

# Self-compassion sebagai mediator antara perceived social support dengan gejala depresi pada emerging adulthood = Self-compassion as mediator between perceived social support and depression symptom among emerging adulthood

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## Abstrak

Penelitian ini bertujuan untuk mengetahui apakah self-compassion memediasi hubungan antara perceived social support dengan gejala depresi. Menimbang hasil penelitian bahwa gangguan psikologis terutama depresi paling rentan dialami oleh individu usia 18 hingga 25 tahun, maka gejala depresi penting untuk diperhatikan pada periode emerging adulthood. Desain penelitian ini yaitu korelasional. Jumlah partisipan 803 partisipan usia 18 hingga 25 tahun, dengan ketentuan belum menikah dan belum mempunyai anak. Instrumen dalam penelitian ini Multidimensional Scale of Perceived Social Support (MPSS), General Health Questionnaire-12 (GHQ-12), dan Self-Compassion Scale-Short Form (SCS-SF). Hasil pengujian statistik membuktikan bahwa self-compassion memediasi secara parsial hubungan antara perceived social support dan gejala depresi, dengan indirect effect( = - .067, p = 0.0000) dan direct effect( = - .081, p = 0.0000) yang signifikan. Hasil analisis mediasi menunjukkan perceived social support dapat langsung melewati gejala depresi atau melewati self-compassion terlebih dahulu. Individu yang mempersepsi mendapatkan perceived social support yang tinggi, akan merasa dirinya berharga dan berusaha menoleransi kondisi sulit yang dialami, sehingga memunculkan pemberian kebaikan pada diri sendiri dan mengurangi gejala depresi.

*This study aims to determine whether self-compassion mediates the relationship between perceived social support and depressive symptoms. Considering the results under study that psychological disorders, especially depression, are the most susceptible to individuals aged 18 to 25 years, whose symptoms of depression are important to pay attention to what appears. The design of this study is correlational. Number of participants 803 participants aged 18 to 25 years, provided that they were single and had no children. The instrument in this study is Multidimensional Scale of Social Perception Support (MPSS), Public Health Questionnaire-12 (GHQ-12), and Self-Compassion Scale-Short Form (SCSSF). Statistical test results have shown that self-compassion partially mediates the relationship between perceived social support and depressive symptoms, with significant indirect effects ( = - .067, p = 0.0000) and direct effects ( = - .081, p = 0.0000). The results of the mediation analysis show that perceived social support can directly influence depressive symptoms or affect self-compliance = first. Emerging adults who feel they have high perceived social support, will feel themselves worthy and try to tolerate difficult conditions that are experienced, thus providing good for themselves and reducing symptoms of depression.*