

Does Internalizing Disorders Predict a Decline in Friendship Quality? The Negative Impacts of Depression and Anxiety on Friendship Quality

[Apakah Permasalahan Internalisasi Memprediksi Penurunan Kualitas Persahabatan? Dampak Buruk Depresi dan Kecemasan terhadap Kualitas Persahabatan]

Banyu Wicaksono, Rita Eka Izzaty, & Yulia Ayriza
Fakultas Ilmu Pendidikan
Universitas Negeri Yogyakarta

Fonny Dameaty Hutagalung
Department of Educational Psychology and Counseling, Faculty of Education
Universiti Malaya

Friendship is one of the forms of interpersonal relationship which may be experienced by people at some point in their lives. Friendships play larger roles when people move into adolescence, when peers begin to play larger roles. However, studies concerning friendship tend greatly to be focused upon mental health benefits for adolescents and their role as factors protective against mental health problems, predominantly internalizing disorders. Nonetheless, several of the latest pieces of research indicate that friendship does not always provide protection against internalizing disorders. Experts in the field of developmental psychopathology have recommended looking at the connection between friendships and internalizing disorders from a different viewpoint. Not just viewing friendships as protection against internalizing disorders, there are guidelines asking about the effects of internalizing disorders influencing friendships. This study attempted to delve deeper into whether the internalizing disorders such as depression and anxiety, regarding two indexes of the features of friendship (features of positive friendship and features of negative friendship), with non-clinical adolescents in the South East Asian context, involving 400 Indonesian participants (84% female adolescents; 16% male adolescents; $M_{age} = 16.04$) and 269 Malaysian participants (73% female adolescents; 27% male adolescents; $M_{age} = 15.86$). The results of hierarchical linear regression analysis indicated that the increase in depression rates predicted lower levels of features of positive friendships and higher levels of features of negative friendship. Meanwhile, an increase in anxiety predicted higher levels of features of negative friendship. Besides this, there were no significant results from regression analysis regarding anxiety and features of positive friendship. Additional findings and practical implications are discussed comprehensively.

Keywords: internalizing disorders, depression, anxiety, friendship quality, adolescents

Persahabatan merupakan salah satu bentuk relasi interpersonal yang akan dialami seseorang pada satu titik dalam kehidupannya. Persahabatan mengambil peran yang lebih besar ketika individu beranjak ke masa remaja, ketika teman sebaya mulai mengambil peran yang lebih besar. Hanya saja, studi tentang persahabatan cenderung banyak difokuskan pada manfaatnya bagi kesehatan mental remaja serta perannya sebagai faktor protektif terhadap masalah kesehatan mental, terutama masalah internalisasi. Namun, beberapa penelitian terkini menunjukkan bahwa persahabatan tidak selalu memberikan proteksi terhadap masalah internalisasi. Ahli-ahli psikopatologi perkembangan sebenarnya sudah memberi saran untuk melihat hubungan antara persahabatan dan permasalahan internalisasi dari sudut pandang yang berbeda. Alih-alih melihat persahabatan sebagai pelindung dari permasalahan internalisasi, ada arahan untuk bertanya apa efek masalah internalisasi mempengaruhi persahabatan. Studi ini mencoba untuk mendalami lebih jauh mengenai peran masalah internalisasi seperti depresi dan kecemasan kepada dua indeks fitur persahabatan (fitur persahabatan positif dan fitur persahabatan negatif) pada remaja non klinis dalam konteks Asia Tenggara, dengan melibatkan 400 partisipan Indonesia (84%

remaja perempuan; 16% remaja laki-laki; $M_{usia} = 16,04$) dan 269 peserta Malaysia (73% remaja perempuan; 27% remaja laki-laki; $M_{usia} = 15,86$). Hasil analisis *hierarchical linear regression* menunjukkan bahwa naiknya depresi memprediksi fitur persahabatan positif yang lebih rendah dan memprediksi fitur persahabatan negatif yang lebih tinggi. Sedangkan naiknya kecemasan memprediksi fitur persahabatan negatif yang lebih tinggi. Selain itu, tidak ditemukan hasil yang signifikan pada hasil analisis regresi untuk kecemasan dan fitur persahabatan positif. Temuan tambahan dan implikasi praktis didiskusikan secara komprehensif.

