

”Makro” Program: A Way to Minimize Depressive Symptoms in Teenagers

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Depression is one among many other psychological problems found among teenagers. The objective of this research is to measure the effect of the “Makro” (*Membangun Adaptasi dan Kompetensi Remaja Berisiko*) – Building Reckless Youths’ Adaptation and Competencies Program in reducing depression symptoms. Subjects were high school students ($N = 28$), aged 15-16 years, divided into 14 students as experiment group and the other 14 students as control group. Intervention in the form of MAKRO program consists of three components: reasoning management, stress management, and social skills. The measurement of the depression level during pre-test, post-test, and follow-up was conducted using the Beck Depression Inventory (BDI). Results were analyzed using Anova mixed models. It show a significant difference between control and experiment groups ($p < .05$). Based on the analysis of the results, MAKRO program is able to reduce the depression symptoms with 30.2% effective contribution after a 5-week follow-up measurement after treatment.

Keywords: teenagers, MAKRO program, depression

Depresi merupakan gangguan psikologis yang banyak terjadi pada remaja. Penelitian ini bertujuan untuk mengetahui pengaruh program Membangun Adaptasi dan Kompetensi Remaja Berisiko (MAKRO) dalam menurunkan gejala depresi. Subjek adalah siswa SMA ($N=28$) berusia 15-16 tahun, yang terbagi dalam 14 siswa kelompok eksperimen dan 14 siswa kelompok kontrol. Intervensi berupa pelatihan MAKRO terdiri atas 3 komponen materi yaitu manajemen pikiran, manajemen stres dan keterampilan sosial. Pengukuran tingkat depresi pada *pre-test*, *post-test* dan *follow-up* dilakukan dengan *Beck Depression Inventory* (BDI). Hasil penelitian dianalisis dengan *anova mixed models* (anava campuran). Hasil penelitian menunjukkan bahwa ada perbedaan yang signifikan antara kelompok kontrol dan kelompok eksperimen ($p < .05$). Berdasarkan hasil analisis tersebut program MAKRO dapat menurunkan gejala depresi dengan sumbangan efektif 30,2% pada pengukuran *follow-up* 5 minggu setelah perlakuan.

Kata kunci: remaja, program MAKRO, depresi

Teenagers are considered as future assets of a country. Therefore, teenagers growing in a conducive environment are invaluable human resource assets. Experiences during teenagehood plays a very important role in the development of individuals. Both success and dissatisfaction during the teenagehood will affect an individual's life quality in the future. Thus, it is recommended that a real effort is taken to straighten the path for youths who are qualified and capable of dealing with life challenges. Teenagehood is a transition period from childhood to adulthood, marked by several changes in several aspects, as physical, psychological, and social ones. Body shapes,

hormonal and sexual organ changes are the early signs of puberty. Those physical changes significantly impact on the development of a youth's psychological aspects. Teenagehood is better known as storm and stress period – a difficult and stressful period filled with emotional tension as an impact of hormonal and physical changes. Three difficult aspects underlying this difficult moment are conflicts with parents, emotional conflict, and reckless behaviors emergence (Arnett, 1999). These conditions worsen youth's behaviors in social life. In this period, teenagers begin to show a totally different social intentions and behaviors towards parents, friends, different sexes, and community. In this transition period, teenagers do not really have clearly defined statuses or roles. This, oftentimes, spurs confusions among the teenagers themselves (Hurlock, 2004).

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