thoughts about family who also adapted the difficulty of continuing social activities, work and household affairs from the respondents themselves, and 6 respondents (6.7%) did not experience depression because respondents were still able to adjust themselves so that it did not affect their mood, feelings and life expectancy.

2. Level of Independence in Activities of Daily Living (ADL)

The results of the study from 89 respondents were less than half, namely 47 respondents (52.8%) who experienced moderate dependence, then 5 respondents (5.6%) who experienced mild dependence, as many as 20 respondents (22.5%) were still able to be independent, and respondents who experienced full dependence were 0 respondents (0%), and a small portion of respondents, namely 17 respondents (19.1%) who experienced severe dependence.

The ability to perform activities of daily living (ADL) is the basic skills and occupational tasks that a person must have to care for themselves independently, which are carried out daily with the aim of fulfilling/relating to their role as an individual in the family and society. The term ADL includes self-care (such as dressing, eating & drinking, toileting, bathing, grooming, also preparing food, using the telephone, writing, managing

money, and so on) and mobility (such as rolling over in bed, getting up and sitting, transferring/shifting from bed to chair or from one place to another). Several factors that influence the ability to perform Activities of Daily Living (ADL) include: age and developmental status, physiological health, cognitive function, psychosocial function, level of depression, biological rhythms, and mental status.(Liyana, 2024) Previous research has shown that independence is also influenced by changes in life circumstances, social norms, age, and illness. Elderly individuals gradually experience limitations in physical abilities and increased susceptibility to chronic diseases. Furthermore, economic dependence, particularly for men, is a harsh reality that older adults must accept, limiting their mobility both physically and economically.(Singal, Hamzah, & Amir, 2022).

Based on the research conducted, less than half of the respondents, namely 47 respondents (52.8%), experienced moderate dependence. This can be attributed to the age of the respondents, more than half of whom were aged 75-90 years, because it is known that a person's activity can decline with age. In addition, there was a level of depression that affected the respondents' abilities and body balance, making it difficult to carry out their usual activities..(Utami, Nurhidayati, & Pramono, 2023)

3. The Relationship between Depression Levels and Levels of Independence in Activities of Daily Living (ADL)

The results of the study showed that it could be seen that more than half of the respondents were experiencing mild depression with a total of 65 respondents (73.0%) of this mild depression, half of the respondents experienced moderate dependence, namely 34 respondents (38.2%) because the elderly still received sufficient attention from the family, then in respondents who experienced moderate/severe depression less than half of the respondents with a total of 18 respondents (20.3%) respondents who experienced moderate dependence were 11 respondents (12.4%) because the elderly

could still ask for help from their families to do something or activities, and finally in respondents who were not depressed, a small portion of respondents, namely 6 respondents (6.7%) were also still able to be independent, namely 3 respondents (3.4%) because the elderly could still carry out normal activities and still had a good mindset.

Symptoms that will be found in elderly people who experience depression are feeling tired, decreased activity, inability to make decisions, unwillingness to seek information, unwillingness to participate in decision-making about themselves, irritability, and lack of will to ADL (Activity of Daily Living) (Nanda, 2009). It is clear that elderly people with depression have a high level of independence and dependence, where the elderly are unable to take care of or carry out daily activities such as: bathing, dressing, mobilization, controlling urination, and defecation by themselves because the immune system in the elderly experiences decline during aging so that the elderly's daily activities are dependent on others. Several factors that influence the ability to carry out Activity of Daily Living (ADL) include: age and developmental status, physiological health, cognitive function, psychosocial function, level of depression, biological rhythms, and mental status. (Rukmana & Saraswati, 2024) . Depression in the elderly can affect their ability to perform Activities of Daily Living (ADL), such as bathing, dressing, eating, etc. (Hartanti et al., 2022)

Based on the research that has been done, it was found that more than half of the respondents were experiencing mild depression with a total of 65 respondents (73.0%) of this mild depression, half of the respondents experienced moderate dependence, namely 34 respondents (38.2%) because the elderly still received sufficient attention from the family, then in respondents who experienced moderate/severe depression, less than half of the respondents with a total of 18 respondents (20.3%) respondents who experienced moderate dependence were 11 respondents (12.4%) because the elderly could still ask for help from their families to

do something or activities, and finally in respondents who were not depressed, a small portion of respondents, namely 6 respondents (6.7%) were also still able to be independent, namely 3 respondents (3.4%) because the elderly could still carry out normal activities and still had a good mindset. Elderly people experience dependency due to reduced energy which increases fatigue (feeling tired after just a little work) and decreased activity, the family considers the elderly to be too fussy (lack of attention to the elderly), then in respondents who experience moderate/severe depression, one of the factors that influences moderate/severe depression is the gender factor which is more dominated by women, but in this case there are still respondents whose activities are still carried out independently, this is done to eliminate the depression they experience.

CONCLUSION

The results of the study on the Relationship between Depression Levels and Independence Levels in Activity of Daily Living (ADL) in Elderly Aged 60 Years and Over in Candisari Hamlet, Awang Awang Village, Mojosari District, Mojokerto Regency showed that most respondents experienced mild depression so that half of them experienced moderate dependence, then respondents who experienced moderate/severe depression, some of them were still able to be independent, and for respondents who were not depressed, they were also found to still be able to be independent in carrying out their activities

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