

## THE ROLE OF EMPLOYMENT STATUS AND EDUCATIONAL ATTAINMENT TOWARDS DEPRESSION AMONG WORKERS IN INDONESIA

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**Abstract.** According to WHO, depression has been predicted to be the world's most common mental disorder as well as a significant contributor to global burden with an increase case of 18% in the past 10 years worldwide. Employees or workers have a high prevalence of depression. This study aims to determine the difference of depression tendency among workers in Indonesia based on their employment status and the educational attainment, also to see the interaction between employment status and educational attainment. Using data from the fifth wave of Indonesia Family Life Survey (IFLS-5), 9,210 participants between 15-64 years old were included in this cross-sectional study. CES-D-10 scale was used to measure depression tendency. The findings show that there is a significant difference of depression tendency among different types of employment status. Employment status can significantly predict depression tendency by 12%. Further, private workers are found to be the most prevalent group to experience depression while government workers have the lowest prevalence of depression. It is also found that there is a significant difference of depression among educational attainment levels. Educational attainment can significantly predict depression tendency by 2%. The lowest level of educational attainment, primary education, is found to have the highest risk of depression meanwhile bachelor's degree has the lowest prevalence of depression. However, no significant interaction was found between employment status and educational attainment.

Keywords: depression, employment status, educational attainment, workers, employees

**Abstrak.** Menurut WHO, depresi diprediksi sebagai gangguan jiwa paling umum di dunia sekaligus menjadi penyumbang beban global yang signifikan dengan peningkatan kasus sebesar 18% dalam 10 tahun terakhir di dunia. Kelompok pekerja memiliki prevalensi untuk mengalami depresi. Penelitian ini bertujuan untuk mengetahui perbedaan tendensi depresi pada pekerja di Indonesia berdasarkan status kepegawaian dan tingkat pendidikan akhir yang ditempuh, serta untuk melihat interaksi antara status kepegawaian dan tingkat pendidikan. Dengan menggunakan data *Indonesia Family Life Survey* gelombang kelima (IFLS-5), 9,210 partisipan berusia 15-64 tahun diikutsertakan dalam penelitian ini. Skala CES-D-10 digunakan untuk mengukur depresi. Hasil penelitian menunjukkan bahwa terdapat perbedaan tingkat depresi yang signifikan di antara jenis status kepegawaian. Status kepegawaian secara signifikan memprediksi tendensi depresi sebesar 12%. Lebih lanjut, pekerja swasta ditemukan sebagai kelompok yang paling rentan mengalami depresi sedangkan pekerja pemerintah memiliki prevalensi depresi terendah. Ditemukan juga bahwa terdapat perbedaan depresi yang signifikan di antara tingkat pencapaian pendidikan. Tingkat



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pendidikan secara signifikan dapat memprediksi tendensi depresi sebesar 2% dimana tingkat pendidikan terendah yakni pendidikan dasar memiliki prevalensi depresi tertinggi, sedangkan sarjana memiliki prevalensi depresi paling rendah. Namun, tidak ditemukan interaksi yang signifikan antara status kepegawaian dan pencapaian pendidikan.

Kata kunci: depresi, status kepegawaian, tingkat pencapaian pendidikan, pekerja, pegawai