



**Abstract.** Adolescence is a stage of development in life which is full of emotional turmoil, conflict, and stress, so it makes teenagers vulnerable to the depression symptoms. When teenagers with depression symptoms are not treated well, it brings the risk of suicidal ideation which even leads to suicide. This research aims to investigate and test the role of self-compassion to the depression symptoms in teenagers as mediated by emotion regulation—cognitive reappraisal. Participants in this research were 627 teenagers (N=627) with an age range of 15-18 years old, including 508 girls (81%) and 119 boys (19%). Mediation analysis using Process by Andrew F. Hayes, model 4, shows that emotion regulation—cognitive reappraisal ( $p=0.001$ ;  $p<0.05$ ) mediates the role of self-compassion to depression symptoms in teenagers. Emotion regulation—cognitive reappraisal serves as a partial mediator to the role of self-compassion relation to depression symptoms.

**Keywords:** *depression, emotion regulation, self-compassion*

**Abstrak.** Masa remaja merupakan salah satu tahapan perkembangan kehidupan yang penuh gejala emosi, konflik, dan stres, sehingga membuat remaja rentan mengalami gejala depresi. Jika remaja yang mengalami gejala depresi tidak tertangani dengan baik, maka berisiko pada munculnya ide bunuh diri bahkan berujung pada usaha bunuh diri. Penelitian ini bertujuan untuk mengetahui dan menguji peran *self-compassion* terhadap gejala depresi pada remaja dimediasi oleh regulasi emosi—*cognitive reappraisal*. Partisipan penelitian berjumlah 627 remaja (N=627) dengan rentang usia 15-18 tahun, terdiri dari 508 perempuan (81%) dan 119 laki-laki (19%). Analisis mediasi menggunakan *Process by Andrew F. Hayes* model 4 menunjukkan bahwa regulasi emosi—*cognitive reappraisal* ( $p=0.001$ ;  $p<0,05$ ) memediasi peran *self-compassion* terhadap gejala depresi pada remaja. Regulasi emosi—*cognitive reappraisal* berfungsi sebagai mediator parsial atas peran hubungan *self-compassion* terhadap munculnya gejala depresi.

**Kata Kunci:** *depresi, regulasi emosi, self-compassion*