

Abstrak. Depresi merupakan masalah psikologis yang umum dialami oleh populasi dunia. Prevalensi depresi berat tertinggi berada pada kelompok usia *emerging adult* (18-29 tahun). Depresi dapat dipengaruhi oleh beberapa faktor, diantaranya *Adverse Childhood Experiences* (ACEs) dan resiliensi. Penelitian ini bertujuan untuk mengetahui apakah resiliensi berperan sebagai moderator dalam peran ACEs terhadap gejala depresi pada *emerging adult*. Partisipan penelitian berjumlah 385 individu yang berusia 18-29 tahun (*emerging adult*) yang direkrut dengan *convenience sampling*. Alat ukur yang digunakan *Patient Health Questionnaire-9* (PHQ-9), *WHO Adverse Childhood Experiences International Questionnaire* (ACE-IQ), dan *Connor-Davidson Resilience Scale 25* (CD-RISC 25). Uji hipotesis dilakukan menggunakan *the simple moderation PROCESS* untuk menguji peran resiliensi sebagai variabel moderator. Hasil analisis moderasi menunjukkan bahwa resiliensi tidak berperan sebagai moderator dalam peran ACEs terhadap gejala depresi *emerging adult*. Berbagai kerentanan yang dialami *emerging adult* pada partisipan penelitian ini mungkin menyebabkan resiliensi tidak cukup kuat untuk melemahkan efek ACEs terhadap gejala depresi. Analisis tambahan berupa analisis regresi ganda menunjukkan bahwa peran ACEs terhadap gejala depresi lebih besar dibandingkan peran resiliensi terhadap gejala depresi. Temuan ini menyoroti pentingnya upaya pencegahan primer dan sekunder dalam meminimalkan risiko serta dampak jangka panjang ACEs pada *emerging adult*.

Kata Kunci: *adverse childhood experiences, depresi, emerging adult, resiliensi*

Abstract. Depression is a common psychological problem experienced by the global population. The highest prevalence of major depression is in the emerging adult age group (18-29 years). Depression can be influenced by several factors, including Adverse Childhood Experiences (ACEs) and resilience. This study aims to determine whether resilience acts as a moderator in the role of ACEs on depressive symptoms in emerging adults. The study participants totaled 385 individuals aged 18-29 years (*emerging adults*) who were recruited by convenience sampling. The measurement tools used were the Patient Health Questionnaire-9 (PHQ-9), WHO Adverse Childhood Experiences International Questionnaire (ACE-IQ), and Connor-Davidson Resilience Scale 25 (CD-RISC 25). Hypothesis testing was conducted using the simple moderation PROCESS to test the role of resilience as a moderator variable. The results of the moderation analysis showed that resilience did not act as a moderator in the role of ACEs on emerging adult depressive symptoms. The various vulnerabilities experienced by emerging adults in this study's participants may have caused resilience not to be strong enough to weaken the effect of ACEs on depressive symptoms. Additional multiple regression analysis showed that the role of ACEs on depressive symptoms was greater than the role of



UNIVERSITAS
GADJAH MADA

Peran Adverse Childhood Experiences terhadap Gejala Depresi pada Emerging Adult dengan Resiliensi

sebagai Moderator

Zarah Yusri Nasution, Dr. Nida Ul Hasanat, M.Si., Psikolog

Universitas Gadjah Mada, 2025 | Diunduh dari <http://etd.repository.ugm.ac.id/>

resilience on depressive symptoms. These findings highlight the importance of primary and secondary prevention efforts in minimizing the risk and long-term impact of ACEs.

Keywords: *adverse childhood experiences, depression, emerging adults, resilience*