

## Peran *Psychological Immunity* Sebagai Mediator Hubungan Kecanduan Media Sosial Dan Depresi Pada Usia *Emerging Adulthood*

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### Abstrak

*Emerging adulthood* memiliki kebergantungan tinggi pada media sosial dan rentan terhadap permasalahan psikologis seperti depresi. Penelitian bertujuan mengetahui peran *psychological immunity* (PI) sebagai mediator hubungan kecanduan media sosial (KMS) dan depresi. Analisis mediasi sederhana dilakukan menggunakan program Jamovi 2.2.5 dibantu *library module medmod*. Hasil mengkonfirmasi bahwa PI mampu menjadi mediator hubungan KMS dan depresi pada *emerging adulthood* ( $\beta = 0.0881$ ;  $p < 0,001$ ). Diketahui pula KMS terbukti secara signifikan memiliki korelasi negatif dengan PI, dan PI secara signifikan memiliki korelasi negatif dengan depresi. Penelitian diikuti 265 partisipan usia 18-29 tahun (221 perempuan, 44 laki-laki) yang belum menikah dan pengguna aktif media sosial yang terbukti kebanyakan menunjukkan tingkat depresi, KMS, dan tingkat PI dalam kategori sedang.

**Kata kunci:** *Kecanduan Media Sosial; Depresi; Psychological Immunity; Emerging Adulthood*

### Abstract

Emerging adults are highly dependent on social media and are prone to psychological problems such as depression. This study aims to determine the role of psychological immunity (PI) as a mediator between social media addiction (KMS) and depression. A simple mediation analysis was performed using the Jamovi 2.2.5 program assisted by the medmod module library. The results confirmed that PIs are able to mediate the relationship between KMS and depression in emerging adulthood ( $\beta = 0.0881$ ;  $p < 0.001$ ). It is also known that KMS has a significantly negative correlation with PI, and PI has a significantly negative correlation with depression. The study followed 265 participants aged 18-29 years (221 women, 44 men) who were unmarried and active users of social media who were proven to mostly show levels of depression, KMS, and levels of PI in the moderate category.

**Key words:** *Social Media Addiction; Depression; Psychological Immunity; Emerging Adulthood*