

# Validasi Modul Terapi Menulis Ekspresif-PLUS Berbasis Online untuk Menurunkan Depresi pada Perempuan Usia Dewasa Awal di Masa Pandemi COVID-19

## *Validation of Online-Based Expressive Writing Therapy-PLUS Module to Reduce Depression in Young Adult Women During the COVID-19 Pandemic*

Shabrin Risti Aulia<sup>1</sup>, Sofia Retnowati<sup>2</sup>

<sup>1,2</sup>Universitas Gadjah Mada

Email: [shabrin.risti.aulia@mail.ugm.ac.id](mailto:shabrin.risti.aulia@mail.ugm.ac.id), [sofi\\_53@ugm.ac.id](mailto:sofi_53@ugm.ac.id)

*Abstract. The COVID-19 pandemic has resulted in an increase of depression cases especially in young adult women. Interventions that are online based, can be done at home, and affordable are needed to overcome the problem are needed during the COVID-19 pandemic. This study aim to validate the online based expressive writing-PLUS module to reduce the severity of depressive symptoms in young adult women during COVID-19. The results of content validation using expert assessment analysis obtained an Aiken's V coefficient of 0.86 indicating that the module has good content validity. Functional validation testing was carried out using a quasi-experiment with an untreated control group with dependent pretest and posttest samples. There were 17 women aged 18-28 with 9 people in the experimental group and 8 people in the control group. Data analysis was performed using repeated measures ANOVA which showed a significant decrease in depressive symptoms at pretest and posttest. This decrease in depressive symptoms lasted until the follow-up was carried out a week later. Significant decrease in negative emotions occurred between post test and follow-up. This shows that the online based expressive writing-PLUS module can be used because the procedure is easy and can facilitate participants to be involved in their own therapeutic process.*

*Keywords: depression, expressive writing, young adult women, COVID-19*

Abstrak. Pandemi COVID-19 berdampak pada meningkatnya kasus depresi terutama pada perempuan dewasa awal sehingga dibutuhkan intervensi yang berbasis *online*, dapat dilakukan di rumah, dan terjangkau. Penelitian ini bertujuan memvalidasi modul terapi menulis ekspresif-PLUS berbasis *online* untuk mengurangi keparahan gejala depresi pada perempuan usia dewasa awal di masa pandemi COVID-19. Hasil Validasi isi dengan analisis penilaian ahli memperoleh koefisien aiken's V sebesar 0,86 menunjukkan modul memiliki validitas isi yang baik. Pengujian validasi fungsional dengan desain *untreated control group with dependent pretest and posttest sample* pada 17 orang berusia 18-28 tahun dengan 9 orang di kelompok eksperimen dan 8 orang di kelompok kontrol menunjukkan terdapat penurunan gejala depresi yang signifikan pada *pretest* dengan *posttest*. Penurunan gejala depresi ini bertahan sampai dengan *follow-up* yang dilakukan sepekan setelah intervensi selesai. Penurunan emosi negatif secara signifikan terjadi pada *post test* dengan *follow-up*. Ini menunjukkan modul terapi menulis ekspresif-PLUS berbasis *online* dapat digunakan karena prosedurnya mudah dan dapat memfasilitasi partisipasi terlibat dalam proses terapeutiknya sendiri.

Kata Kunci: depresi, menulis ekspresif, perempuan dewasa awal, COVID-19