

Peran Self-compassion terhadap gejala depresi yang dimediasi oleh regulasi emosi selama Pandemi COVID-19 = The role of Self-compassion on depression symptom mediated by emotion regulation during the COVID-19 Pandemic

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Abstrak

Terjadi peningkatan drastis tekanan psikologis pada mahasiswa sejak dimulainya pandemi COVID-19. Salah satu alasannya adalah munculnya lebih banyak emosi negatif dalam kehidupan sehari-hari, sehingga diperlukan berbagai strategi untuk mengatasi emosi negatif tersebut. Penelitian ini merupakan penelitian kuantitatif dan korelasional dengan tujuan untuk mengetahui peran self-compassion terhadap gejala depresi dengan dimediasi regulasi emosi. Partisipan penelitian ini sebanyak 349 orang mahasiswa S1 dengan rentang usia 18-25 tahun ($M = 20.82$, $SD = 1.540$). Alat ukur yang digunakan adalah Self-Compassion Scale (SCS), Patient Health Questionnaire-9 (PHQ-9), dan Emotion Regulation Skill Questionnaire (ERSQ). Partisipan mengisi alat ukur secara daring. Teknik analisis yang digunakan adalah analisis deskriptif, HAYES PROCESS, dan regresi linear sederhana. Hasil penelitian ini menunjukkan: (1) Terdapat peran dari self-compassion terhadap gejala depresi dan regulasi emosi, (2) Terdapat peran dari regulasi emosi terhadap gejala depresi, dan (3) Regulasi emosi tidak berfungsi sebagai mediator dalam peran self-compassion terhadap gejala depresi. Penelitian ini juga melaporkan bahwa tingkat self-compassion, gejala depresi, dan regulasi emosi tidak dibedakan oleh jenis kelamin, melainkan dapat dibedakan oleh persepsi finansial dan juga persepsi dukungan sosial yang diterima.

.....There has been a drastic increase in psychological distress on students since the start of COVID-19 pandemic. One of the reasons is the emergence of negative emotions in everyday life. so that various strategies are needed to overcome these negative emotions. This study is a quantitative and correlational study with the aim of knowing the role of self-compassion on depressive symptoms mediated by emotion regulation. The participants of this study were 349 undergraduate students with an age range of 18-25 years ($M = 20.82$, $SD = 1.540$). The measuring instruments used are Self-Compassion Scale (SCS), Patient Health Questionnaire-9 (PHQ-9), and Emotion Regulation Skill Questionnaire (ERSQ). Participants fill out the questionnaires via online form. The analysis techniques used in this study are descriptive analysis, HAYES PROCESS, and simple linear regression. The results of this study showed: (1) There is a role of self-compassion on depression symptoms and emotion regulation, (2) There is a role of emotion regulation on depressive symptoms, and (3) Emotion regulation does not function as a mediator in the role of self-compassion on depressive symptoms. This study also reported that the level of self-compassion, depressive symptoms, and emotional regulation were not differentiated by gender, but could be distinguished by financial perceptions and also perceptions of social support.