

Abstrak

Penelitian ini bertujuan untuk mengetahui pengaruh *self-compassion* terhadap depresi dengan *family functioning* sebagai variabel moderator pada *emerging adult* pengguna Instagram. Metode penelitian ini menggunakan metode kuantitatif dengan pendekatan kausalitas. Teknik sampling menggunakan *convenience sampling* dengan total subjek 167 orang pengguna Instagram berusia 18-25 tahun. Pengumpulan data menggunakan Skala Welas Diri (SWD), *Beck Depression Inventory-II* (BDI-II), dan *Family Assessment Device* (FAD). Teknik analisis data menggunakan analisis regresi berganda dengan *moderated regression analysis* (MRA) dan ditunjang oleh uji *PROCESS by Hayes*. Hasil penelitian ini menunjukkan bahwa *self-compassion* berpengaruh secara negatif terhadap depresi dengan koefisien determinasi sebesar 43,4% dan *family functioning* dapat memoderasi dalam pengaruh *self-compassion* terhadap depresi dengan koefisien determinasi sebesar 52,2% pada *emerging adult* pengguna Instagram. Disarankan untuk meningkatkan *self-compassion* dan *family functioning* guna mencegah depresi pada *emerging adult* pengguna Instagram.

Kata Kunci: *depresi, self-compassion, family functioning, emerging adult, pengguna instagram*

Abstract

This study aims to determine the effect of self-compassion on depression with family functioning as a moderator variable in emerging adult Instagram users. This research method uses a quantitative method with a causality approach. The sampling technique uses convenience sampling with a total of 167 Instagram users aged 18-25 years. Data collection uses Skala Welas Diri (SWD), Beck Depression Inventory-II (BDI-II), and Family Assessment Device (FAD). The data analysis technique uses multiple regression analysis with moderated regression analysis (MRA) and is supported by the PROCESS by Hayes test. The results of this study indicate that self-compassion has a negative effect on depression with a determination coefficient of 43.4% and family functioning can moderate the effect of self-compassion on depression with a determination coefficient of 52.2% in emerging adult Instagram users. It is recommended to increase self-compassion and family functioning in order to prevent depression in emerging adult Instagram users.

Keywords: *depression, self-compassion, family functioning, emerging adult, instagram users*