

Peran *Childhood Emotional Neglect*, *Cognitive Reappraisal*, dan *Expressive Suppression* terhadap Gejala Depresi pada Dewasa Awal

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Abstract. Depression is a common mental health problem and is highly prevalent among *emerging adulthood*, a developmental age group characterized by increased vulnerability to psychological distress. Depressive symptoms are influenced by early adverse experiences, such as childhood emotional neglect, as well as emotion regulation strategies. This study aimed to examine the role of childhood emotional neglect, cognitive reappraisal, and expressive suppression in predicting depression among emerging adulthood. The instruments used in this study included the Patient Health Questionnaire-9 (PHQ-9), Childhood Trauma Questionnaire–Short Form (CTQ-SF), and Emotion Regulation Questionnaire (ERQ). The study involved 395 emerging adulthood aged 18–29 years. Data were analyzed using multiple linear regression analysis. The results showed that childhood emotional neglect, cognitive reappraisal, and expressive suppression simultaneously predicted depression ($F(3, 391) = 18.3; p < .001$), accounting for 12.3% of the variance. Partially, childhood emotional neglect and expressive suppression positively predicted depression, whereas cognitive reappraisal did not significantly predict depression.

Keywords: *childhood emotional neglect, depression, emotion regulation, emerging adulthood*

Abstrak. Depresi merupakan masalah kesehatan mental yang umum dialami dan banyak ditemukan pada *emerging adulthood*, yaitu kelompok usia yang berada pada periode perkembangan dengan kerentanan psikologis yang tinggi. Gejala depresi dipengaruhi oleh pengalaman masa kecil yang tidak menyenangkan, seperti *childhood emotional neglect*, serta strategi regulasi emosi. Penelitian ini bertujuan untuk menguji peran *childhood emotional neglect*, *cognitive reappraisal*, dan *expressive suppression* dalam memprediksi depresi pada *emerging adulthood*. Alat ukur yang digunakan dalam penelitian ini meliputi *Patient Health Questionnaire-9* (PHQ-9), *Childhood Trauma Questionnaire–Short Form* (CTQ-SF), dan *Emotion Regulation Questionnaire* (ERQ). Penelitian ini melibatkan 395 emerging adulthood berusia 18–29 tahun. Data dianalisis menggunakan analisis regresi linear berganda. Hasil penelitian menunjukkan bahwa *childhood emotional neglect*, *cognitive reappraisal*, dan *expressive suppression* secara simultan berperan signifikan memprediksi depresi ($F(3, 391) = 18,3; p < 0,001$) dengan sumbangan efektif sebesar 12,3%. Secara parsial, *childhood emotional neglect* dan *expressive suppression* memprediksi depresi secara positif, sedangkan *cognitive reappraisal* tidak memprediksi depresi secara signifikan.

Keywords: *childhood emotional neglect, depresi, dewasa awal, regulasi emosi*