

ABSTRAK

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HUBUNGAN ANTARA PERILAKU KONSUMSI PORNOGRAFI DENGAN GEJALA DEPRESI PADA KOMUNITAS USIA DEWASA AWAL DI KABUPATEN TANGERANG

Latar belakang : Berdasarkan survei yang dilakukan oleh Kementerian Pemberdayaan Perempuan dan Perlindungan Anak (Kemen PPPA 2021) dan Survei Nasional Pengalaman Hidup Anak dan Remaja (SNPHAR), 66,6% anak laki-laki dan 62,3% anak perempuan di Indonesia telah mengonsumsi konten pornografi melalui media sosial. Penelitian sebelumnya oleh Chua Jing Yi (2022) mengungkapkan bahwa konsumsi pornografi berkorelasi positif dan signifikan dengan gejala depresi. Walaupun telah dilaporkan mengenai hubungan antara perilaku konsumsi pornografi dan gejala depresi dengan menggunakan berbagai kuesioner dan sampel yang berbeda, namun pada penelitian ini dicari hubungan antara perilaku konsumsi pornografi dengan gejala depresi pada komunitas usia dewasa awal di Kabupaten Tangerang.

Tujuan Penelitian : Penelitian ini dilakukan untuk mengetahui hubungan antara perilaku konsumsi pornografi yang diukur dengan *Problematic Pornography Consumption Scale* (PPCS) dengan gejala depresi yang diukur menggunakan *Patient Health Questionnaire-9* (PHQ-9) pada komunitas usia dewasa awal di Kabupaten Tangerang.

Metode Penelitian : Penelitian ini menggunakan studi *cross sectional* atau potong lintang dengan studi analitik kategorik tidak berpasangan yang dilakukan secara daring pada bulan Agustus 2024 sampai dengan September 2024 pada komunitas usia dewasa awal di Kabupaten Tangerang. Penelitian ini dilakukan dengan menggunakan kuesioner *Problematic Pornography Consumption Scale* (PPCS) dan *Patient Health Questionnaire-9* (PHQ-9). Jumlah sampel dalam penelitian ini sebanyak 68 orang. Hasil penelitian ini diolah menggunakan

program *Statistic Package for the Social Science-25* (SPSS-25) yang kemudian diuji statistiknya dengan metode *Chi-square*.

Hasil Penelitian : Dari 68 responden didapatkan bahwa hubungan antara perilaku konsumsi pornografi dengan gejala depresi pada komunitas usia dewasa awal di Kabupaten Tangerang tidak signifikan secara statistik ($p = 0,532$).

Kesimpulan : Perilaku konsumsi pornografi dengan gejala depresi tidak berhubungan signifikan.

Kata Kunci: Perilaku konsumsi pornografi, Gejala depresi, *Problematic Pornography Consumption Scale* (PPCS), *Patient Health Questionnaire-9* (PHQ-9).

Referensi : 42

ABSTRACT

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THE RELATIONSHIP BETWEEN PORNOGRAPHY CONSUMPTION BEHAVIOR AND DEPRESSIVE SYMPTOMS IN THE EARLY ADULT COMMUNITY IN TANGERANG DISTRICT

Background: Based on a survey conducted by the Ministry of Women's Empowerment and Child Protection (Kemen PPPA 2021) and the National Survey of Life Experiences of Children and Adolescents (SNPHAR), 66.6% of boys and 62.3% of girls in Indonesia have consumed pornographic content through social media. Previous research by Chua Jing Yi (2022) revealed that pornography consumption was positively and significantly correlated with depressive symptoms. Although the relationship between pornography consumption behavior and depressive symptoms has been reported using various questionnaires and different samples, this study look for the relationship between pornography consumption behavior and depressive symptoms in the early adult community in Tangerang Regency.

Objective: This study was conducted to determine the relationship between pornography consumption behavior as measured by the Problematic Pornography Consumption Scale (PPCS) and depressive symptoms as measured by the Patient Health Questionnaire-9 (PHQ-9) in the early adult community in Tangerang Regency.

Methods: This research uses a cross-sectional study with an unpaired categorical analytic study conducted online from January 2024 to April 2024 in the early adult community in Tangerang Regency. This study be conducted using the Problematic Pornography Consumption Scale (PPCS) and Patient Health Questionnaire-9 (PHQ-9) questionnaires. The number of samples in this study was 68 people. The results of this study be processed using the Statistical Package for the Social

Science-25 (SPSS-25) program which then be statistically tested using the Chisquare method.

Result : *From 68 respondents, it was found that the relationship between pornography consumption behavior and depressive symptoms in the early adult community in Tangerang Regency was not statistically significant ($p = 0.532$).*

Conclusion : *It was found that pornography consumption behavior and depressive symptoms were not significantly related.*

Keywords: *Pornography consumption behavior, Depressive Symptoms, Problematic Pornography Consumption Scale (PPCS), Patient Health Questionnaire-9 (PHQ-9).*

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