



## **Depression Literacy, Religiosity, and Self-stigma of Depression among Psychology Students**

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### **Abstract**

Depression is the most common mental illness among university students, which also includes psychology students despite being expected to have more knowledge on depression. Having religion as a huge influential aspect of everyday life of Indonesians, religious belief might have an impact on someone with a high depression literacy such as psychology students in having stigma towards themselves. This research sought to investigate the relationship between depression literacy and self-stigma of depression as well as between religiosity and self-stigma of depression. A total of 155 Indonesian psychology students participated in this study. Data collected by completing depression literacy, religiosity, and self-stigma of depression scales. Using multiple linear regression analysis, the results indicates that there are no significant relationship between depression literacy and self-stigma of depression ( $R=.110$ ,  $p>.05$ ) whereas religiosity and self-stigma of depression shows a significant relationship ( $R=-.282$ ,  $p<.01$ ), which means that the higher someone's religiosity, the lower their self-stigma would be.

*Keywords:* depression literacy, religiosity, self-stigma of depression



## **Literasi Depresi, Religiositas, dan Stigma Diri terhadap Depresi pada Mahasiswa Psikologi**

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### **Abstrak**

Meskipun diasumsikan untuk memiliki literasi depresi tinggi, mahasiswa psikologi tidak luput dari stigma terhadap depresi yang ada di kehidupan sosial sehari-hari. Keyakinan agama sebagai aspek yang kental dengan masyarakat Indonesia dapat berdampak pada dinamika mahasiswa psikologi dalam memiliki stigma terhadap dirinya sendiri. Penelitian ini bertujuan untuk mengetahui hubungan antara literasi depresi dan stigma diri terhadap depresi serta antara religiusitas dan stigma diri terhadap depresi. Sebanyak 155 mahasiswa psikologi mengikuti studi ini. Pengumpulan data dilakukan dengan melengkapi skala literasi depresi, religiusitas, dan stigma diri terhadap depresi. Hasil analisis regresi linier berganda menunjukkan bahwa tidak ada hubungan signifikan antara literasi depresi dengan stigma diri terhadap depresi ( $R = .110, p > .05$ ). Religiusitas dan stigma diri terhadap depresi menunjukkan hubungan yang signifikan ( $R = -.282, p < .01$ ), yang berarti semakin tinggi religiusitas seseorang maka semakin rendah stigma diri terhadap depresinya.

*Kata kunci:* literasi depresi, religiusitas, stigma diri terhadap depresi