

Abstract. The prevalence of depression in Indonesia continues to increase with the most sufferers in individuals aged 17-29 years (emerging adulthood) who are experiencing a transition period as final-year college students and fresh graduate. The transition period can be a turning point in a person's life, as well as the onset of acute mental health disorders. The transition period experienced is prone to giving rise to negative views of oneself and their environment, thereby increasing the risk of depressive symptoms. This study aims to determine the role of insecure attachment and self-compassion on depressive symptoms in emerging adulthood. Collecting data through surveys online using a scale Patient Health Questionnaire (PHQ-9), Revised Adult Attachment Scale - Close Relationships Version, and Self-compassion Scale. Regression analysis through the Jamovi program shows insecure attachment and self-compassion simultaneously contributed to depressive symptoms ($F = 153, p < 0.001; R^2 = 0.386$, effective contribution 38.6%). Additional analysis using ANOVA shows that the insecure attachment style scale can determine whether an individual is indicated to have depressive symptoms.

Keywords: depressive symptoms, insecure attachment, self-compassion, emerging adulthood.

Abstrak. Prevalensi depresi di Indonesia terus mengalami peningkatan dengan penderita terbanyak pada individu berusia 17-29 tahun (*emerging adulthood*) yang tengah mengalami masa transisi sebagai mahasiswa semester akhir dan *fresh graduate*. Masa transisi dapat menjadi titik balik hidup seseorang, sekaligus onset gangguan kesehatan mental akut. Masa transisi yang dialami rentan menimbulkan pandangan negatif terhadap diri dan lingkungannya, sehingga meningkatkan risiko gejala depresi. Penelitian ini bertujuan untuk mengetahui adanya peran gaya kelekatan tidak aman dan *self-compassion* terhadap gejala depresi pada *emerging adulthood*. Pengambilan data melalui survei *online* menggunakan skala *Patient Health Questionnaire* (PHQ-9), *Revised Adult Attachment Scale - Close Relationships Version*, dan *Self-compassion Scale*. Analisis regresi melalui program Jamovi menunjukkan gaya kelekatan tidak aman dan *self-compassion* secara bersamaan berperan terhadap gejala depresi ($F = 153, p < 0,001; R^2 = 0,386$, sumbangan efektif 38,6%). Analisis tambahan menggunakan ANOVA menunjukkan skala gaya kelekatan tidak aman dapat menentukan seorang individu terindikasi memiliki gejala depresi.

Kata kunci: gejala depresi, gaya kelekatan tidak aman, *self-compassion*, *emerging adulthood*.