

KEMATANGAN EMOSI, *PROBLEM-FOCUSED COPING*, *EMOTION-FOCUSED COPING*, DAN KECENDERUNGAN DEPRESI PADA MAHASISWA TAHUN PERTAMA

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INTISARI

Penelitian ini bertujuan untuk mengetahui peran kematangan emosi, *problem-focused coping*, dan *emotion-focused coping* terhadap kecenderungan depresi pada mahasiswa tahun pertama. Hipotesis penelitian ini adalah “kematangan emosi, *problem-focused coping*, dan *emotion-focused coping* berkorelasi dengan kecenderungan depresi pada mahasiswa tahun pertama”. Alat ukur yang digunakan dalam penelitian ini adalah Beck Depression Inventory-II (BDI-II), Skala Kematangan Emosi, dan Skala Koping. Partisipan penelitian merupakan 214 mahasiswa tahun pertama di Daerah Istimewa Yogyakarta. Analisis regresi berganda menunjukkan bahwa kematangan emosi dan *emotion-focused coping* berperan sebesar 19% pada depresi mahasiswa tahun pertama ($R^2 = 0,19$; $p < 0,05$). Kematangan emosi terbukti berkorelasi negatif dengan kecenderungan depresi ($t = -6,026$; $p < 0,05$), sedangkan *emotion-focused coping* berkorelasi positif dengan kecenderungan depresi ($t = 2,265$; $p < 0,05$) pada mahasiswa tahun pertama. Ini menunjukkan bahwa kematangan emosi yang rendah berkorelasi pada peningkatan depresi, sedangkan *emotion-focused coping* rendah dapat menurunkan kecenderungan depresi pada mahasiswa tahun pertama. Hasil penelitian menemukan bahwa *problem-focused coping* tidak berkorelasi dengan kecenderungan depresi pada mahasiswa tahun pertama ($t = -0,557$; $p > 0,05$).

Kata kunci: depresi, kematangan emosi, *problem-focused coping*, *emotion-focused coping*, mahasiswa tahun pertama, Yogyakarta

EMOTIONAL MATURITY, PROBLEM-FOCUSED COPING, EMOTION-FOCUSED COPING, AND DEPRESSION AMONG FIRST YEAR COLLEGE STUDENTS

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ABSTRACT

This research aimed to examine the correlation between emotional maturity, problem-focused coping, and emotion-focused coping in depression among first year college students. It was hypothesized that emotional maturity, problem-focused coping, and emotion-focused coping correlate with the tendency of depression among first year college students. The Beck Depression Inventory-II (BDI-II), the Emotional Maturity Scale, and the Koping Scale were used to measure first year college students' depression tendency, emotional maturity, problem-focused coping, and emotion-focused coping respectively. Participants were 214 college students in Yogyakarta (male=66; female=148). Multiple regression analysis showed that emotional maturity and emotion-focused coping contribute significantly to first year college students' depression with 19% contribution ($R^2 = 0,19$; $p < 0,05$). Emotional maturity negatively correlated with depression tendency ($t = -6,026$; $p < 0,05$), while emotion-focused coping positively correlated with first year college students' depression tendency ($t = 2,265$; $p < 0,05$). It was concluded that lower emotional maturity were associated with higher depression and lower emotion-focused coping were associated with lower depression among first year college students. Result showed that problem-focused coping has no significant relationship with depression tendency ($t = -0,557$; $p > 0,05$).

Keywords: *depression, emotional maturity, problem-focused coping, emotion-focused coping, first year college students, Yogyakarta*