Meaning in Life As A Moderator Of Association between Future Anxiety and Depression

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Abstract

Students who are maturing will face psychological distress such as future anxiety and depression. Moreover, students could also be more prone to mental issues because a lack of meaning in life can reduce a person's willingness to battle issues like depression, stress, and anxiety. This research is a moderation study that examines the influence of the meaning in life as the moderator variable towards the relationship between future anxiety and depression in Indonesian final-year university students aged between 18-25 years old. ($N = 251$). The data was analyzed using Dark Future Scale, Meaning in Life Questionnaire, and Patient Health Questionnaire-9 to measure future anxiety, meaning in life, and depression. Data analysis was conducted using Moderated Regression Analysis (MRA), and found that the presence of meaning in life has no moderating effect. However, it was found that the searching for meaning in life could moderate the effect on the relationship between future anxiety and depression

Keywords: *future anxiety, meaning in life, depression, emerging adulthood, university students, presence of meaning in life, searching for meaning in life*

Abstrak

Siswa yang semakin matang akan menghadapi tekanan psikologis seperti *future anxiety* dan depresi. Selain itu, siswa juga bisa lebih rentan terhadap masalah mental karena kurangnya makna dalam hidup yang dapat mengurangi kemauan mereka untuk melawan masalah seperti depresi, stres, dan kecemasan. Penelitian ini merupakan penelitian moderasi yang menguji pengaruh *meaning in life* sebagai variabel moderator terhadap hubungan antara *future anxiety* dan depresi pada mahasiswa Indonesia yang berada di tahun terakhir berkuliah dengan rentang usia 18-25 tahun. (N = 251). Data dianalisis menggunakan *Dark Future Scale*, *Meaning in Life Questionnaire*, dan *Patient Health Questionnaire-9* untuk mengukur *future anxiety*, *meaning in life*, dan depresi. Semua skala yang digunakan oleh peneliti menggunakan Bahasa Indonesia. Analisis data dilakukan dengan *Moderated Regression Analysis* (MRA) dan ditemukan bahwa *presence of meaning in life* tidak memiliki efek moderasi. Namun ditemukan bahwa dimensi *searching for meaning in life* memiliki efek moderasi terhadap hubungan antara *future anxiety* dan depresi.

Keywords: *future anxiety, meaning in life, depresi, emerging adulthood, mahasiswa, presence of meaning in life, searching for meaning in life*