

**KECERDASAN EMOSI DAN DEPRESI DENGAN *GRATITUDE* SEBAGAI
MEDIATOR PADA MAHASISWA *EMERGING ADULthood***

Amrina Husna Salimah & Sofia Retnowati

Fakultas Psikologi Universitas Gadjah Mada

ABSTRAK

Penelitian ini bertujuan untuk menguji secara empiris peran kecerdasan emosi terhadap depresi dengan gratitude sebagai variabel mediator pada mahasiswa usia emerging adulthood di Yogyakarta. Responden dalam penelitian ini ialah 206 mahasiswa aktif Universitas Gadjah Mada berusia 18-25 tahun yang terdaftar dalam program sarjana dan pascasarjana. Instrumen pengukuran yang digunakan adalah Beck Depression Inventory II, skala kecerdasan emosi, dan skala gratitude. Hasil analisis regresi mediasi menunjukkan bahwa gratitude terbukti menjadi mediator parsial antara kecerdasan emosi dan depresi dengan besar total effect - 0,494 ($p < 0,05$). Dalam menurunkan depresi, kecerdasan emosi berperan meningkatkan gratitude terlebih dahulu, sebelum menurunkan depresi. Hasil analisis tambahan berdasarkan data demografis menunjukkan terdapat perbedaan signifikan depresi dari segi jenis kelamin dan kluster fakultas, tidak ditemukan perbedaan signifikan berdasarkan jenjang pendidikan sarjana-pascasarjana dan asal daerah.

Kata kunci: kecerdasan emosi, gratitude, depresi, emerging adulthood, mahasiswa.

EMOTIONAL INTELLIGENCE AND DEPRESSION THROUGH
GRATITUDE AS MEDIATOR IN EMERGING ADULTHOOD
COLLEGE STUDENTS

Amrina Husna Salimah & Sofia Retnowati

Fakultas Psikologi Universitas Gadjah Mada

ABSTRACT

This study aimed to empirically examine the role of emotional intelligence on depression through gratitude as mediator in emerging adulthood age Yogyakarta's college students. The respondents were 206 active students from Universitas Gadjah Mada aged 18-25 who were registered in undergraduate and postgraduate program. The measuring instruments used are Beck Depression Inventory II, emotional intelligence scale, and gratitude scale. The results of mediation regression analysis showed that gratitude was proved to be a partial mediator between emotional intelligence and depression with total effect score - 0.449 ($p < 0.05$). In reducing depression, emotional intelligence plays a role in increasing gratitude first, before decreasing depression. The results of additional analysis based on demographic data showed that there were significant differences on depression in terms of gender and faculty clusters, no significant differences were found based on undergraduate-graduate education and regional origin.

Keywords: *emotional intelligence, gratitude, depression, emerging adulthood, college student.*