Kata kunci: masalah internalisasi, depresi, kecemasan, kualitas persahabatan, remaja

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Correspondence concerning this article should be addressed to: | Korespondensi sehubungan dengan artikel ini ditujukan pada:
Banyu Wicaksono, Fakultas Ilmu Pendidikan, Universitas Negeri Yogyakarta, Jl. Colombo Yogyakarta No. 1, Karang Malang, Caturtunggal, Kecamatan Depok, Kabupaten Sleman, Daerah Istimewa Yogyakarta 55281, Indonesia. E-Mail: banyuwicaksono@uny.ac.id

Friendship is one of the topics frequently discussed in studies concerning interpersonal relationships, particularly in the context of adolescence, when peers begin to play more significant roles in the lives of individuals (Collins & Steinberg, 2006; Brown & Klute, 2003; Hartup & Stevens, 1997). Results from a number of studies have indicated that friendship is a source of the feeling of togetherness and support (Rubin et al., 2006), is the place to train social abilities (Santrock, 2012), and is related to improvements in academic achievement and a number of other adaptive abilities (Gallardo et al., 2016; Košir & Tement, 2014; Lee, 2012). Furthermore, the results of a number of previous pieces of research have also indicated the existence of differences in the features of friendship, between those of males and of females, wherein females tend to show higher levels of the positive friendship compared to the levels shown by males (Biggs et al., 2012; Kouwenberg et al., 2013; Xu et al., 2020).

Most research into friendship is focused upon the benefits of friendship relations themselves for adolescent mental health, particularly in the matter of the internalizing disorders (Havewala et al., 2019; Newman et al., 2007). However, studies of the role of friendship relations as protective factors still provide various results. A number of pieces of research indicate the existence of negative relationships between friendship and the internalizing disorders such as depression and anxiety (Du & Field, 2020; La Greca & Harrison, 2005; Newman et al., 2007). Besides this, several other pieces of research show that friendship is not

Persahabatan adalah salah satu topik yang kerap dibahas dalam studi mengenai hubungan interpersonal, khususnya pada konteks remaja ketika teman sebaya mulai mengambil peran yang lebih signifikan dalam kehidupan seorang individu (Collins & Steinberg, 2006; Brown & Klute, 2003; Hartup & Stevens, 1997). Sejumlah hasil studi menunjukkan bahwa persahabatan merupakan sumber rasa kebersamaan dan dukungan (Rubin et al., 2006), menjadi tempat melatih kemampuan sosial (Santrock, 2012), dan berhubungan dengan peningkatan prestasi akademik dan sejumlah kemampuan adaptif lainnya (Gallardo et al., 2016; Košir & Tement, 2014; Lee, 2012). Lebih lanjut, sejumlah hasil penelitian sebelumnya juga menunjukkan adanya perbedaan fitur persahabatan antara laki-laki dan perempuan, ketika perempuan cenderung menunjukkan tingkat persahabatan positif yang lebih tinggi dibanding laki-laki (Biggs et al., 2012; Kouwenberg et al., 2013; Xu et al., 2020).

