

PERAN *SUBJECTIVE SOCIAL STATUS* DAN *SUBJECTIVE WELL BEING* TERHADAP KECCENDERUNGAN DEPRESI: ANALISIS DATA IFLS

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Abstrak: Depresi merupakan gangguan mental dengan prevalensi tertinggi di antara gangguan mental lainnya. Tercatat estimasi 3,8% dari populasi di seluruh dunia menderita gangguan ini. Secara lebih rinci terdiri atas 5% usia dewasa dan 5,7% usia di atas 60 tahun. Berbagai kelompok usia dapat merasakan gejala gangguan depresi, termasuk generasi yang saat ini memegang banyak peran dalam lingkungan sosial. Penelitian ini bertujuan untuk melihat peran *Subjective Social Status* dan *Subjective Well-Being* terhadap kecenderungan depresi. Data penelitian diperoleh dari data survei nasional IFLS-5 dengan sebanyak 8.826 data partisipan rentang usia 18-35 tahun saat pengambilan data dilakukan. Kecenderungan Depresi diukur menggunakan instrumen CESD-10, *Subjective Social Status* diukur dengan acuan The MacArthur Scale of Social Status, dan *Subjective Well-Being* diukur dengan acuan The Satisfaction With Life Scale (SWLS). Hasil analisis regresi linear berganda menunjukkan *Subjective Social Status* dan *Subjective Well-Being* merupakan prediktor dan berperan atas kecenderungan depresi pada Generasi Y. Akan tetapi, analisis tambahan menunjukkan tidak adanya peran *Subjective Social Status* pada masa yang akan datang terhadap Kecenderungan Depresi.

Kata Kunci: *Subjective Social Status, Subjective Well-being, Depresi, IFLS*

Abstract: Depression is a mental disorder with the highest prevalence among other mental disorders. It is estimated that 3.8% of the world's population suffers from this disorder. More specifically, it consists of 5% of adulthood and 5.7% of the age of over 60. Different age groups can experience symptoms of depression disorder, including the generation that currently holds many roles in the social environment. This study aims to look at the role of Subjective Social Status and Subjectively Well-Being in the perception of a tendency to depression. The study data was obtained from the IFLS-5 national survey data with 8,826 participants aged 18-35 at the time the data was collected. Depression is measured using the CESD-10 instrument, Subjective Social Status with the MacArthur Scale of Social Status reference, and subjective well-being with the Satisfaction with Life Scale reference. (SWLS). The results of the double linear regression analysis showed that the Subjective Social Status and the Subjective Well-Being were predictors and contributed to the tendency to depression in Generation Y. However, additional analysis suggested the absence of the role of the subjective social status in the future of the Depression tendency.

Keywords: Subjective Social Status, Subjective Well-Being, Depression, IFLS