

## The Relationship Between Self Compassion And Depression In The Elderly In Sei Alim Hasak Village, Kec. Seidapdap Asahan District In 2022

Fitriani Fadillah<sup>1</sup>, Yetti Fauziah<sup>2</sup>, Saharuddin Lubis<sup>3</sup>,

<sup>1,2,3</sup> Program Studi Ilmu Keperawatan, Fakultas Ilmu Kesehatan, Universitas Haji Sumatera Utara, Medan, Indonesia

---

### ARTICLE INFO

**Keywords:**  
*Self Compassion,  
Elderly,  
Depression*

---

Email :  
fitrifadillahdillah@gmail.com  
m  
yettialsyi@gmail.com  
saharuddinlbs@gmail.com

---

### ABSTRACT

Elderly is a normal process of getting old with certain age criteria, experiencing various kinds of changes, both changes in molecules, cells and changes in the ability to function organs. One of the main health problems that often occur in the elderly is depression. Depression can be accompanied by physical disturbances and further reduce the individual's ability to cope with the stressor. Personal problems caused by depressive disorders require an effective strategy to prevent depressive symptoms, such as self-compassion. This study aims to determine the relationship between self-compassion and depression in the elderly in Sei Alim Hasak Village, Kec. Sei Dadap Kab. Assumptions for 2022. This study uses a type of correlational descriptive research. The research design that will be used is cross sectional. The population in this study were all the elderly living in Sei Alim Hasak Village, Kec. Sei Dadap Kab. Asahan, where there were 238 elderly people recorded in May 2022. The sampling technique was carried out using purposive sampling of 25 elderly people who met the researchers' criteria and participated in the research until it was completed. The data analysis used in this research is the chiquare test The results obtained by Self Compassion in the elderly were mostly high, as many as 22 people (88%), and depression in the elderly, the majority were not depressed, as many as 19 people (76%). The results of the hypothesis test obtained a p value of 0.000 (<0.05). This shows that there is a relationship between Self Compassion and Depression in the elderly in Alim Hasak Village, Seidapdap District, Asahan Regency in 2022. The conclusion of the study is that there is a relationship between Self Compassion and Depression in the elderly in Alim Hasak Village, Seidapdap District, Asahan Regency in 2022. It is suggested to health workers to further increase education for elderly families to improve the support system for the elderly.

Copyright © 2023 Eduhealth Journal. All rights reserved is Licensed under a [Creative Commons Attribution- NonCommercial 4.0 International License \(CC BY-NC4.0\)](https://creativecommons.org/licenses/by-nc/4.0/)

---

### 1. INTRODUCTION

Improved social conditions and life expectancy (UHH) have caused the number of elderly (elderly) to increase [1]. According to data from the Central Bureau of Statistics (2015) the results of the 2014 population projection show that the life expectancy of the Indonesian population is 70.6 years. Based on the results of population projections, the elderly in Indonesia in 2014 amounted to 8.2 percent. Based on March 2020 Susena data, there are six provinces that have entered the phase of the old population structure, namely the percentage of the elderly population is above 10 percent. The six provinces are the Special Region of Yogyakarta (14.71 percent), Central Java (13.81 percent), East Java (13.38 percent), Bali (11.58 percent), North Sulawesi (11.51 percent), and West Sumatra. (10.07 percent) and for North Sumatra itself as much as (5.28 percent), even though North Sumatra itself for the elderly rate is still relatively low compared to other provinces it is unlikely that problems will also occur in the elderly. Data from the Central Statistics Agency (2020) shows that in the 2020 population

census in Asahan District, the number of elderly people aged 55-64 years was 13.62% of the total population.

The increase in the number of elderly people needs to get attention because the elderly are at high risk of experiencing various health problems, especially degenerative diseases. Depression is a problem that occurs throughout the human life span. Health problems that are often faced by the elderly are generally lonely, feeling useless, alienated from the environment, and so on. Prevalence of depression in the Country. develops in adulthood and elderly by 50% [2]. Depression in the elderly can be caused by several factors, namely thinking about the illness, economic constraints, little time to gather with family, feeling lonely which causes the elderly to have difficulty sleeping [3]

Research conducted by Neff and McGehee (2019) shows that self-compassion has a strong influence on psychological wellbeing, happiness, optimism, personal initiative, reduces anxiety, depression, and neurotic perfectionism [4]. Previous research by Macbeth and Gumeley (2012) stated that self-compassion is inversely related to negative states such as depression, anxiety and stress. That is, individuals who have high self-compassion have a low level of depression, conversely if individuals have low self-compassion, the level of depression is high[5].

