

# Peran Mediasi Regulasi Emosi dalam Hubungan antara Self-Compassion dan Depresi pada Emerging Adulthood = The Mediating Role of Emotion Regulation in the Relationship between Self-Compassion and Depression in Emerging Adulthood

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## Abstrak

Gangguan depresi digolongkan oleh WHO sebagai kontributor tunggal terbesar untuk disabilitas global dengan tingkat prevalensi yang tinggi. Lebih spesifik, tahap transisional perkembangan dari remaja menuju dewasa, atau disebut sebagai emerging adulthood, merupakan kelompok usia tertinggi yang beresiko mengalami depresi sehingga diperlukan intervensi yang sesuai. Meskipun terdapat beberapa faktor yang dapat mencegah depresi, penelitian ini menjadikan faktor protektif self-compassion sebagai fokus utama. Penelitian ini bertujuan untuk menyelidiki hubungan antara self-compassion dan depresi melalui peran mediasi regulasi emosi adaptif dan maladaptif pada emerging adulthood. Populasi dalam penelitian ini merupakan emerging adulthood berusia 18-25 tahun yang berdomisili di Indonesia. Pengambilan data dilakukan dengan melakukan pendekatan kuantitatif yakni dengan menyebarkan kuesioner secara daring kepada 385 partisipan. Kuesioner yang digunakan antara lain SCS-SF untuk mengukur tingkat self-compassion, BDI untuk mengukur tingkat depresi, dan CERQ untuk melihat cara individu dalam mengatur emosinya setelah mengalami peristiwa negatif. Hasil analisis statistik korelasi menunjukkan bahwa terdapat hubungan negatif yang signifikan antara self-compassion dan depresi. Hasil analisis multiple mediation regression juga menunjukkan bahwa terdapat efek mediasi parsial dari regulasi emosi adaptif dan maladaptif yang signifikan pada hubungan antara self-compassion dan depresi tersebut. Disarankan perlunya pengembangan self-compassion dan strategi regulasi emosi adaptif untuk mengurangi tingkat depresi pada populasi emerging adulthood.

.....Depression is classified by WHO as the single largest contributor to global disability with a high prevalence rate. More specifically, the transitional stage of development from adolescence to adulthood, or known as emerging adulthood, is the highest age group at risk for depression, thus appropriate intervention is needed. Although there are several factors that can prevent depression, this study makes protective factor of self-compassion as the main focus. Therefore, this study aims to investigate the relationship between self-compassion and depression through the mediating role of adaptive and maladaptive emotional regulation in emerging adulthood. The population in this study are emerging adulthoods aged 18-25 years who live in Indonesia. Data was collected using a quantitative approach by distributing questionnaires online to 385 participants. The questionnaires used include SCS-SF to measure the level of self-compassion, BDI to measure the level of depression, and CERQ to see how individuals manage their emotions after experiencing negative events. The results of the correlation statistical analysis show that there is a significant negative relationship between self-compassion and depression. In addition, the results of multiple mediation regression analysis also show that there is a significant partial mediation effect of adaptive and maladaptive emotional regulation on the relationship between self-compassion and depression. Thus, it is suggested the need to develop self-compassion and adaptive emotional regulation strategies to reduce depression rates in emerging adulthood populations.