

PERAN DUKUNGAN SOSIAL ORANGTUA, GURU, DAN TEMAN TERHADAP KECENDERUNGAN DEPRESI PADA SISWA SMA DI YOGYAKARTA

Anita Vili Rosa Lingga & Sutarimah Ampuni

Fakultas Psikologi Univeristas Gadjah Mada

INTISARI

Penelitian ini bertujuan untuk menguji kontribusi dukungan sosial terhadap kecenderungan depresi pada siswa SMA di Yogyakarta. Hipotesis mayor pada penelitian ini adalah terdapat pengaruh negatif dukungan sosial terhadap kecenderungan depresi pada siswa. Alat ukur yang digunakan dalam penelitian ini adalah Skala *Patient Health Questionnaire* (PHQ-9) dan Skala *The Child and Adolescent Social Support Scale* (CASSS). Partisipan penelitian adalah 151 siswa Sekolah Menengah Atas di Yogyakarta. Analisis regresi sederhana menunjukkan bahwa dukungan sosial total memiliki kontribusi sebesar 5,6% terhadap kecenderungan depresi remaja ($\beta = -0,283$; $p < 0,05$). Analisis regresi berganda menunjukkan bahwa masing-masing dari tiga komponen dukungan sosial (orang tua, guru, dan teman-teman) tidak berkontribusi secara signifikan terhadap kecenderungan depresi ketika dimasukkan secara terpisah. Data menunjukkan 90% subjek terdeteksi memiliki gejala-gejala depresi.

Kata kunci: *depresi, dukungan sosial, remaja*

ROLE OF PARENT'S, TEACHER'S, AND FRIEND'S SOCIAL SUPPORTS ON DEPRESSION TENDENCY IN HIGH SCHOOL STUDENTS

Anita Vili Rosa Lingga & Sutarimah Ampuni

Faculty of Psychology Universitas Gadjah Mada

ABSTRACT

This research aimed to examine the contribution of social support in depression among high school students. It was hypothesized that social support provided by parents, teachers, and friends would negatively contribute to the tendency of depression. Patient Health Questionnaire (PHQ-9) and Child and Adolescent Social Support Scale (CASSS) were used to measure students' depression tendency and social support, respectively. Participants were 151 high school students in Yogyakarta (male = 41; female = 110). Simple linear regression showed that social support in aggregate showed significant negative contribution to depression tendency ($\beta = -0,283$; $p < 0,05$; $R^2 = 0,056$). Multiple linear regression, however, showed that each of the three components of social support (parent's, teacher's, and friend's) did not contribute significantly to depression tendency when entered separately. Data showed that 90% subjects indicated depressive syndroms.

Keywords: *depression, social support, adolescence*