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Depression Level Among Elderly with Kidney Function Decrease and Hypertension Status

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Objectives: Indonesia is entering an aging society with the elderly population reaching 29,3 million (10,8%). In Indonesia, kidney injury is the highest comorbid factor in increasing the risk of death by 19.5 times in the elderly and complications make it even worse.

Methods: Using data from the 2014 Indonesia Family Life Survey (IFLS), this study aims to analyze mental health problems in older adults (60+) with Acute Kidney Injury disease and Hypertension status. IFLS is representative of 83% of the Indonesian population.

Results: The analysis shows that the Elderly with hypertension reaches 42% (male: 60,7%), Elderly with kidney injury reach 6,1% (male: 70,6%). The elderly with both problems reached 0,7% dan 55% of them experienced mental health problems and the percentage is higher in women. From the 10 questionnaire assessments of depression, the symptoms that arise are: (1) *I was bothered by things that usually don't bother me;* (2) *had trouble concentrating on what I was doing;* and (3) *I felt everything I did was an effort.* However, the percentage of elderly with kidney injury and hypertension experiencing mental health problems will decrease by 6,78% when they have a cell phone. Nearly half of older people's educational attainment is in elementary school, which reaches 46.05 percent. In general, the elderly with higher digital literacy prefer to seek treatment at a formal health facility than traditional practitioners such as shamans. They tend to seek outpatient care treatment at a community health center or Puskesmas (44,11%), specialist (29,41%), and private hospital (11,76%).

Conclusions: Increasing digital aging encourages elderly health literacy, as well as decreasing mental health problems. Mainstreaming the digital aging issue can help various information and services needed by the elderly to be healthier, independent, and with dignity.