

**EMOTIONAL REGULATION AS A PREDICTOR OF ONLINE
SELF-DIAGNOSIS OF DEPRESSION AND ANXIETY AMONG
INDONESIAN YOUNG ADULTS**

UNDERGRADUATE THESIS



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**UNDERGRADUATE PROGRAM
FACULTY OF PSYCHOLOGY
UNIVERSITAS GADJAH MADA
YOGYAKARTA**

2025

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UNDERGRADUATE THESIS

Submitted to the Faculty of Psychology
Universitas Gadjah Mada
In Partial Fulfilment of the Requirements
for the Degree of Bachelor in Psychology



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An undergraduate thesis submitted in partial fulfillment of the
requirements for the degree of Bachelor in Psychology, and it has
been defended in front of Undergraduate Thesis Examination Board of
Faculty of Psychology Universitas Gadjah Mada

Date: 25 May 2025

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This undergraduate thesis has been accepted in partial fulfillment of the requirements for the
degree of Bachelor in Psychology

Yogyakarta, 2 June 2025
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