

Peran Distres Psikologi Terhadap Kecanduan Media Sosial dengan Kesulitan Regulasi Emosi sebagai Mediator pada *Emerging Adults*

The Role of Distress Psychology on Social Media Addiction: Emotional Regulation Difficulties as a Mediator Among Emerging Adults

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Abstract. *Emerging adults are at risk for social media addiction, as social media has shifted away from functioning adaptively. One significant factor linked to this addiction among emerging adults is psychological distress. However, the specific mechanisms underlying this relationship remain inadequately understood, especially within this demographic. This study aims to explore the role of psychological distress in social media addiction among emerging adults, with emotional regulation difficulties acting as a mediator. The survey involved 420 social media users aged 18 to 29 years (M = 24,3). Research instruments utilized were the Depression Anxiety Stress Scale-21 (DASS-21), the Short Form of the Difficulties in Emotion Regulation Scale (DERS-SF), and Social Media Addiction Scale. The results of the mediation analysis demonstrated that psychological distress was positively correlated with social media addiction, both directly and indirectly via emotional regulation difficulties. Notably, the mediation pathway accounted for 50,1% of the total effect ($\beta = 0,221$, $p < 0,001$). Based on the findings of this study, interventions for social media addiction can address psychological distress by enhancing emotional regulation.*

Keywords: *distres psikologi; emerging adults; kecanduan media sosial; kesulitan regulasi emosi; problematic social media usage.*

Abstrak. *Emerging adults merupakan populasi berisiko terhadap kecanduan media sosial. Media sosial tidak lagi berfungsi secara adaptif. Salah satu predisposisi kecanduan media sosial yang juga lekat dengan emerging adults adalah distres psikologi. Namun, mekanisme hubungan keduanya belum sepenuhnya dipahami terutama pada emerging adults. Penelitian ini bertujuan menguji peran distres psikologi terhadap kecanduan media sosial dengan kesulitan regulasi emosi sebagai mediator pada emerging adults. Survei melibatkan 420 partisipan berusia 18 – 29 tahun (M=24,3) yang merupakan pengguna media sosial. Instrumen penelitian meliputi Depression Anxiety Stress Scale-21 (DASS-21), Dysregulation Emotion Regulation Scale Short Form (DERS-SF), dan Skala Kecanduan Media Sosial. Hasil analisis mediasi menunjukkan distres psikologi berhubungan positif dengan kecanduan media sosial, baik secara langsung maupun tidak langsung melalui kesulitan regulasi emosi. Jalur mediasi memberikan kontribusi sebesar 50,1% dari total efek ($\beta = 0,221$, $p < 0,001$). Berdasarkan hasil penelitian ini, intervensi terhadap kecanduan media sosial dapat menyasar distres psikologi melalui penguatan regulasi emosi.*

Kata kunci: *distres psikologi; emerging adults; kecanduan media sosial; kesulitan regulasi emosi; problematic social media usage.*