Based on the researchers' preliminary study on August 11 in Sei Alim Village, from the results of the recording of the village midwife, there were 238 elderly people and 60 active participants in elderly gymnastics. There are 25 elderly people with socialization problems, every activity and even medication must be picked up at home, sometimes they are reluctant and don't want to join, so health workers visit these elderly people more often. The results of interviews with village midwives dealing with the elderly with social problems have never been carried out with any therapy, furthermore it has never been identified as the cause of these elderly never socializing with their environment and even tending to be alone at home.

## 2. METHOD

this type of correlational descriptive research is to describe an objective situation and examine the relationship between two variables in one situation or group of subjects. The research design that will be used is cross sectional, which is a study that studies the dynamics of the correlation between risk factors and effects, by way of approach, observation or collection and at the same time at one time. The sampling technique is carried out by using purposive sampling method, namely sampling method what the researcher wants and according to the researcher's criteria (Supardi and Rustika, 2013). With the inclusion criteria of the elderly indicated by health workers and reports of residents experiencing social problems, after screening they experienced using the GDS (Geriatric Depression Scale) instrument experiencing depression. The instruments in this study were demographic data, self-compassion measurement in the elderly and a depression questionnaire using geriatric depression. Scales (GDS). Data analysis was performed using a computer program with Univariate Analysis and Bivariate Analysis techniques

## 3. RESULTS AND DISCUSSION

Sei Alim Hasak Village is one of the villages in Seidapdap District, Asahan Regency, North Sumatra Province. Seidapdap District consists of 19 villages including Alim Hasak Village which is surrounded by plantations. The majority of the population earn from plantations (private employees) and entrepreneurship.

Seidapdap District has one main Community Health Center in Seidapdap District, namely the Tanjung Langkat Health Center with 19 villages in its target area and there are 21 auxiliary Health Centers spread across all villages in the Seidapdap District. Many Community Health Center programs have been integrated into the community in Seidapdap District, especially in Alim Hasak Village, one of which is the Elderly Program which is still very much encouraged, because its coverage is still small, while the community's knowledge, especially the elderly, is still very limited about depression and other psychological problems.

The number of elderly in Alim Hasak Village in January-June 202-May 20221 was 65 people based on the results of village recording and reporting.

## Univariate analysis

Table 1 Frequency Distribution of Respondent Characteristics Relationship between Self Compassion and Depression in the Elderly in Alim Hasak Village, Seidapdap District, Asahan Regency in 2022

Demographic Data	Frekuensi	Persentase%
<b>Age</b>		
45-59	16	64
60-74	5	20
75-90	4	16
<b>Total</b>	<b>25</b>	<b>100,0</b>
<b>Gender</b>		
Man	10	40
Woman	15	60
<b>Total</b>	<b>25</b>	<b>100</b>
<b>Education</b>		
SD	1	4
SMP	8	32
SMA	14	56
Diploma	2	8
Sarjana	0	0
<b>Total</b>	<b>25</b>	<b>100,0</b>
<b>Work</b>		
IRT	10	40
Self-employed	7	28
PNS	2	8
Private employees	6	24
<b>Total</b>	<b>25</b>	<b>100</b>

Based on table 1 above from a total of 25 respondents. it was found that the majority of respondents were aged 45-59 years with a total of 16 respondents 64%, the majority were female as many as 15 people (60%), the majority of high school education were 14 people (56%) and the majority of household jobs were 10 people (40%).

Table 2 Frequency Distribution of Self Compassion for the Elderly in Alim Hasak Village, Seidapdap District, Asahan Regency in 2022

Self Compassion	Frekuensi	Persentase
Tall	22	88
Low	3	12
<b>Total</b>	<b>25</b>	<b>100</b>

Based on table 4.2 above, it is known that Self Compassion for the elderly in Alim Hasak Village, Kec. Seidapdap Kab. Langkat Asahan has a high majority of 22 people (88%).

Table 3 Distribution of Depression Frequency in the Elderly in Alim Hasak Village, Seidapdap District, Asahan Regency in 2022

Gangguan siklus menstruasi	Frekuensi	Persentase
Not Depression	19	76
Mild depression	4	16
Moderate depression	2	8
Deep depression	0	0
<b>Total</b>	<b>25</b>	<b>100</b>

Based on table 3 above, it is known that depression in the elderly in Alim Hasak Village, Kec. Seidapdap Kab. The majority of Langkat Asahan were not depressed as many as 19 people (76%).

