

Hubungan antara adverse childhood experience dan attachment style terhadap gejala depresi pada dewasa muda = The relationship between depression tendency, adverse childhood experience, and attachment style in young adult

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Abstrak

Jumlah warga Negara Indonesia yang melakukan bunuh diri adalah sebesar 11 juta orang dengan memiliki latar belakang depresi. Penelitian sebelumnya menunjukkan bahwa sebanyak 50% orang yang mengalami adverse childhood experience akan berakhir memiliki gejala depresi di masa dewasa. Jenis attachment style di masa dewasa juga berhubungan dengan adverse childhood experience dan berkontribusi dalam memunculkan gejala depresi. Penelitian kali ini mencoba melihat hubungan antara adverse childhood experience, jenis attachment style di masa dewasa, dan gejala depresi. Gejala depresi diukur menggunakan Beck Depression Inventory-II (BDI-II), adverse childhood experience diukur dengan menggunakan Adverse Childhood Experience Questionnaire (ACE), dan attachment style di masa dewasa diukur dengan menggunakan Adult Attachment Scale (AAS). Penelitian kali ini dilakukan terhadap 482 orang dewasa muda di jabodetabek. Hasil penelitian menunjukkan bahwa terdapat hubungan positif dan signifikan antara adverse childhood experience ($r = 0,388$, $n = 482$, $p < 0,01$). Adverse childhood experience memiliki hubungan yang signifikan dan paling besar dengan anxious attachment style di masa dewasa dibandingkan dengan jenis attachment lain ($r = 0,271$, $n = 482$, $p < 0,01$). Anxious attachment style di masa dewasa juga memiliki hubungan yang signifikan dan paling tinggi dengan gejala depresi dibandingkan dengan jenis attachment lainnya ($r = 0,486$, $n = 482$, $p < 0,01$). Penelitian ini memiliki limitasi yakni kriteria partisipan yang kurang terfokus terhadap orang-orang yang pernah mengalami adverse childhood experience dan proporsi sampel yang kurang merata.

.....The number of Indonesian citizens who commit suicide is 11 million people with a background of depression. Previous research has shown that as many as 50% of people who experience bad childhood experiences end up with depressive symptoms in adulthood. This type of stylistic attachment in adulthood is also associated with adverse childhood experiences and contributes to depressive symptoms. The current study looks at the relationship between adverse childhood experiences, types of attachment styles in adulthood, and symptoms of depression. Depressive symptoms were measured using the Beck Depression Inventory-II (BDI-II), adverse childhood experiences as measured using the Adverse Childhood Experience Questionnaire (ACE), and attachment style in adulthood measured using the Adult Attachment Scale (AAS). The current research was conducted on 482 young adults in Jabodetabek. The results showed that there was a positive and significant relationship between bad experiences during childhood ($r = 0.388$, $n = 482$, $p < 0.01$). Adverse childhood experiences had a significant and greatest association with anxious attachment style in adulthood compared with other attachment types ($r = 0.271$, $n = 482$, $p < 0.01$). Anxious attachment style in adulthood also had a significant and highest association with depressive symptoms compared to other types of attachments ($r = 0.486$, $n = 482$, $p < 0.01$). The limitations of this study are, the criteria of participants are less focused on people who have experienced adverse childhood experience and the proportion of the sample is not evenly distributed.