

Peran Dukungan Sosial terhadap Gejala Depresi pada Individu Usia Dewasa Awal: Regulasi Emosi sebagai Mediator

The Role of Social Support toward Depression Symptom in Emerging Adulthood: Emotion Regulation as Mediator

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Abstract. Emerging adulthood is a developmental life stage characterized by the transition into new roles and responsibilities, which may increase vulnerability to experiencing depressive symptoms. While social support is known to play a protective role against depression, the underlying mechanisms of this relationship are not yet fully understood. This study aims to explore how social support influences depressive symptoms in emerging adults, with emotion regulation serving as a potential mediator. Survey was conducted with 289 participants aged 18–29 years, utilizing the PHQ-9, MSPSS, and CERQ instruments. Data were analyzed using Jamovi version 2.6.26 through a General Linear Model (GLM) mediation approach. The findings revealed that social support significantly predicted depressive symptoms both directly and indirectly through emotion regulation (total effect = -0.437; direct effect = -0.245; indirect effect via adaptive emotion regulation = -0.055; indirect effect via maladaptive emotion regulation = -0.136; $p < 0.05$). This finding highlight the importance of social support and emotion regulation to decrease the symptoms of depression in emerging adulthood.

Keywords: social support, depression symptom, emotion regulation

Abstrak. Periode dewasa awal merupakan periode dimana individu dihadapkan pada peran dan tanggung jawab baru yang dapat menyebabkan lebih rentan untuk muncul gejala depresi. Dukungan sosial diketahui berperan dalam gejala depresi, namun mekanisme hubungan tersebut belum sepenuhnya dipahami. Penelitian ini bertujuan untuk mengetahui peran dukungan sosial terhadap gejala depresi pada individu dewasa awal dengan regulasi emosi sebagai mediator. Survei dilakukan pada 289 partisipan berusia 18-29 tahun menggunakan alat ukur PHQ-9, MSPSS, dan CERQ. Analisis dilakukan menggunakan Jamovi 2.6.26 menggunakan metode GLM Mediation Model. Hasil analisis menunjukkan bahwa dukungan sosial berperan terhadap gejala depresi baik secara langsung maupun tidak langsung melalui regulasi emosi (total effect=-0,437, direct effect=-0.245, indirect effect regulasi emosi adaptif=-0,055, indirect effect regulasi emosi maladaptif=-0, 136, $p<0.05$). Temuan ini menekankan pentingnya dukungan sosial dan regulasi emosi dalam menurunkan gejala depresi pada individu dewasa awal.

Kata kunci: dukungan sosial, gejala depresi, regulasi emosi