

PERAN MEDIASI *BULLYING* DALAM HUBUNGAN ANTARA *ADVERSE CHILDHOOD EXPERIENCES* (ACEs) DAN GEJALA DEPRESI: ANALISIS DATA GEAS WAVE 1

ABSTRAK

Latar Belakang: *Adverse Childhood Experiences* (ACEs) dapat meningkatkan risiko depresi dan dimediasi oleh pengalaman *bullying*, namun terdapat inkonsistensi hasil penelitian sebelumnya. Penelitian ini bertujuan untuk menguji peran mediasi *bullying* dalam hubungan antara ACEs dan gejala depresi pada remaja awal menggunakan data baseline GEAS Indonesia 2019.

Metode Penelitian: Desain penelitian ini adalah kuantitatif potong lintang berbasis data sekunder GEAS *Wave 1* dengan total sampel 2.640 remaja usia 10-14 tahun di Bandar Lampung, Denpasar, dan Semarang. Analisis dilakukan menggunakan *Generalized Structural Equation Modeling* (GSEM) dengan ACEs sebagai variabel independen (ordinal), gejala depresi sebagai dependen (dikotomis) dengan menggunakan *Confirmatory Factor Analysis* untuk menentukan item yang diikuti dalam konstruk dan pembentukan skor, *bullying* sebagai mediator (dikotomis). Dua model yang dianalisis menggunakan *cut-off* skor yang berbeda untuk mengkategorikan tingkat gejala depresi (yaitu persentil ke-65 dan persentil ke-95). Model dikontrol menggunakan prediktor risiko yang diadaptasi dari IDEA-RS, meliputi pengasuh utama, hubungan dengan orang tua, penggunaan zat, kegagalan akademik, dan variabel sosiodemografi seperti usia, jenis kelamin, kota tempat tinggal, dan indeks kekayaan.

Hasil: Pada model yang menggunakan *cut off* persentil ke-65 untuk mengkategorikan tingkat gejala depresi, *bullying* menunjukkan efek tidak langsung yang positif dalam hubungan antara ACEs dan gejala depresi, dengan persentase mediasi 18,9% namun efek tersebut tidak signifikan secara statistik. Pada model yang menggunakan *cut off* persentil ke-95, hubungan antara ACEs dan gejala depresi didominasi oleh efek langsung, sementara jalur tidak langsung melalui *bullying* tidak menunjukkan peran mediasi.

Kesimpulan: ACEs merupakan faktor risiko utama peningkatan gejala depresi pada remaja awal. *Bullying* tidak terbukti sebagai mediator yang signifikan, namun temuan pada model yang menggunakan *cut off* persentil ke-65 menunjukkan *bullying* dapat memperburuk kerentanan psikologis remaja pada tingkat gejala yang lebih moderat. Pencegahan depresi remaja perlu memprioritaskan penanganan ACEs serta mengintegrasikan pencegahan *bullying* dalam strategi penanganan kesehatan mental.

Kata kunci: *Adverse Childhood Experiences*, *Bullying*, Gejala Depresi; *Generalized Structural Equation Modeling*; Remaja

THE MEDIATING ROLE OF BULLYING IN THE RELATIONSHIP BETWEEN ADVERSE CHILDHOOD EXPERIENCES (ACEs) AND DEPRESSIVE SYMPTOMS: AN ANALYSIS OF GEAS WAVE 1 DATA

ABSTRACT

Background: Adverse Childhood Experiences (ACEs) are known to increase the risk of depression and may be mediated by experiences of bullying; however, previous studies have reported inconsistent findings. This study aims to examine the mediating role of bullying in the relationship between ACEs and depressive symptoms among early adolescents using baseline data from the 2019 GEAS Indonesia survey.

Methods: This study employed a quantitative cross-sectional design using secondary data from GEAS Wave 1, with a total sample of 2,640 adolescents aged 10–14 years from Bandar Lampung, Denpasar, and Semarang. Data were analyzed using Generalized Structural Equation Modeling (GSEM). ACEs were treated as the independent variable (ordinal), depressive symptoms as the dependent variable (dichotomous), and bullying as the mediator (dichotomous). Confirmatory Factor Analysis (CFA) was conducted to determine the items included in the construct and to generate composite scores for depressive symptoms. Two models were analyzed using different cut-off scores to categorize depressive symptom levels (the 65th percentile and the 95th percentile). The models were controlled for risk predictors adapted from the IDEA Risk Score (IDEA-RS), including primary caregiver, parent–child relationship, substance use, academic failure, and sociodemographic variables such as age, sex, city of residence, and wealth index.

Results: In the model using the 65th percentile cut-off to categorize depressive symptoms, bullying showed a positive indirect effect in the relationship between ACEs and depressive symptoms, with a mediation proportion of 18.9%; however, this effect was not statistically significant. In the model using the 95th percentile cut-off, the relationship between ACEs and depressive symptoms was dominated by a direct effect, while the indirect pathway through bullying did not indicate a mediating role.

Conclusion: ACEs represent a major risk factor for increased depressive symptoms among early adolescents. Bullying was not found to be a significant mediator; however, findings from the model using the 65th percentile cut-off suggest that bullying may exacerbate adolescents' psychological vulnerability at more moderate levels of depressive symptoms. Efforts to prevent adolescent depression should prioritize addressing ACEs while integrating bullying prevention into broader mental health strategies.

Keywords: Adverse Childhood Experiences; Bullying; Depressive Symptoms; Generalized Structural Equation Modeling; Adolescents.