

## Peran Welas Asih sebagai Moderator Hubungan *Adverse Childhood Experience* dengan Kecenderungan Depresi pada *Emerging Adulthood*

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### Abstrak

Depresi merupakan gangguan mental yang banyak dialami oleh penduduk dunia. Faktor-faktor yang mempengaruhi kecenderungan depresi di antaranya, *adverse childhood experience* (ACE) dan welas asih. Penelitian ini bertujuan untuk mengetahui peran welas asih sebagai moderator dalam hubungan antara ACE dengan kecenderungan depresi pada *emerging adulthood*. Metode penelitian yang digunakan yaitu kuantitatif non eksperimen dengan pengumpulan data menggunakan *purposive sampling*. Penelitian ini melibatkan 250 partisipan dengan rentang usia 18 hingga 25 tahun atau berada pada fase perkembangan *emerging adulthood*. Instrumen yang digunakan yaitu Patient Health Questionnaire (PHQ-9), World Health Organization Adverse Childhood Experiences International Questionnaire (WHO ACE-IQ), dan Skala Welas Asih Diri (SWD). Analisis moderasi dilakukan dengan Moderated Regression Analysis (MRA) menggunakan *software* SPSS versi 26. Hasil analisis menunjukkan bahwa welas asih tidak berperan sebagai moderator dalam hubungan antara ACE dengan kecenderungan depresi. Hal ini berarti bahwa welas asih tidak berperan dalam hubungan ACE dengan kecenderungan depresi. Analisis selanjutnya menunjukkan bahwa welas asih berperan sebagai mediator. Penelitian ini juga menemukan bahwa skor depresi pada perempuan lebih tinggi dibandingkan laki-laki, serta partisipan dengan tingkat pendidikan rendah lebih rentan mengalami kecenderungan depresi daripada tingkat pendidikan tinggi.

**Kata kunci:** *adverse childhood experience*, depresi, *emerging adulthood*, welas asih

## Role of Self-Compassion as a Moderator of the Relationship between Adverse Childhood Experiences and Depressive Tendency in Emerging Adulthood

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### Abstract

Depression is a mental disorder widely experienced by individuals worldwide. Factors influencing depression tendencies are associated adverse childhood experiences (ACE) and self-compassion. This study aims to examine the role of self-compassion as a moderator in the relationship between ACE and depression tendencies in emerging adulthood. The research method used is a non-experimental quantitative approach with purposive sampling for data collection. A total of 250 participants, aged 18 to 25 years, representing the age range at which individuals are in the emerging adulthood phase, were involved in the study. The instruments used include the Patient Health Questionnaire (PHQ-9), World Health Organization Adverse Childhood Experiences International Questionnaire (WHO ACE-IQ), and the Self-Compassion Scale (SCS). Moderation analysis was performed using Moderated Regression Analysis (MRA) with SPSS version 26 software. The results showed that self-compassion did not act as a moderator in the relationship between ACE and depression tendencies. This indicates that self-compassion does not influence the relationship between ACE and depression tendencies. Additional analysis revealed that self-compassion acts as a mediator. The study also found that depression scores were higher among females compared to males, and participants with lower education levels were more vulnerable to depression tendencies than those with higher education levels.

**Keywords:** *adverse childhood experience, depression, emerging adulthood*