The Implementation of Cognitive Behavior Therapy (CBT) to Depressed Elderly Womens at Nursing House X Jakarta

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Abstract

Depression is a psychological disorder that commonly found in elderly women who live in nursing house. One of the originators depression in the elderly is freshly ignored and ostracized by family members. Participants of this study as many as four people using pre-test and post-test instrument GDS (Geriatic Depression Scale) 15 questions to measure the level of depression. Sampling was done by consecutive sampling by using the MMSE (Mini Mental Status Examination) to assess cognitive function. This research was conducted in Panti Werda X in Jakarta with two elderly women who never married and had children and two elderly women unmarried. Based on the results of the fourth post-test participants found two elderly women whose depression levels decreased to normal, a person of high to medium levels of depression and another does not degrade the score. The results of this study indicate that the application of CBT is effective for reducing depression in elderly women at Panti Werda X Jakarta. Based on these results submitted suggestions for further research to conduct research in institutions that have more adequate facilities for the elderly with the same theme. It aims to find out whether there are other factors that affect the elderly depression.