

Perceived social support sebagai mediator antara pola attachment dan gejala depresi pada dewasa muda yang menjalani hubungan romantis = Perceived social support as mediator between attachment style and depressive symptoms among young adults in romantic relationship.

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Abstrak

Adanya pandemi Covid-19 menjadi stresor terhadap individu yang berpotensi meningkatkan kerentanan terhadap pengalaman gejala depresi. Hubungan romantis merupakan salah satu sumber daya dalam mengurangi depresi karena dapat memberikan dukungan sosial yang dibutuhkan. Meskipun begitu, persepsi dukungan sosial adalah fenomena yang kompleks dan dapat ditentukan oleh faktor individu, seperti attachment. Pola attachment seseorang akan mewarnai ekspektasi dan preferensinya terhadap dukungan sosial yang diterima. Penelitian ini bertujuan untuk menguji model perceived social support sebagai mediator pada hubungan antara pola attachment dengan gejala depresi, pada dewasa muda di Indonesia yang sedang menjalani hubungan romantis. Sebanyak 279 partisipan mengisi instrumen Experiences in Close Relationships-Revised untuk mengukur tingkat attachment anxiety dan attachment avoidance, instrumen Multidimensional Scale of Perceived Social Support untuk mengukur tingkat persepsi dukungan sosial, dan instrumen Center for Epidemiologic Studies-Depression untuk mengukur gejala depresi. Hasil penelitian menunjukkan bahwa efek pola attachment (melalui tingkat attachment anxiety dan tingkat attachment avoidance) terhadap gejala depresi dimediasi secara parsial oleh tingkat perceived social support individu. Perbedaan jenis kelamin dan status hubungan yang sedang dijalani (status hubungan romantis pranikah atau hubungan pernikahan) juga ditemukan signifikan menjadi kovariat dalam kedua model mediasi.

.....The existence of the Covid-19 pandemic is a stressor for individuals that has the potential to increase susceptibility to experiencing depressive symptoms. Based on the literature review, romantic relationships can be a resource in dealing with depression through a stable social support network in the relationship, primarily if the social support is conceptualized as perceived social support. However, perceived social support is a complex phenomenon and can be determined by individual factors such as attachment styles since attachment style will affect individual expectations and preferences for social support. This study examines perceived social support as a mediator of attachment style and depressive symptoms among young adults in Indonesia in a romantic relationship. A total of 279 participants completed the Experiences in Close Relationships-Revised to measure the level of attachment anxiety and attachment avoidance, Multidimensional Scale of Perceived Social Support to measure the perceived social support, and Center for Epidemiologic Studies-Depression to measure reports of depressive symptoms. The results showed that the effect of the attachment style (through the level of attachment anxiety and the level of attachment avoidance) on depressive symptoms was partially mediated by perceived social support. Differences in gender and the type of relationship (premarital and marital relationship) were also significant covariates in both mediation models.