### Bivariate analysis

Table 4 Results of the analysis of the Relationship between Self Compassion and Depression in the Elderly in Alim Hasak Village, Seidapdap District, Asahan Regency in 2022

Self Compassion	Depression						Total		value
	Not depressed		Mild depression		Moderate depression		F	%	
	F	%	F	%	F	%			
Tall	19	76	3	12	0	0	22	88	,000
Low	0	0	1	4	2	8	3	12	
Total	19	76	4	16	2	8	25	100	

Based on table 4 above, it can be seen that the majority of high self-compassion, as many as 22 people (88%) with depressive disorders, namely not depressed, as many as 19 people (76%). The results of the statistical test with chi square with a Value of 0.000 (<0.05) means that there is a relationship between Self Compassion and Depression in the elderly in Alim Hasak Village, Seidapdap District, Asahan Regency in 2022.

### Discussion

#### Self Compassion for the Elderly in Alim Hasak Village, Seidapdap District, Asahan Regency in 2022

Based on the results of data processing, Self Compassion for the elderly in Alim Hasak Village, Kec. Seidapdap Kab. Langkat Asahan has a high majority of 22 people, these results indicate that the elderly feel comfortable in social life and can accept themselves as they are and can trigger more emotional coping skills, as well as know more about their feelings and the ability to improve negative emotional states. But in the results of the study there were still 3 elderly people with low self-compassion as many as 3 people, there were still elderly people who saw themselves negatively and did not accept themselves and their situation as it was.

Neff (2017) states that self-compassion is a process of understanding without criticism of suffering, failure or self-inability by understanding that these three things are part of human experience in general or in other words individuals who have high self-compassion are more can feel comfortable in social life and can accept himself as he is and can trigger more emotional coping skills [6].

The characteristics of the respondents at the last education were mostly high school. Maturity level and individual education can affect individual knowledge of a matter. Education is an important thing in looking at life. The higher a person's education, the higher the appreciation and view of the importance of life [7]. It's the same with self-compassion, so perspective influences one's education.

This is in line with research conducted by Nur Hidayatun with the title "Relationship between adolescent self-compassion and depression in adolescents from divorced families in Bantul in 2017". It was stated that out of 45 teenagers, 10 of them families with divorced parents had low self-compassion and moderate levels of depression.

The researcher's assumption about self-compassion is that a person will be able to make sense of his life, and see himself positively if he has good coping in himself so that he is able to look at life and appreciate himself more.

#### Depression in the elderly in Alim Hasak Village, Seidapdap District, Asahan District in 2022

The results of data processing revealed that the majority of respondents did not experience depression as many as 19 people. It can be proven that age is not a barrier for the elderly to remain productive and value life. But 4 respondents experienced mild depression, and 2 people experienced severe depression, this is because the respondents considered they were old, no one cared about them, felt inferior so that it made the elderly unable to socialize and felt sad.

In line with the opinion expressed by Davison and Neale (2014) which states that depression is an emotional feeling of a person characterized by sadness, feelings of guilt, withdrawing from the environment, having sleep disturbances, anorexia, loss of sexual desire, and loss of interest in other activities [8]. fun activity. Depression is characterized by a feeling of emptiness, which makes everyday life boring, a weakening of activities that are usually done so that the form that was originally clear becomes blurred or unclear and makes you feel tired easily.

Based on the research that has been done, the results show that the number of male subjects from divorced families is greater than that of elderly women, namely 10 men and 15 women. Santrock (2003) stated that women are twice as often diagnosed with depression than men, but that does not mean women are more susceptible to depression, it could just be because women admit depression more often than men and doctors can recognize depression in women more often [9]. Apart from the theory which states that there are differences in the level of depression between women and men, there are many other factors that influence depression tendencies, one of which is individual experience in dealing with various problems and demands that will support individuals in honing their skills in finding solutions (active coping). which affects the way individuals deal with problems and reduces the tendency to depression [10].

The research carried out is in line with the research conducted by Nur Hidayatun with the title "The relationship between self-compassion and the incidence of depression in the elderly at the Kendal Regional Institution in 2017". It was stated that out of 130 elderly, most of the respondents experienced mild and moderate depression and some even had severe depression because they felt alienated from their family, felt abandoned so they did not respect themselves as whole and unique human beings.

#### **The Relationship between Self Compassion and Depression in the Elderly in Alim Hasak Village, Seidapdap District, Asahan Regency in 2022**

Based on the results of the study, it was found that 22 people with depressive disorders had high self-compassion, that is, 19 people were not depressed. The results of the statistical test with chi square with a Value of 0.000 ( $<0.05$ ) means that there is a relationship between Self Compassion and Depression in the elderly in Alim Hasak Village, Seidapdap District, Asahan Regency in 2022. In this case, it can be stated that the acceptance of the research hypothesis is that  $H_a$  is accepted and  $H_o$  is rejected and thus the research hypothesis has been tested for its truth.

