

PERAN FAKTOR DEMOGRAFIS DAN PSIKOLOGIS TERHADAP KECENDERUNGAN DEPRESI WANITA *SINGLE PARENT* : ANALISIS DATA IFLS-5

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Abstrak : Wanita dengan status cerai hidup dan cerai mati di Indonesia jauh lebih banyak dibandingkan laki-laki yakni sebesar 12,83%. Dengan demikian, terdapat hampir 8 juta keluarga dengan wanita *single parent* sebagai kepala keluarga di mana keadaan ini dapat mendorong pada kecenderungan depresi karena banyaknya beban yang dihadapi. Penelitian ini bertujuan untuk melihat peran variabel usia, status ekonomi, religiositas, dan kepuasan hidup terhadap kecenderungan depresi wanita *single parent*. Data sebanyak 1262 responden diperoleh dari Indonesian Family Life Survey (IFLS) 5. Kecenderungan depresi diukur dengan skala adaptasi dari CES-D 10, status ekonomi mengacu pada The MacArthur Scale of Social Status, religiositas diukur dengan *single item measurement* tentang ketaatan beragama secara subjektif, dan kepuasan hidup mengacu pada *single item measurement* yang dikembangkan Cheung & Lucas (2014). Hasil analisis regresi berganda menunjukkan bahwa variabel usia, status ekonomi, dan kepuasan hidup secara simultan memiliki peran yang signifikan terhadap kecenderungan depresi wanita *single parent* ($F(4,1257) = 24,1, p < 0,001$) dengan kontribusi peran sebesar 7,1% ($R^2 = 0,071$). Adapun variabel religiositas tidak berperan signifikan terhadap kecenderungan depresi wanita *single parent* yang dimungkinkan karena hubungan dengan variabel lain atau perlunya penggunaan variabel mediator. Implikasi penelitian ini adalah bahan pertimbangan dalam mendesain program preventif dari kecenderungan depresi pada wanita *single parent*.

Kata kunci : *Usia, Status Ekonomi, Religiositas, Kepuasan Hidup Kecenderungan Depresi, Wanita Single Parent*

Abstract : Women with divorced or widowed status in Indonesia are significantly more numerous compared to men, accounting for 12.83%. Consequently, there are nearly 8 million families headed by single mothers, a situation that may lead to a tendency towards depression due to the many burdens they face. This study aims to examine the roles of age, economic status, religiosity, and life satisfaction variables on depression tendency in single mothers. Data from 1,262 respondents were obtained from the Indonesian Family Life Survey (IFLS) 5. Depression tendency was measured using an adapted scale from CES-D 10, economic status referred to The MacArthur Scale of Social Status, religiosity was measured with a single item measurement of subjective religious adherence, and life satisfaction was based on a single item measurement developed by Cheung & Lucas (2014). The results of multiple regression analysis showed that age, economic status, and life satisfaction variables simultaneously had a significant role in depression tendency in single

mothers ($F(4,1257) = 24.1, p < 0.001$) with a contribution of 7.1% ($R^2 = 0.071$). Meanwhile, the religiosity variable did not have a significant role in depression tendency in single mothers, possibly due to its relationship with other variables or the need for a mediator variable. The implications of this study are to provide considerations in designing preventive programs to address the tendency towards depression in single mothers.

Keyword : *Age, Economic Status, Religiosity, Life Satisfaction, Depression Tendency, Single Parent Women*