

Hubungan antara citra diri dengan depresi pada remaja SMA di Depok = Relationship between self-esteem and depression in High School Students in Depok

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Abstrak

Latar Belakang: Sebanyak 9 juta orang di Indonesia mengalami gangguan depresi. Jawa Barat, salah satu provinsi di Indonesia, merupakan provinsi yang memiliki masyarakat dengan gangguan mental emosional terbanyak kedua setelah Sulawesi Tengah. Dari berbagai penelitian, ditemukan bahwa self-esteem yang rendah merupakan salah satu faktor risiko dari depresi.

Tujuan: Penelitian ini bertujuan untuk mengidentifikasi ada atau tidaknya hubungan antara citra diri dengan depresi pada remaja SMA di Depok.

Metode: Metode yang digunakan adalah rancangan studi cross-sectional untuk mengidentifikasi hubungan citra diri dan depresi pada remaja SMA. Aspek depresi dinilai menggunakan kuesioner Center of Epidemiologic Studies Depression Scale-Revised (CESD-R), sedangkan aspek citra diri dinilai dengan menggunakan kuesioner Citra Diri Rosenberg. Sampel penelitian dari penelitian ini adalah remaja SMA Dian Didaktika dan dipilih menggunakan teknik random sampling yang menghasilkan 96 remaja. Data tersebut kemudian diolah dan dianalisis menggunakan Uji Chi-Square.

Hasil: Hasil yang didapatkan adalah terdapat hubungan yang signifikan antara self-consciousness dan the perceived self dengan depresi ($p=0,000$, $p=0,000$), sedangkan tidak ada hubungan yang signifikan antara tingkat dan kestabilan self-esteem dengan depresi ($p=0,3660$, $p=1,000$).

Kesimpulan: Terdapat hubungan antara self-consciousness dan the perceived self dengan depresi.

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Introduction: Approximately 9 million people in Indonesia have developed depression disorder. West Java, a province in Indonesia, has the second most citizens with emotional mental disorders after Central Sulawesi. From various studies, it was found that depression development was related to low self-esteem as its risk factor.

Aim: This study aims to identify the presence or absence of a relationship between self-esteem and depression in high school adolescents in Depok.

Method: The method used in this study was a cross-sectional study design to identify the relationship between self-esteem and depression in high school adolescents. The depression aspect was assessed using the Center of Epidemiologic Studies Depression Scale-Revised (CESD-R) questionnaire, while the self-esteem aspect was assessed using the Rosenberg Self-Esteem Scale questionnaire. The research sample of this study was 96 students of SMA Dian Didaktika, a high school in Depok, West Java. The respondents was selected using random sampling technique. The data was analyzed using the Chi-Square Test.

Results: The results obtained are that there is a significant relationship between self-consciousness and the perceived self with depression ($p = 0.000$, $p = 0.000$), while there is no significant relationship between the level and stability of self-esteem with depression ($p = 0.660$, $p = 1.000$).

Conclusion: There is a relationship between self-consciousness and the perceived self with depression in adolescents.