



Abstrak

Penelitian ini mengkaji pengaruh jam kerja terhadap kesehatan mental yang diukur melalui gejala depresi (CESD-R 10) pada individu dewasa muda (usia 18–40 tahun) di Indonesia. Menggunakan data Indonesian Family Life Survey (IFLS) gelombang kelima dan pendekatan Instrumental Variable (2SLS), penelitian ini mengidentifikasi hubungan kausal antara durasi jam kerja mingguan dan tingkat depresi. Pelatihan kerja digunakan sebagai variabel instrumen untuk mengatasi potensi endogenitas dalam model. Hasil penelitian menunjukkan bahwa jam kerja memiliki hubungan negatif yang signifikan terhadap skor gejala depresi. Hal ini mengindikasikan bahwa peningkatan jam kerja, dalam konteks tertentu, dapat menurunkan gejala depresi. Penelitian ini menekankan pentingnya mempertimbangkan konteks lokal dalam merumuskan kebijakan ketenagakerjaan yang berpihak pada kesehatan mental pekerja.

Kata Kunci: jam kerja, kesehatan mental, CESD-R 10, instrumental variable, IFLS, depresi, 2SLS



Abstract

This study investigates the impact of working hours on mental health, measured by depression symptoms (CESD-R 10), among young adults (aged 18–40) in Indonesia. Utilizing data from the fifth wave of the Indonesian Family Life Survey (IFLS) and applying the Two-Stage Least Squares (2SLS) method with Instrumental Variables, the study examines the causal relationship between weekly working hours and depression levels. Job training is employed as an instrumental variable to address potential endogeneity. The results indicate a significant negative association between working hours and depression scores, particularly among women and individuals residing outside Java. These findings suggest that, in certain contexts, increased working hours may reduce depression symptoms. The study highlights the importance of considering local socio-economic factors in designing employment policies that support workers' mental well-being.

Keywords: *working hours, mental health, CESD-R 10, instrumental variable, IFLS, depression, 2SLS*