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Hubungan Gejala Depresi dengan Pengalaman Bullying pada Remaja Awal di Indonesia: Analisi Data GEAS 2018
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ABSTRAK

Latar belakang: *Bullying* merupakan salah satu masalah yang sering dialami remaja dan dapat berdampak negatif terhadap kesehatan mental, termasuk meningkatkan risiko gejala depresi. **Tujuan**: Menganalisis hubungan antara pengalaman bullying dan gejala depresi pada remaja awal menggunakan data *Global Early Adolescent Study* (GEAS) Indonesia tahun 2018. **Metode**: Desain penelitian yang digunakan adalah *cross-sectional*. Sampel penelitian terdiri dari 2.998 remaja usia 10-14 tahun yang duduk di kelas 7 SMP di Bandar Lampung, Semarang dan Denpasar. Variabel dependen adalah gejala depresi sedangkan variabel independen adalah pengalaman *bullying*. Analisis dilakukan menggunakan regresi logistik sederhana dan regresi logistik berganda dengan mengontrol faktor sosiodemografi dan psikososial. **Hasil**: *Bullying* verbal merupakan bentuk bullying yang paling banyak dialami remaja (37,5%). Pada analisis bivariat, *bullying* verbal (OR=1,53; 95%CI:1,23–1,89) dan kombinasi *bullying* verbal dan fisik (OR=3,11; 95%CI:2,43–3,96) berhubungan dengan peluang melaporkan lebih banyak gejala depresi. Setelah penyesuaian dengan variabel lain, hubungan tersebut tidak lagi bermakna. Namun, ditemukan interaksi dengan jenis kelamin, di mana remaja perempuan yang mengalami kombinasi *bullying* verbal dan fisik memiliki peluang 3,12 kali lebih besar melaporkan lebih banyak gejala depresi dibandingkan remaja laki-laki. ACEs, status ekonomi, dan tempat tinggal juga berhubungan dengan jumlah gejala depresi yang dilaporkan. **Kesimpulan**: Hubungan antara pengalaman *bullying* dan jumlah gejala depresi yang dilaporkan dimodifikasi oleh jenis kelamin. Pencegahan *bullying* dan promosi kesehatan mental perlu mempertimbangkan faktor individu dan lingkungan, terutama pada remaja Perempuan.

Kata kunci: *Bullyin*g, GEAS, Gejala Depresi, Kesehatan Mental, Remaja Awal

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ABSTRACT

Background: Bullying is a common problem among adolescents and can negatively impact mental health, including increasing the risk of depressive symptoms. **Objective:** To analyze the relationship between bullying experiences and depressive symptoms in early adolescents using data from the 2018 Global Early Adolescent Study (GEAS) Indonesia. **Methods:** The study design was cross-sectional. The sample consisted of 2,998 adolescents aged 10-14 years in seventh grade of junior high schools in Bandar Lampung, Semarang, and Denpasar. The dependent variable was depressive symptoms, while the independent variable was bullying experiences. Analysis was conducted using simple logistic regression and multiple logistic regression, controlling for sociodemographic and psychosocial factors. **Results:** Verbal bullying was the most common type of bullying experienced by adolescents (37.5%). In the bivariate analysis, verbal bullying (OR = 1.53; 95% CI: 1.23–1.89) and combined verbal and physical bullying (OR = 3.11; 95% CI: 2.43–3.96) were associated with higher odds of reporting more depressive symptoms. After adjustment, these associations were no longer statistically significant. However, a significant interaction between bullying experience and sex was observed. Female adolescents who experienced both verbal and physical bullying had 3.12 times higher odds of reporting more depressive symptoms than their male counterparts. In addition, adverse childhood experiences (ACEs), socioeconomic status, and place of residence were independently associated with reported depressive symptoms. **Conclusion:** The association between bullying experience and reported depressive symptoms was modified by sex. Bullying prevention and mental health promotion strategies should consider both individual and environmental factors, with particular attention to female adolescents.

Keywords: Bullying, Depressive Symptoms, Early Adolescence, GEAS, Mental Health