

ABSTRAK

Latar Belakang: Remaja adalah zona peralihan dari masa kanak-kanak ke masa dewasa dimana terdapat banyak perubahan yang dapat meningkatkan kerentanan mengalami depresi. Depresi pada remaja dipengaruhi oleh berbagai faktor, salah satunya adalah status pernikahan orang tua. Selain itu, remaja yang bersekolah di *boarding school* memiliki kecenderungan lebih untuk mengalami depresi dibandingkan yang bersekolah di sekolah reguler. Dampak depresi dapat mengarah pada penggunaan alkohol dan obat-obatan terlarang, bahkan hingga tindakan bunuh diri.

Tujuan: Penelitian ini bertujuan untuk mengetahui ada tidaknya perbedaan hubungan antara status pernikahan orang tua dengan kecenderungan depresi pada siswa *boarding school* tahun pertama di Sekolah Menengah Pertama Islam Terpadu (SMPIT) Ihsanul Fikri Mungkid Kabupaten Magelang tahun ajaran 2018/2019.

Metode: Penelitian *cross sectional* menggunakan metode deskriptif analitik. Pengambilan sampel secara *whole sampling* pada siswa *boarding school* tahun pertama di (SMPIT) Ihsanul Fikri Mungkid yang bersedia berpartisipasi dalam penelitian. Siswa yang tidak tinggal bersama ibu kandung sebelum sekolah, memiliki data yang tidak lengkap atau tidak hadir pada saat penelitian, dieksklusikan dari penelitian ini. Alat penelitian yakni *CDI (Child Depression Inventory)*. Teknik analisis statistik univariat dengan analisis deskriptif dan analisis bivariat dengan uji *Chi Square*.

Hasil: Sebanyak 49,28% subyek memiliki kecenderungan depresi dan sebesar 5,26% subyek memiliki orang tua dengan status pernikahan tidak utuh. Analisis bivariat antara kecenderungan depresi dan status pernikahan orang tua menunjukkan perbedaan tidak bermakna secara statistik dimana subyek yang memiliki status pernikahan orang tua utuh memiliki kecenderungan depresi lebih dibandingkan subyek dengan status tidak utuh. Penelitian ini menemukan bahwa hanya jenis kelamin yang memiliki perbedaan bermakna secara statistik dimana subyek perempuan lebih memiliki kecenderungan untuk depresi.

Kesimpulan: Tidak terdapat perbedaan bermakna secara statistik antara kecenderungan depresi siswa dengan orang tua berstatus pernikahan utuh dan tidak utuh pada siswa kelas VII tahun pertama SMPIT Ihsanul Fikri Mungkid Kabupaten Magelang tahun ajaran 2018/2019. Kecenderungan depresi ditemukan lebih banyak pada subyek penelitian dengan status pernikahan orang tua utuh.

Kata Kunci: *Boarding school*, depresi, status pernikahan.

ABSTRACT

Background: Adolescent is a transition zone from childhood to adulthood. Youth encounter many changes which can increase their vulnerability to experience depression. Depression in adolescents is influenced by various factors, one of which is marital status of the parents. Moreover, adolescents who attend boarding schools are more likely to experience depression than adolescents who attend regular schools. The effects of depression can lead to alcohol and drugs abuse, in severe case, even lead to suicide.

Objective: This study was conducted to determine if there was any different relationship between marital status of parents and the tendency of depression in first year boarding school students at the Ihsanul Fikri Mungkid Islamic Junior High School (SMPIT Ihsanul Fikri Mungkid), Magelang, 2018/2019 academic year.

Methods: This cross-sectional study used descriptive analytic method. Sampling was taken by whole sampling on the first year boarding school students at Ihsanul Fikri Mungkid who were willing to participate in the research. Students who did not live with their biological mother before attending boarding school, incomplete data or were absent at the time of the study were excluded from this study. CDI (Child Depression Inventory) was used as research tool. Univariate statistical analysis techniques using descriptive analysis and bivariate analysis using Chi Square test.

Results: As many as 49.28% of subjects tended to be depressed and 5.26% of subjects had divorced parents, single parents or were orphans. The bivariate analysis between the tendency of depression and the marital status of parents showed statistically insignificant differences where subjects who had intact parents' marital status had more tendency to be depressed compared to subjects who had divorced parents, single parents or were orphans. This study also found that gender made the only statistically significant where girl were more likely to have tendency to be depressed.

Conclusion: Statistically, there was no significant difference between the tendency of students' depression and their parents' marital status in the first year 7th grade students of SMPIT Ihsanul Fikri Mungkid, Magelang, 2018/2019 academic year. Tendency of depression was found more in subject with intact parents' martial status.

Keywords: Boarding school, depression, marital status.