

# COMMUNITY SERVICE REPORT ASSESSING THE MENTAL STATUS OF THE ELDERLY WITH THE ASSESSMENT OF GERIATRIC DEPRESSION SCALE (GDS) IN THE ELDERLY IN THE SAWO INDAH PERMAI COMPLEX, NORTH BANJARMASIN SUB-DISTRICT

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## Abstract

**Background Behind:** Dementia is a cognitive disorder experienced by the elderly in general involving a decrease in the ability to remember, both short-term and long-term memory, which develops gradually in line with the ageing process with conditions characterized by a marked reduction in memory in the elderly. **Objective:** This community service activity aims to determine the results of cognitive function examinations in older people using MMSE at the Banjarmasin Elderly. **Method Study:** This community service activity is carried out by conducting MMSE screening on older people, providing explanations based on the examination results, and recording the recapitulation. **Results:** Based on the results, it was found that participants were able to take the Mini-Mental Status Examination (MMSE) in the normal category with a total of 10 people (100). Evaluation of the implementation of the activity can be measured through the abilities of each participant so that the achievement of the assessment objectives focuses on the individual and this activity. **Conclusion:** This activity is carried out as a step to prevent dementia. Participants gain new knowledge and health benefits from the results of the examinations carried out. In this activity, the SPO MMSE instrument, which has been standardized and recognized by professionals, is used to assess the cognitive function of older people accurately.

**Keyword:** *Dementia, Mini-Mental Status Examination (MMSE), Elder People.*

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## Introduction

Old age is the last period of development in human life; it is said to be the last development because there is some assumption that human development ends after the adult phase. WHO, the UN's World Health Agency, defines the elderly in four criteria namely the range of 45-59 years in middle age, the range of 60-74 years is elderly, the range of 75-90 years in old age, the last age range is over 90 years which is old age (Zhafirah & Aprilia, 2024) Elderly is a population over 60 years of age, who often face health challenges related to chronic diseases, decreased physical abilities, and psychological changes. Elderly people also experience changes in their social life, such as retirement or loss of a spouse, which can affect their well-being" (Santos & Oliveira, 2021).

According to WHO (2018), the percentage of the population over 60 years old in the world from 2015 was around 15% and in 2018 increased to

22%. Globally, the elderly population will increase by 2020. The number of people aged 60 years and over will exceed the number of children under 5 years old, and it is estimated that in 2050, as many as 80% of the elderly will be in developing countries (Purwaningsih, 2023).

The Central Statistics Agency (BPS, 2020) revealed that the population of Indonesia in 2020 was recorded at 270,203,917 people. Of the total population, the number of older adults was recorded at 29.3 million people. This number is 10.82% of the total population of Indonesia. The number of older adults is predicted to continue to increase yearly. This is in line with the increasing life expectancy in Indonesia, which continues to increase. BPS predicts that in 2023, the life expectancy of the Indonesian population until 2035 will increase from the previous age of 60 to 72 years (Sarbani et al., 2024).

Based on the 2020 Population Census published by the Central Statistics Agency (BPS), the number of elderly (people aged 60 years and over) in South Kalimantan in 2020 is estimated to be around 500,000 people or more, consisting of various age groups (60-69 years, 70-79 years, and 80 years and over). The percentage of the elderly population in South Kalimantan is around 9-10% of the province's total population (around 4.5 million people in 2020).

Based on data from the Sungai Jingah Health Center 2024, the elderly population in North Banjarmasin District with an age group of 60-74 years is 9684. Emotional and mental disorders are a condition that indicates an individual is experiencing an emotional change that can develop into a pathological condition if it continues. Mental health problems can significantly impact the elderly, including reducing their ability to carry out daily activities and reducing their independence and quality of life (Haqi, 2019). One of the common mental health disorders in the elderly is depression. Depression in the elderly often occurs in response to various changes in their lives, including loss of friends, interest in doing something they like, decreased physical health, or feelings of helplessness due to physical limitations. Symptoms of depression experienced by the elderly may be different from other age groups and are often difficult to diagnose because they may be considered a natural thing that occurs in the ageing process (Ichsan & Alpiyah, 2024).

