

## Hubungan antara subtipe ruminasi dan distres psikologis pada mahasiswa di negara kesatuan Republik Indonesia = The correlation between subtypes of rumination and psychological distress among Indonesian college students

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### Abstrak

Penelitian ini bertujuan untuk membuktikan hubungan antara subtipe ruminasi dan distres psikologis pada mahasiswa di Indonesia. Responden panilitian ini merupakan 1947 mahasiswa berkebangsaan Indonesia yang berkuliah di berbagai perguruan tinggi di Indonesia. Distres psikologis diukur menggunakan Hopkins Symptom Checklist-25 HSCL-25 dan ruminasi diukur menggunakan Ruminative Response Scale-Short Version RRS-Short Version.

Hasil penelitian menunjukkan bahwa distres psikologis memiliki hubungan yang positif dan signifikan dengan kedua subtipe ruminasi, yaitu reflective dan brooding yang sebelumnya dianggap memiliki pengaruh yang berbeda terhadap distres psikologis ketika dihitung secara bersamaan maupun terpisah.

.....The aim of this study was to proof the correlation between subtypes of rumination and psychological distress among Indonesian college students. The participants of this study were 1947 Indonesian college students from various colleges in Indonesia. Psychological distress was measured by Hopkins Symptom Checklist 25 HSCL 25 and rumination was measured by Ruminative Response Scale-Short Version RRS-Short Version.

The result indicated psychological distress had positive and significant correlation with both two subtypes of rumination, reflective and brooding, which assumed previously to have different effects on psychological distress when calculated either simultaneously or separately.