

# Hubungan antara trait kepribadian dengan gejala depresi pada individu emerging adulthood yang mengalami adverse childhood experiences = Relationship between Personality traits and symptom of depression In emerging

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## Abstrak

Penelitian kuantitatif ini ditujukan untuk melihat hubungan trait kepribadian dengan gejala depresi pada individu yang mengalami adverse childhood experience dan berdomisili di Jakarta, Bogor, Depok, Tangerang, dan Bekasi (Jabodetabek) dan berusia 18-29 tahun. Pengukuran terhadap trait kepribadian menggunakan instrumen Mini-IPIP, sedangkan ACEs diukur dengan ACE-Q, dan gejala depresi diukur dengan BDI-II. Penelitian melibatkan 250 partisipan dengan rata-rata skor ACEs 2, rata-rata gejala depresi minimal, dan kecenderungan memiliki trait kepribadian yang sedang. Hasil analisis regresi menunjukkan trait extraversion ( $b = -0.14$ ,  $p < 0.05$ ) dan trait conscientiousness ( $b = -0.25$ ,  $p < 0.05$ ) memiliki pengaruh signifikan dengan arah negatif dalam hubungan ACEs dan gejala depresi. Sedangkan trait neuroticism berpengaruh signifikan secara positif ( $b = 0.49$ ,  $p < 0.01$ ).

.....This quantitative research is aimed to look at the relationship between personality traits and symptom of depression in individuals who experienced adverse childhood experiences and live in Jakarta, Bogor, Depok, Tangerang, and Bekasi (Jabodetabek) and aged 18-29 years. The personality traits was measured using the Mini-IPIP as the instrument, while ACEs was measured by ACE-Q, and depression tendency was measured by BDI-II. The research involved 250 participants with an average ACEs score of two, an average of minimal symptom of depression, and a tendency to have moderate personality traits. The regression analysis showed that extraversion ( $b = -0.14$ ,  $p < 0.05$ ) and conscientiousness ( $b = -0.25$ ,  $p < 0.05$ ) had a significant effect in a negative direction on the relationship between ACEs and depression tendency. Meanwhile, neuroticism had a significant positive effect on the relationship ( $b = 0.49$ ,  $p < 0.01$ ).