

## Peran adverse childhood experience dan self-compassion terhadap gejala depresi pada individu emerging adulthood = The role of adverse childhood experience and self-compassion in depression symptoms in individual emerging adulthood.

Arianbia Menako Mangkunegara, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20513971&lokasi=lokal>

---

### Abstrak

Berbagai studi telah dilakukan mengenai keterkaitan antara adverse childhood experiences (ACEs) dan self-compassion terhadap gejala depresi. Peran kedua variabel tersebut terhadap gejala depresi juga telah diteliti, akan tetapi penelitian yang membandingkan peran keduanya terhadap gejala depresi masih sangat terbatas, khususnya pada populasi emerging adulthood di Indonesia. Penelitian ini bertujuan untuk menguji peran pengalaman sulit di masa kecil dan self-compassion terhadap gejala depresi pada emerging adulthood. Partisipan penelitian adalah individu emerging adulthood (N=482), yang diberikan kuesioner BDI-II untuk mengukur depresi, ACEQ untuk mengukur pengalaman sulit di masa kecil, dan SCS-SF untuk mengukur self-compassion yang dilakukan secara daring. Hasil penelitian menggunakan analisis regresi linear berganda menunjukkan bahwa baik pengalaman sulit di masa kecil maupun self-compassion berperan secara signifikan terhadap gejala depresi. Dibandingkan pengalaman sulit di masa kecil, self-compassion merupakan prediktor yang lebih kuat terhadap gejala depresi. Berdasarkan hasil penelitian ini, kesadaran masyarakat tentang self-compassion perlu ditingkatkan karena dapat menjadi faktor pelindung potensial untuk gejala depresi.

.....Many studies have done research about the relationship between adverse childhood experiences and self-compassion as predictors to depression symptoms. The role of those two variables in depression symptoms has also been done, however studies that comparing role those two variable on depressive symptoms are still very limited, specifically, in the emerging adulthood population in Indonesia. This study aims to test the role of adverse childhood experiences and self-compassion in depression symptoms in emerging adulthood. Participants of this study were emerging adulthood individuals (N=482), who were given BDI-II questionnaire to measure depression, ACE-Q to measure adverse childhood experiences, and SCS-SF to measure self-compassion conducted online. The results of this study, using multiple linear regression, showed that both adverse childhood experiences and self-compassion have a significant role in depression. Compared to adverse childhood experiences, self-compassion is the stronger predictor in depression symptoms. According to the results of this study, public awareness of self-compassion needs to be raised as it can be a potential protective factor for depression symptoms.