

Kontribusi Mindfulness terhadap Gejala Depresi Dewasa Awal Saat Pandemi COVID-19 = The Contribution of Mindfulness to Depressive Symptoms In Emerging Adult during COVID-19 Pandemic

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Abstrak

Pandemi COVID-19 yang melanda dunia semenjak tahun 2020 menimbulkan berbagai dampak negatif terhadap kehidupan manusia, salah satunya meningkatnya gejala depresi. Salah satu kelompok umur yang paling rentan terkena depresi adalah dewasa awal, karena banyaknya transisi yang sedang mereka alami, kurangnya interaksi dengan teman dan pasangan yang merupakan hal penting, serta kurangnya keterlibatan orangtua ketika anak beranjak dewasa. Walaupun begitu, terdapat berbagai metode yang dapat digunakan untuk mengurangi gejala depresi, salah satunya adalah mindfulness. Penelitian ini dilakukan terhadap 158 individu dalam rentang usia dewasa awal (18 – 25 tahun) yang bertempat tinggal di Indonesia. Variabel gejala depresi diukur dengan alat ukur Beck Depression Inventory – II (BDI-II) dan variabel mindfulness diukur dengan Mindfulness Attention & Awareness Scale (MAAS). Hasil analisis regresi menunjukkan bahwa mindfulness berkontribusi negative secara signifikan terhadap gejala depresi. Hasil penelitian ini diharapkan dapat membuat masyarakat meningkatkan mindfulness mereka dalam kehidupan mereka sehari-hari.

.....The COVID-19 pandemic that has been happening since 2020 negatively affected a lot of aspects in the world, including increasing depressive symptoms in human. A developmental period where depression is most likely to occur is emerging adult, where they are in the middle of many transition, lack of support system during the pandemic, and lack of parental involvement as they are adulting. However, there are several techniques that can be used to prevent depression, one of them is mindfulness. This study is conducted on 158 emerging adult (age ranging between 18 – 25 years old) living in Indonesia. Depressive symptoms are measured with Beck Depression Inventory – II (BDI-II) and mindfulness is measured with the Mindfulness Attention & Awareness Scale (MAAS). Simple regression analysis showed that mindfulness has a significant negative contribution to depressive symptoms in emerging adults during COVID-19 pandemic. This finding hopefully will encourage people to increase their mindfulness.