

Dukungan sosial yang dipersepsikan sebagai mediator hubungan kemelekatan tidak aman dan depresi pada mahasiswa = Perceived social support as mediator of insecure attachment and depression in college students

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Abstrak

Banyak penelitian yang menguji hubungan kemelekatan tidak aman dan depresi, namun belum ada yang menguji peran dukungan sosial yang dipersepsikan secara umum sebagai kemungkinan mediator dari hubungan tersebut. Peneliti menguji peran dukungan sosial sebagai mediator hubungan kemelekatan tidak aman dan depresi. Mahasiswa dari berbagai universitas di Indonesia (N=416) diuji menggunakan versi bahasa Indonesia dari Experiences in Close Relationships-Revised (ECR-R), Multidimensional Scale of Perceived Social Support (MSPSS), dan Hopkins Symptom Checklist 25 (HSCL-25) untuk melihat nilai tingkat depresi, pola kemelekatan, dan dukungan sosial yang dipersepsikan secara berurutan. Analisis mediasi sederhana menunjukkan bahwa dukungan sosial memediasi hubungan kemelekatan menghindar dan depresi, namun tidak untuk hubungan antara kemelekatan cemas dan depresi. Ada kemungkinan kedua tipe kemelekatan mempersepsi dukungan sosial secara berbeda, sehingga menyebabkan adanya perbedaan hasil mediasi. Berangkat dari hasil penelitian ini, mahasiswa dapat meningkatkan kesadaran atas dukungan sosial yang dipersepsikan sebagai usaha untuk menghindari depresi.

.....Many studies have examined the relationship between insecure attachment and depression, but no one has examined the role of perceived social support in general as a mediator of the relationship. Current study examined the role of perceived social support as the mediator of the relationship between insecure and depression. Students from various universities in Indonesia (N = 416) were tested using the Indonesian version of Experiences in Close Relationships-Revised (ECR-R), Multidimensional Scale of Perceived Social Support (MSPSS), and Hopkins Symptom Checklist 25 (HSCL-25) to see depression levels, attachment, and perceived social support, respectively. Simple mediation analysis shows that social support mediates the relationship between avoidant attachment and depression, but not the relationship between anxious attachment and depression. It is possible that the two types of attachment perceive social support differently, leading to different mediation results. Departing from the results of this study, college students can increase awareness of perceived social support as an effort to avoid depression.