Research conducted by (Olivia et al., 2024) explains that depression in the elderly population is an important public health problem because it is associated with an increased risk of physical problems, suicide, and decreased physical, social, and other cognitive functions. Early detection of depression in the elderly population plays an important role because depression can affect the quality of life of the elderly and its relationship to increased morbidity and mortality. Early detection can be done using the Geriatric Depression Scale (GDS) questionnaire.

The Geriatric Depression Scale (GDS) is a diagnostic assessment tool for depression in the elderly, involving an assessment of life satisfaction and quality of expression of feelings, and GDS-15) is a standard scale used to assess the level of depression in the elderly. This questionnaire was developed by Yesavage in 1987; this examination is known for its initial assessment to identify depression in the elderly population.

The GDS has 30 items with 100 questions on

various topics, without including somatic and psychiatric symptoms (Hadrianti et al., 2024). The Geriatric Depression Scale (GDS) is an instrument that measures the level of depression in the elderly, consisting of a series of "yes" or "no" choice-based questions to help detect whether an elderly person is depressed or not. This scale is widely used in clinical practice, especially for early screening of depression in the elderly, which is often overlooked for various reasons, including difficulty in expressing feelings or the assumption that depression is part of ageing. (Ryu et al., 2022).

The purpose of the GDS Assessment is to diagnose Depression in the Elderly. GDS helps medical personnel detect depression in the elderly through a series of questions relevant to their psychological condition. (Kim and Lee, 2023).

The benefits of GDS assessment in the elderly are significant for detecting hidden health problems, which are often invisible to family or medical personnel. GDS allows continuous monitoring of the emotional condition of the elderly, which is very important for adjusting therapy and care as needed, thus allowing early detection and more appropriate care (Jurado et al., 2021).

From the background above, it can be seen that it is important for the elderly to maintain their mental status, and nurses or families must also accompany elderly groups to maintain their mental health. Therefore, the group wants to assess the mental status of the elderly using the GDS assessment with the report title "Assessing the Mental Status of the Elderly with the Geriatric Depression Scale (GDS) Assessment".

## Method

The community service activities will be carried out with the theme "Assessing the Depression Scale using the Geriatric Depression Scale (GDS)". Targeting five older adults on Jl. Sultan Adam, Surgi Mufti District, North Banjarmasin, carried out on November 21, 2024. This service aims to find out the results of cognitive function examinations using GDS and the scale of depression in older people in Jalan Sultan Adam, Surgi Mufti District, North Banjarmasin. Some media used in this community service are Geriatric

Depression Scale (GDS) questionnaire sheets, camera recordings, pens, and leaflets.

The activities are carried out in several stages, with the following details:

### **1. Stage 1: Pre-Preparation**

The service team collected data and discussed the location of the study. The review team obtained permission from the RT head of the Sawo Indah Permai complex to conduct the research and observations before the survey took place to find out the location of the activity. The review team and the RT head of the Sawo Indah Permai complex agreed to determine the date and time.

### **2. Stage 2: Preparation**

The service team discussed and agreed that the service theme to be given was "Assessing the Depression Scale Using the Geriatric Depression Scale (GDS). Then, the service team looked for literature reviews from various scientific sources and prepared each service team. Furthermore, the service team created activity materials by preparing tools and materials, readiness of the place and readiness of the target.

### **3. Stage 3: Implementation**

- a. Explaining the purpose of the activity
- b. Explaining the definition of depression
- c. Questions and answers using the GDS assessment questionnaire to determine the level of depression in the elderly
- d. Provide explanations based on the examination results and record them in the recapitulation of the examination results.

### **4. Stage 4: Closing**

- a. The activity will end with a group photo.
- b. Distribution of Mental Health leaflets.

## **Results And Discussion**

### **Pre-Preparation**

Depression is a person's emotional state characterized by excessive sadness, feelings of worthlessness and guilt, withdrawal from the social environment, insomnia, decreased appetite, and loss of sexual desire, interest, and pleasure in their activities; where one of the groups vulnerable

to depression is the elderly. Older people lose their enthusiasm when older people think about various unfulfilled desires and feelings of guilt with those closest to them, such as family and partners, which causes depression. (Maryam, 2012). The Geriatric Depression Scale (GDS) assessment is designed to measure the depression scale in older people, consisting of 15 questions with yes and no answers. The results of the conclusions are divided into moderate/severe depression if the score is ten or more, mild depression if the score is 5-9 and not depressed/normal if the score is 0-4. (Esme Anggeriyane, 2022).

