

Apakah Pemanfaatan dapat Berperan dalam Hubungan antara Childhood Trauma dan Depresi? = Forgiveness: Does it Play a Role in the Relationship between Childhood Trauma and Depression?

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Abstrak

ABSTRAK

Hubungan antara childhood trauma dan depresi telah dibuktikan melalui penelitian selama beberapa dekade. Namun, penelitian tentang faktor-faktor yang dapat menyangga hubungan ini masih langka. Studi ini menyelidiki dinamika hubungan antara childhood trauma, depresi, dan pemaafan, menggunakan Childhood Trauma Questionnaire-Short Form, Patient Health Questionnaire-9, serta Rye Forgiveness Scale. Partisipan penelitian ini adalah sampel orang Indonesia di atas 18 tahun yang pernah mengalami kekerasan atau pengabaian saat masa kanak-kanak (N = 750). Analisis regresi linear dilakukan untuk menguji efek childhood trauma dan pemaafan terhadap depresi, dan analisis moderasi dilakukan untuk membuktikan efek moderasi dari pemaafan dalam hubungan antara childhood trauma dan depresi. Childhood trauma ($F(1, 747) = 135.26, p < 0.001$) dan pemaafan ($F(1, 747) = 116.12, p < 0.001$) secara signifikan memprediksi tingkat keparahan depresi, bahkan setelah mengontrol usia ($\beta = -0.19, p < 0.001$). Namun, pemaafan tidak secara signifikan memoderasi hubungan antara childhood trauma dan depresi ($b = -0.00, t(746) = -1.01, p = 0.31$). Dengan demikian, dapat disimpulkan bahwa meskipun pemaafan memiliki peran yang penting dalam mengurangi depresi, pemaafan tidak dapat memoderasi hubungan antara pengalaman kekerasan atau pengabaian pada masa kanak-kanak dan depresi.

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<i>ABSTRACT</i>

The link between childhood maltreatment and depression has been well established through decades of research. However, studies regarding factors that may buffer this relationship remain scarce. This study investigates the relationship dynamics between childhood maltreatment, depression, and forgiveness using the Childhood Trauma Questionnaire-Short Form, the Patient Health Questionnaire-9, and the Rye Forgiveness Scale respectively. Participants of this study were a sample of Indonesians over 18 years who had experienced maltreatment during childhood (N = 750). Linear regression analyses were conducted to examine the effects of childhood maltreatment and forgiveness on depression, and moderation analysis was carried out to substantiate the moderating effect of forgiveness in the relationship between childhood maltreatment and depression. Both childhood maltreatment ($F(1, 747) = 135.26, p < 0.001$) and forgiveness ($F(1, 747) = 116.12, p < 0.001$) significantly predicted severity of depression, even after controlling for age ($\beta = -0.19, p < 0.001$). However, forgiveness did not significantly moderate the relationship between childhood maltreatment and depression ($b = -0.00, t(746) = -1.01, p = 0.31$). This indicates that while forgiveness plays an important role in reducing depression, it does not moderate the relationship between childhood maltreatment and depression.</i>