Based on the results of this study, it is interpreted that the higher the self-compassion, the lower the level of depression, and vice versa, the lower the self-compassion, the higher the level of depression. These results are in line with previous research conducted by Kriger, et al (2016) regarding the relationship between self-compassion and depression. The research subjects were 125 depressed patients after 6 and 12 months of therapy who obtained the result that there was a negative relationship between self-compassion and depression [11].

Research conducted by Neff and McGehee (2017) shows that self-compassion has a strong influence on psychological well-being, happiness, optimism, personal initiative, reduces anxiety, depression, and neurotic perfectionism[12]. Neff (2017) states that individuals who have high self-compassion are more able to feel comfortable in social life and can accept themselves as they are and can trigger more emotional coping skills, as well as know more about their feelings and the ability to correct negative emotional states [13]. Neff (2017) further stated that self-compassion is a process of understanding without criticism of suffering, failure or self-inability by understanding that these three things are part of human experience in general. The dynamics contained in this self-compassion can reduce the level of depression [13].

Self-compassion contributes to depression by 47.61%. This means that the remaining 52.39% comes from other factors that affect depression. These factors include mindset, self-esteem, stress, family environment, and physical factors. The great influence exerted by self-compassion on depression can be seen from its compatibility with cognitive aspects. Individuals who are depressed tend to develop a negative perspective on themselves, their surroundings and their future[14], this is in line with the negative aspects of self-compassion, one of which is the negative aspect of mindfulness (over-identification) which has a positive relationship with symptoms of depression and loneliness in patients, students and community samples [15].

#### 4. CONCLUSION

From the results of the research and discussion about the relationship between self-compassion and depression in the elderly in Alim Hasak Village, Seidapdap District, Asahan Regency in 2022, it can be concluded The frequency distribution of Self Compassion for the elderly in Alim Hasak Village, Seidapdap District, Asahan Regency in 2022 is mostly high, Distribution of the frequency of depression in the elderly in Alim Hasak Village, Seidapdap District, Asahan Regency in 2022, the majority are not depressed and There is a relationship between Self Compassion and Depression in the Elderly in Alim Hasak Village, Seidapdap District, Asahan Regency in 2022.

#### REFERENCES

- [1] Utomo, W. H. (2014). Klimakterium pada Lansia. Jakarta: Dunia Pustaka Jaya
- [2] Neff, K. D & Mcgehee, P. (2019). Self-compassion and psychological resilience among adolescents and young adults. *Self-Identity*
- [3] Krieger, T., Berger, T., Holtforth, M. G. (2013). The relationship of selfcompassion and depression: cross-lagged panel analyses in depressed patients after outpatient therapy. *Journal of Affective Disorder*
- [4] Neff, K., Kirkpatrick, K. L & Rude, S. S. (2017). Self-compassion and adaptive psychological functioning. *Journal of Research in Personality*
- [5] Neff, K. D & Mcgehee, P. (2019). Self-compassion and psychological resilience among adolescents and young adults. *Self-Identity*
- [6] Neff, K. D., Warren, R., Smeets, E. (2016). Being compassionate to oneself is associated with emotional resilience and psychological well-being. *Current Psychistry*
- [7] Stanley, M dan Patricia. Buku Ajar Keperawatan Gerontik. Edisi 2. Jakarta: EGC
- [8] Santrock, J. W. (2013). Adolescence: perkembangan remaja: edisi keenam. Jakarta: Erlangga
- [9] Setiadi (2013). Knsep dan Praktek Penulisan Riset Keperawatan. Yogyakarta: Graha Ilmu
- [10] Sugiono (2014). Statistika Untuk Penelitian. Edisi Revisi 2010. Jakarta: Rineka Cipta
- [11] Tamheer, S & Noorkasiani (2012). Kesehatan Usia Lanjut dengan Pendekatan Asuhan Keperawatan. Jakarta: Salemba Medika
- [12] Heiman & Kariv. (2015). Task-oriented versus emotion-oriented coping strategies:the case of college students. *College Students Journa*
- [13] Kaplan, H.I., Sadock, B.J., and Grebb, J.A., 2015. Sinopsis Psikiatri : Ilmu Pengetahuan Perilaku Psikiatri Klinis. Jilid Satu. Editor : Dr. I. Made Wiguna S. Jakarta : Bina Rupa Aksara
- [14] Beck, A. T. (2018). Depression clinical experimental and theoritical aspect. London: Staples Press
- [15] Gilbert, P & Irons, C. (2015). Therapies for shame and self-attacking, using cognitive, behavioral, emotional imagery and compassionate mind training. In P Gilbert (Ed) *Compassion: Conceptualisations, research and use in psychotherapy*, 263-325. London: Routledge