

Hubungan antara outness dengan gejala depresi pada homoseksual di Indonesia = The relationship between outness and depressive symptoms among homosexual in Indonesia

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Abstrak

ABSTRAK

Outness merupakan seberapa jauh seseorang terbuka mengenai orientasi seksualnya. Penelitian sebelumnya menemukan bahwa outness mampu mengurangi gejala depresi pada homoseksual. Penelitian ini bertujuan untuk meneliti apakah outness memiliki hubungan secara signifikan dengan gejala depresi pada homoseksual di Indonesia. Studi korelasional dengan analisis korelasional menggunakan Pearsons correlation dilakukan terhadap partisipan gay dan lesbian di Indonesia (N = 231). Instrumen penelitian adalah Outness Inventory (OI) dan Beck Depression Inventory (BDI). Hasil yang didapat menunjukkan bahwa outness (M = 5,72, SD = 2,94) dengan gejala depresi tidak berkorelasi secara signifikan (M = 17,96, SD = 12,87), $r(231) = 0,043$, $p < 0,05$. Dengan kata lain, tinggi rendahnya tingkat outness tidak memiliki hubungan dengan tinggi rendahnya tingkat gejala depresi pada homoseksual di Indonesia.

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ABSTRACT

Outness is the extent to which someone is open about his or her sexual orientation. Previous research has shown that apparently outness can reduce depression symptoms in homosexuals. This study aims to examine whether outness has a significant relationship with depressive symptoms in homosexuals in Indonesia. Correlational studies with correlational analysis using Pearsons correlation were conducted with gays and lesbians in Indonesia (N = 231). Research instruments are Outness Inventory (OI) and Beck Depression Inventory (BDI). The results obtained showed that outness (M = 5.72, SD = 2.94) with depressive symptoms did not correlate significantly (M = 17.96, SD = 12.87), $r(231) = 0.043$, $p < 0,05$. In other words, the level of outness does not have a relationship with the levels of depressive symptoms in homosexuals in Indonesia.