

ABSTRAK

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KAJIAN LITERATUR: FAKTOR-FAKTOR YANG MEMENGARUHI KEJADIAN DEPRESI PADA MAHASISWA KEPERAWATAN

(xiv + 74 halaman, 1 bagian, 4 tabel, 7 lampiran)

Latar Belakang: Depresi merupakan masalah kesehatan yang dapat menyebabkan penurunan produktivitas dalam belajar atau bekerja, penurunan kognitif dan psikomotor, kehilangan inisiatif, dan apatis bahkan bisa menyebabkan seseorang bunuh diri. *World Federation for Mental Health* (WMH) pada 2012 melaporkan rata-rata satu dari 20 orang memiliki episode depresi yang dimulai sejak usia muda. Di Indonesia tahun 2017 ditemukan sebanyak 27,3% mahasiswa keperawatan mengalami depresi sedang hingga berat. Beberapa penelitian menyatakan bahwa angka kejadian depresi pada mahasiswa keperawatan cenderung lebih tinggi dibandingkan dengan mahasiswa jurusan lainnya. **Tujuan Penelitian:** Penelitian ini bertujuan untuk melihat apa saja faktor-faktor yang dapat memengaruhi kejadian depresi pada mahasiswa keperawatan dari berbagai sumber literatur. **Metode:** Metode yang digunakan adalah kajian literatur. Pencarian artikel menggunakan *database PubMed, Science Direct dan Google Scholar, EBSCO* dengan menggunakan kata kunci *affecting factors, depression, nursing student*, faktor-faktor depresi dan mahasiswa keperawatan. Artikel dinilai menggunakan *Critical Appraisal Tools* dari *Joanna Briggs Institute*. Analisa data menggunakan metode *simplified approach*, dan *flow diagram PRISMA* untuk proses seleksi artikel. **Hasil Penelitian:** Ditemukan enam tema dan 20 subtema, yakni faktor personal, biologis, psikologis, keluarga, sosial dan akademik. **Rekomendasi:** Penelitian selanjutnya diharapkan dapat melakukan peninjauan lebih lanjut mengenai bagaimana faktor-faktor tersebut dapat memengaruhi depresi pada mahasiswa keperawatan.

Kata kunci: Depresi, Faktor depresi, Mahasiswa Keperawatan.

Daftar Pustaka: 61 (2006-2019)

ABSTRACT

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LITERATURE REVIEW: FACTORS INFLUENCING DEPRESSION IN NURSING STUDENTS

(xiv + 74 pages, 1 charts, 4 table, 7 attachments)

Background: Depression is a mental health problem that can cause a decrease in one's productivity, falling off cognitive and psychomotor ability, lack of initiative, and may lead to suicidal thoughts or attempts. The World Federation for Mental Health (WMH) in 2012 reported an average of one in 20 people who had episodes of depression that began at a young age. In Indonesia in 2017 27.3% of nursing students were found to have moderate to severe depression. Several studies have shown that the incidence rate of depression in nursing students is higher compared to other students in other major. **Objectives:** This study aimed to identify factors that contributes to the incidence of depression in nursing students from various literature sources. **Methods:** The method used was systematic literature review. Databases used were PubMed, Science Direct and Google Scholar, EBSCO using some keywords such as influence factors, depression, nursing students, depression factors and nursing students. Articles were appraised using the Critical Appraisal Tools from Joanna Briggs Institute. PRISMA flow diagram was used for the article selection process and simplified approach was used to analyse the data. **Results:** Six themes and 20 sub themes emerged from this study. Factors that contributed to depression in nursing students are personal, biological, psychological, family, social and academic. **Recommendations:** Future research is expected to be conducted to investigate how these factors can influence depression in nursing students.

Keywords: Depression, Depression Factors, Nursing Students.
Bibliography: 61 (2006-2019)