The Sawo Indah Permai complex, located on Jalan Sultan Adam, Surgi Mufti District, North Banjarmasin, is one of the complexes in Banjarmasin. The service team collected data and discussed the location of the study. The study team obtained permission from the RT head to conduct the research and conducted observations before the survey took place to find out the location of the activity. The study team from the head of the house agreed upon the date and time.

### **Preparation**

Entering older people, there are several problems experienced by older people, including depression. Depression assessment in older people can be measured using the Geriatric Depression Scale (GDS) instrument; older people will also experience changes in their physical, cognitive, and psychosocial aspects. The elderly experience significant changes in their lives, one of which is changes in attitudes and feelings that are difficult to express related to depression. Preparation for the assessment by preparing a 5-sheet Geriatric Depression Scale (GDS) assessment questionnaire sheet, elderly readiness.

### **Implementation**

The implementation stage of the assessment is divided into four, namely starting with explaining the purpose of the activity, then explaining the meaning of depression, then questions and answers using the geriatric depression scale (GDS) assessment questionnaire to determine the level of depression in older people, and providing an explanation based on the results of the examination.

After the screening, the service team explains the screening results to older people. The following are the results obtained from participants according to WHO 2013; the classification of older people is as follows: Middle age, namely the age group 45-54 years. Elderly, namely the age group 55-65 years. The elderly are the young, those aged 66-74 years. Old elderly, namely the age group 79-90 years.

No	Elderly Category	Age	Number (n)	Percentage (%)
1.	Adults (<45 years)		0	0
2.	Middle Age (45-54 years)		2	40
3.	Elderly (55-65 years)		2	40
4.	Young Elderly (66-74 years)		1	20
5.	Old Elderly (75-90 years)		0	0
			5	100

Table 1. Characteristics of Elderly Age

The results of the geriatric depression scale (GDS) examination have three categories; the first is expected where there is no depressive disorder in the elderly with a range of values obtained during the screening of 0 - 4. The second is mild depression or the possibility of mild depressive disorder in the elderly, with a screening value obtained of 5-9. The third is severe depression, or there is moderate/severe depression in older people with a screening value of 10 or more.

No.	Category	Number (n)	Percentage (%)
1.	Normal	4	80
2.	Mild depression	1	20
3.	Moderate or severe depression	0	0
Total		5	100

Table 2. Participant Assessment Results Using SPO GDS

There are 3 categories of MMSE examination, the Based on the table above, it was found that some participants were able to follow the Geriatric Depression Scale (GDS) examination in the normal category with a total of 4 people (80%) and mild depression with a total of 1 person (20%). Evaluation of the implementation of activities can be measured through the abilities of each participant to achieve the objectives of the assessment focused on individuals and this activity.

## Conclusion

Community service activities in the Sawo Indah Permai Complex on Jalan Sultan Adam, North Banjarmasin, took the theme of Knowing the scale of depression using the GDS examination. Preventing depression was carried out very well and smoothly because of the knowledge and health benefits gained from the results of the assessment. The instrument used in this community service to determine the scale of depression in older people is the SPO Geriatric Depression Scale (GDS), which has been standardized and is used by professionals.

## Suggestion

This community service activity was conducted using an interview method, which began by explaining the purpose of the GDS examination activity and ended with an evaluation of the results of the assessment and health education about mental health using leaflet media. The results of the activity showed that the depression scale of the participants was in the normal category for four people, and one person was in the mild depression category. Suggestions from the continuation of this activity are expected that the elderly's family can understand the condition of the elderly when they experience problems and always provide support to the elderly, often inviting them to socialize so that the elderly do not feel alone and do not feel ignored.

## Thanks To

We want to express our gratitude to the presence of Allah SWT, who has given His grace and guidance so that the community service activity with the theme "Assessing the scale of depression using the Geriatric Depression Scale (GDS)" can be held well and smoothly. For the implementation of this activity, we as the service team would like to express our gratitude to the head of the RT Komplek Sawo Indah Permai located on Jalan Sultan Adam, Surgi Mufti District, North Banjarmasin and the community who have welcomed this community service activity. This activity will benefit the community and inspire other community service activities.

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