

Peran Dukungan Finansial dari Anak terhadap Kecenderungan Depresi pada Orang Tua Pensiunan: Analisis Data IFLS-5

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Abstract. Depression is a common mental health issue among retired older adults and has become an increasingly important concern as the elderly population grows. This study aimed to examine the role of financial support from children, both received and anticipated, in relation to depressive tendencies among retired parents. Data were obtained from the fifth wave of the Indonesian Family Life Survey (IFLS), including 1,030 participants aged 50 years and older who had children and had permanently retired. Depressive tendencies were measured using eight items from the Center for Epidemiologic Studies Depression Scale (CESD-10), while financial support from children was assessed with two categorical questionnaire items. Multiple linear regression analysis indicated that both types of support jointly related to depressive tendencies ($F(3, 1026) = 3.80, p = 0.010, Adjusted R^2 = 0.008$); however, received financial support ($B = 0.192, p = 0.750$), anticipated financial support ($B = 0.866, p = 0.089$), and their combined effect ($B = 0.112, p = 0.878$) did not show statistically significant individual contributions, although the associations were positive. The findings highlight psychological dynamics within intergenerational relationships, including perceived loss of independence, feelings of being a burden, and reciprocity imbalances. Future research is encouraged to employ longitudinal designs, mixed-method approaches, and more detailed measures of financial support and parent-child relationships.

Keywords: *Depression, Financial Support from Children, Parents, Retirement*

Abstrak. Depresi merupakan masalah kesehatan mental yang umum pada orang tua pensiunan dan semakin penting seiring bertambahnya populasi lansia. Penelitian ini menguji peran dukungan finansial dari anak, baik yang diterima maupun yang diharapkan, terhadap kecenderungan depresi pada orang tua pensiunan. Data diperoleh dari Indonesian Family Life Survey (IFLS) gelombang ke-5, dengan 1.030 partisipan berusia 50 tahun ke atas yang memiliki anak dan sudah berhenti bekerja secara permanen. Kecenderungan depresi diukur menggunakan delapan butir dari Center for Epidemiologic Studies Depression Scale (CESD-10), sedangkan dukungan finansial dari anak melalui dua butir kuesioner kategorial. Analisis regresi menunjukkan bahwa kedua jenis dukungan bersama-sama berperan terhadap kecenderungan depresi ($F(3, 1026) = 3,80, p = 0,010, Adjusted R^2 = 0,008$), namun secara parsial, dukungan finansial yang diterima ($B = 0,192, p = 0,750$), dukungan finansial yang diharapkan ($B = 0,866, p = 0,089$), maupun kombinasi keduanya ($B = 0,112, p = 0,878$) tidak signifikan secara statistik meski arah hubungannya positif meningkatkan depresi. Temuan ini menyoroti dinamika psikologis dalam hubungan antargenerasi, termasuk persepsi kehilangan kemandirian, perasaan menjadi beban, dan ketidakseimbangan timbal balik. Penelitian selanjutnya disarankan menggunakan desain longitudinal, pendekatan *mixed-method*, serta pengukuran dukungan dan relasi orang tua dan anak yang lebih rinci.

Kata Kunci: *Depresi, Dukungan Finansial Anak, Orang Tua, Pensiun*