

ABSTRAK

krusial yang berdampak signifikan pada kesehatan mental korban. Data Kementerian Pemberdayaan Perempuan dan Perlindungan Anak (KemenPPPA) tahun 2025 menunjukkan 5.514 kasus kekerasan, di mana 81,0% menimpa perempuan, dengan pacar atau teman sebagai pelaku tertinggi (875 kasus). Penelitian ini bertujuan untuk mengetahui pengaruh *learned helplessness* terhadap depresi pada perempuan korban KDP. Penelitian menggunakan pendekatan kuantitatif dengan melibatkan 200 responden perempuan berusia 18-25 tahun di Indonesia. Pengambilan sampel dilakukan dengan metode *non-probability sampling* jenis *purposive sampling*, dengan kriteria responden meliputi perempuan yang telah berpacaran minimal 6 bulan dan mengalami kekerasan dalam 6-12 bulan terakhir. Data dikumpulkan melalui kuesioner daring yang disebar menggunakan *platform Google Forms* untuk memastikan anonimitas dan kemudahan akses partisipan. Alat ukur yang digunakan adalah *Learned Helplessness Scale* (LHS) dan *Beck Depression Inventory-II* (BDI-II). Uji analisis data dilakukan menggunakan regresi linear sederhana dengan bantuan *software Statistical Package for the Social Sciences* (SPSS) versi 26. Hasil penelitian menunjukkan $R^2 = 0,819$, yang berarti 81,9% variasi depresi dapat dijelaskan oleh *learned helplessness*. Koefisien regresi beta (β) = 0,699 dengan nilai signifikansi (p) = 0,000 ($< 0,05$) menunjukkan pengaruh positif dan signifikan. Ini mengindikasikan bahwa semakin tinggi *learned helplessness*, semakin tinggi pula tingkat depresi pada korban KDP. Implikasi penelitian ini menegaskan *learned helplessness* sebagai prediktor kuat depresi pada perempuan korban KDP, memberikan dasar penting untuk pengembangan intervensi yang berfokus pada pemulihan rasa berdaya dan kontrol diri korban.

Kata Kunci: *Learned Helplessness*, Depresi, Kekerasan dalam Pacaran, Perempuan Dewasa Awal.

ABSTRACT

Dating violence (KDP) among young adults is a crucial issue that significantly impacts victims' mental health. Data from the Ministry of Women's Empowerment and Child Protection (KemenPPPA) in 2025 shows 5,514 cases of violence, with 81.0% affecting women. Boyfriends or friends were the most frequent perpetrators (875 cases). This study aims to determine the effect of learned helplessness on depression in female victims of dating violence. The research used a quantitative approach involving 200 female respondents aged 18-25 in Indonesia. Sampling was done using a non-probability sampling method, specifically purposive sampling. The criteria for respondents included women who had been in a relationship for at least six months and had experienced violence in the last 6-12 months. Data was collected through online questionnaires distributed via Google Forms to ensure participant anonymity and ease of access. The measurement tools used were the Learned Helplessness Scale (LHS) and the Beck Depression Inventory-II (BDI-II). Data analysis was conducted using simple linear regression with the help of Statistical Package for the Social Sciences (SPSS) version 26. The results showed an R^2 of 0.819, meaning that 81.9% of the variation in depression could be explained by learned helplessness. The regression coefficient beta (β) was 0.699 with a significance value (p) of 0.000 (<0.05), indicating a positive and significant effect. This suggests that the higher the level of learned helplessness, the higher the level of depression in victims of dating violence. The implications of this study confirm that learned helplessness is a strong predictor of depression in female victims of dating violence, providing a crucial basis for developing interventions focused on restoring a sense of empowerment and self-control in victims.

Keywords: *Learned Helplessness, Depression, Dating Violence, Early Adult Women.*