

SKRIPSI

**HUBUNGAN ADVERSE CHILDHOOD EXPERIENCES (ACEs) DENGAN
KECENDERUNGAN KEJADIAN DEPRESI PADA REMAJA DI SMAN 4
KOTA PADANG TAHUN 2024**

Penelitian Keperawatan Jiwa



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ABSTRAK

Hubungan *Adverse Childhood Experiences* (ACEs) dengan Kecenderungan Kejadian Depresi pada Remaja di SMAN 4 Kota Padang Tahun 2024

Kejadian depresi pada remaja mengalami peningkatan setiap tahunnya, termasuk juga di Indonesia. Salah satu faktor penyebab terjadinya depresi adalah pengalaman buruk masa kecil atau disebut *Adverse Childhood Experiences* (ACEs). Penelitian ini bertujuan untuk menganalisis hubungan *Adverse Childhood Experiences* (ACEs) dengan kecenderungan kejadian depresi pada remaja di SMAN 4 Padang. Jenis penelitian kuantitatif menggunakan desain *cross-sectional*. Sampel penelitian ini siswa kelas X, XI dan XII sebanyak 290 responden dengan menggunakan teknik *proporsional random sampling*. Pengambilan data dilakukan pada bulan September 2024. Instrumen yang digunakan *Adverse Childhood Experiences Questionnere* (ACE-Q) dan *Beck Depression Inventory-II* (BDI-II). Data dianalisis menggunakan *chi-square*. Hasil penelitian didapatkan 51,0% remaja mengalami ACEs, 36% mengalami gejala depresi ringan, 14,5% mengalami gejala depresi sedang, dan 4,1% mengalami gejala depresi berat. Diketahui adanya hubungan yang signifikan antara ACEs dengan kecenderungan kejadian depresi pada remaja dengan *p-value* <0,05. Diharapkan pihak sekolah melaksanakan program *Technical Packages* sebagai Upaya pencegahan dampak ACEs serta bekerja sama dengan pelayanan kesehatan untuk melakukan sosialisasi kesehatan mental.

Kata kunci : *Adverse Childhood Experiences*, Depresi, Remaja

Daftar Isi : 50 (2013-2024)

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ABSTRACT

The Relationship between Adverse Childhood Experiences (ACEs) and the Tendency to Depression in Adolescents at SMAN 4 Padang in 2024

The incidence of depression in adolescents is increasing every year, including in Indonesia. One of the factors that cause depression is bad childhood experiences or called Adverse Childhood Experiences (ACEs). This study aims to analyze the relationship between Adverse Childhood Experiences (ACEs) and the tendency of depression in adolescents in SMAN 4 Padang. This type of quantitative research uses a cross-sectional design. The sample of this study was 290 students in grades X, XI and XII using the proportional random sampling technique. Data collection was carried out in September 2024. The instruments used were the Adverse Childhood Experiences Questionnaire (ACE-Q) and the Beck Depression Inventory-II (BDI-II). The data was analyzed using chi-square. The results of the study were obtained that 51.0% of adolescents experienced ACEs, 36% experienced mild depressive symptoms, 14.5% experienced moderate depressive symptoms, and 4.1% experienced severe depressive symptoms. It is known that there is a significant relationship between ACEs and the tendency to depression in adolescents with a p-value of <0.05 . It is hoped that the school will carry out the Technical Packages program in an effort to prevent the impact of ACEs and collaborate with health services to socialize mental health.

Keywords : Adverse Childhood Experiences, Depression, Adolescents

References : 50 (2013-2024)