

ABSTRAK

Latar Belakang: Salah satu gangguan mental yang paling lazim adalah depresi. Indonesia menempati urutan ke tiga jumlah kasus depresi terbanyak setelah India dan Bangladesh sedangkan kecacatan terbanyak Indonesia menempati urutan ke dua setelah India. Di Sleman sampai Bulan Juli 2017, dilaporkan 375 kasus depresi dan 30 diantaranya terjadi pada remaja. Dilaporkan satu kasus bunuh diri pada remaja usia 18 tahun. Penelitian ini bertujuan untuk mengetahui prevalensi depresi dan hubungan harga diri, dukungan sosial dan *bullying* dengan kejadian depresi pada remaja SMA.

Metode: Jenis penelitian menggunakan *observasional study* dengan rancangan *cross-sectional*. Populasi adalah semua remaja SMA di Kabupaten Sleman sebanyak 47 SMA (swasta dan negeri) dengan jumlah populasi adalah 13.128 siswa. Sampel penelitian adalah kelas 10, 11 dan 12. Jumlah sampel sebanyak 480 remaja. Variabel yang diukur adalah depresi, harga diri, dukungan sosial dan *bullying*. Depresi diukur menggunakan kuesioner *Beck Depression Inventory-II*, harga diri dengan *rosenberg Self Esteem scale*, dukungan sosial dengan *Multidimensional Scale of Perceived Sosial Support*, *Bullying* dengan *Olweus Bullying Questionnaire*. Analisis dengan univariat, bivariat dengan *chi-square* dan multivariat dengan uji regresi logistik.

Hasil: Prevalensi depresi pada remaja SMA sebanyak 38,75% yang dibagi dalam tiga klasifikasi yaitu 24,17% depresi ringan, 12,08% depresi sedang dan 2,50% depresi berat. Kejadian depresi pada remaja perempuan sebanyak 42,01% dan pada laki-laki 34,60%. Analisis multivariat dengan *uji poisson regression* menemukan bahwa ada hubungan antara harga diri rendah $p\ value = 0,00$ PR=2,25 (CI 95%=1,72-2,93), dukungan sosial rendah $p\ value = 0,00$ PR=1,58 (CI 95%=1,27-1,98), dan *bullying* $p\ value = 0,00$ PR=1,76 (CI 95%=1,27-2,42) dengan kejadian depresi.

Kesimpulan: Prevalensi depresi pada remaja di Kabupaten Sleman adalah 38,75%. Harga diri yang rendah, dukungan sosial yang rendah, dan *bullying* menjadi faktor yang berhubungan dengan kejadian depresi pada remaja SMA di Kabupaten Sleman. Perlunya peningkatan pembinaan kesehatan mental baik kepada guru, siswa dan orang tua siswa, perlunya kerjasama Dinas Kesehatan, Dinas Pendidikan dan sekolah dalam pembentukan program “**Sekolah Sehat Jiwa**”.

Kata Kunci: depresi remaja, prevalensi, harga diri, dukungan sosial, *bullying*

ABSTRACT

Research background: One of the most common mental disorders is depression. Indonesia is ranked the third country with the most cases of depression after India and Bangladesh and the second country with the most defects after India. Until July 2017, there were 375 cases of depression reported in Sleman, thirty of that occurred in teenagers. There was one suicidal case reported to occur in an 18-years-old teenager. This study aims to find out the prevalence of depression and the relationship between self-esteem, social supports, and bullying and depression on senior high students.

Research methods: This study applied an observational study method and cross-sectional design. The total population consisted of 13,128 senior high students gathered from 47 senior high schools (public and private) in Sleman. The research sample included all grades: tenth, eleventh, and twelfth and consisted of 480 teenagers in number. Variables measured were depression, self-esteem, social supports, and bullying. The variables were measured by employing the Beck depression inventory-II questionnaire, Rosenberg self-esteem scale, multidimensional scale of perceived social support, and Olweus bullying questionnaire respectively. The analysis was conducted by three methods: univariate analysis, bivariate analysis by chi-square, and multivariate analysis by using a logistic regression test.

Research findings: The prevalence of depression on senior high students occurred with the percentage of 38.75%. The depression was divided into three classifications: mild depression of 24.17%, moderate depression of 12.08%, and severe depression of 2.50%. Girls tended to have more depression than boys with the percentage of 42.01% and 34.60% respectively. Done by utilizing the poisson regression test, the multivariate analysis indicated there was a relationship between low self-esteem, p value = 0.00 PR = 2.25 (CI 95% = 1.72-2.93); low social supports, p value = 0.00 PR = 1.58 (CI 95% = 1.27-1.98); and bullying, p value = 0.00 PR = 1.76 (CI 95% = 1.27-2.42) and depression.

Conclusion: The prevalence of depression on senior high students in Sleman was 38.75%. Low self-esteem, low social supports, and bullying were factors associated to the depression. Hence, improvement of mental health guidance either for teachers or students and their parents and cooperation between the Public Health Office and Educational Board in the establishment of ‘*Sekolah Sehat Jiwa*’ program are strongly required.

Keywords: teen depression, prevalence, self-esteem, social support, *bullying*