

ABSTRACT

Adolescence is one phase that is prone to depression. Depression in adolescents can be influenced by family context, which is the high parental expressed emotions and the low emotion regulation of adolescent. Base on background these empirical evidence, this study aims to reveal the relationship between parental expressed emotion which is mothers and father's expressed emotion on adolescent's depression mediated by emotional regulation in adolescents. Measuring instruments used in this study are depression scales that have been standardized, the scale of adolescent perceptions compiled by researchers. Participants involved in this study were 212 adolescents with an age range of 15-18 years. Analysis of research data using simple mediation models with PROCESS. The results showed that there was a relationship between maternal expressed emotion and depression in adolescents being fully mediated by adolescent emotional regulation. There is also a relationship between the father's expressed emotion and the depression in adolescent partially mediated by adolescent emotional regulation.

Keywords : *Depression, Emotion Regulation, Parent's Expressed Emotion, Adolesccent*