

Peran Aktivitas Fisik dan *Hedonic Well-Being* terhadap Kecenderungan Depresi Usia Dewasa Di Indonesia

Ratih Tyaswari¹, Bhina Patria²

^{1,2} Fakultas Psikologi UGM

e-mail: ratih.tyaswari@mail.ugm.ac.id , patria@ugm.ac.id

Abstrak. Penelitian ini mengkaji peran aktivitas fisik dan *hedonic well-being* sebagai prediktor kecenderungan depresi. Metode pengambilan data yang digunakan dalam penelitian ini yaitu survei data sekunder menggunakan IFLS-5 dan analisis yang digunakan yaitu analisis regresi linear berganda. Hasil menunjukkan bahwa kedua variabel tersebut secara signifikan memprediksi 16,2% varians kecenderungan depresi. Aktivitas fisik memiliki korelasi positif yang rendah dengan depresi, sedangkan *hedonic well-being* berkorelasi negatif. Temuan ini menyoroti pentingnya tujuan, jenis, dan intensitas aktivitas fisik sebagai strategi koping dalam kaitannya dengan kecenderungan depresi. Penelitian ini memberikan kontribusi dalam pemahaman depresi pada dewasa di Indonesia serta mendukung pengembangan kebijakan dan program promosi penanganan terhadap permasalahan depresi.

Kata Kunci: *Kecenderungan Depresi, Depresi, Aktivitas Fisik, Hedonic Well-Being, Depresi Dewasa.*

Abstract. This study examines the predictive role of physical activity and hedonic well-being on depressive tendencies among Indonesian adults. Utilizing secondary data from the Indonesia Family Life Survey (IFLS-5), we conducted multiple linear regression analysis to assess these relationships. The results indicate that both variables collectively explain 16.2% of the variance in depression scores ($R^2 = 0.162$, $p < 0.05$). While physical activity demonstrates a weak positive correlation with depressive symptoms, hedonic well-being shows a significant negative correlation, suggesting its protective effect against depression. These findings highlight the importance of considering both behavioral factors (physical activity characteristics including purpose, type, and intensity) and psychological factors (subjective well-being) in developing coping strategies for depression. The study contributes to the growing body of literature on mental health in developing countries by providing empirical evidence from the Indonesian context. Furthermore, the results offer valuable insights for policymakers and mental health professionals in designing targeted intervention programs and depression prevention strategies.

Keyword: *Depressive Tendency, Depression, Physical Activity, Hedonic Well-Being, Adult Depression.*