Kebanyakan penelitian pada persahabatan fokus pada manfaat relasi persahabatan itu sendiri kepada kesehatan mental remaja, khususnya masalah internalisasi (Havewala et al., 2019; Newman et al., 2007). Hanya saja, hasil studi mengenai peran relasi persahabatan sebagai faktor protektif masih menunjukkan hasil yang beragam. Beberapa penelitian menunjukkan hubungan negatif antara persahabatan dengan permasalahan internalisasi seperti depresi dan kecemasan (Du & Field, 2020; La Greca & Harrison, 2005; Newman et al., 2007). Selain itu, beberapa penelitian lain menunjukkan bahwa persahabatan tidak selalu bisa menyediakan

always able to provide protection against the internalizing disorders (Havewala et al., 2019; Poirier et al., 2016; Rose, 2002; van Manen, 2015). Experts in the field of developmental psychopathology have actually offered suggestions that the relationships between friendships and internalizing disorders be examined from various viewpoints (Rudolph et al., 2007). Not only viewing friendship as protection against the internalizing disorders, and there exists guidance for questioning on the matter of the impact of the internalizing disorders on friendship.

In the Interpersonal Theory of Depression (Coyne, 1976) it is stated that if people are experiencing depression, they will have the tendency to show specific patterns of behavior, such as closing themselves off (Elmer & Stadtfeld, 2020), decreasing social activities (Dagnino et al., 2017), and demonstrating excessive reassurance seeking behaviors (excessive behavior seeking consolation from others; Shaver et al., 2005; Stewart & Harkness, 2017), and self-belittling behavior such as seeking negative feedback from others (Borelli & Prinstein, 2006). A number of these behaviors have negative effects on the relationships of these individuals with others and are specific characteristics of depression (Lovibond & Lovibond, 1995). Therefore, it may be concluded that the higher the level of depression of a person, the greater is the susceptibility of that person to experience relational problems with others (Abela et al., 2005; Prinstein et al., 2005). Besides this, the positive friendship quality will decline, and conflict with peers will increase (Rose et al., 2011).

On the other hand, although the effects of depression on friendship quality are relatively clear, there is as yet little clear understanding of the effects of anxiety on friendship quality (Rose et al., 2011). People experiencing anxiety will report the presence of relational and friendship problems (Rodebaugh, 2009), a decline in closeness to others (Ketay et al., 2019), and a reduction in the formation of new relationships (Davidson et al., 1993). Anxiety is viewed as being able to trigger withdrawal behaviors (Rubin & Burgess, 2001). The emergence of feelings of being pressured when involved in social interaction (Mattick & Clarke, 1998) and the fear of negative evaluation by others

perlindungan terhadap permasalahan internalisasi (Havewala et al., 2019; Poirier et al., 2016; Rose, 2002; van Manen, 2015). Para ahli psikopatologi perkembangan sebenarnya sudah memberi saran untuk melihat hubungan antara persahabatan dan permasalahan internalisasi dari sudut pandang yang berbeda (Rudolph et al., 2007). Alih-alih memandang persahabatan sebagai pelindung dari permasalahan internalisasi, ada arahan untuk bertanya perihal dampak permasalahan internalisasi terhadap persahabatan.

Interpersonal theory of depression (Coyne, 1976) menyatakan bahwa ketika seorang individu mengalami depresi, individu tersebut akan memiliki kecenderungan untuk menunjukkan pola perilaku yang khas seperti menutup diri (Elmer & Stadtfeld, 2020), mengurangi aktivitas sosial (Dagnino et al., 2017), menunjukkan perilaku *excessive reassurance seeking* (perilaku berlebihan dalam mencari hiburan dari orang lain; Shaver et al., 2005; Stewart & Harkness, 2017), dan perilaku meremehkan diri sendiri seperti perilaku mencari *feedback* negatif dari orang lain (Borelli & Prinstein, 2006). Sejumlah perilaku tersebut berdampak negatif terhadap relasi individu tersebut dengan orang lain dan merupakan ciri perilaku yang khas dari depresi (Lovibond & Lovibond, 1995). Maka dari itu, dapat disimpulkan bahwa semakin tinggi tingkat depresi seorang individu, semakin rentan individu tersebut mengalami permasalahan relasional dengan orang lain (Abela et al., 2005; Prinstein et al., 2005). Selain itu, kualitas persahabatan positif akan menurun dan konflik dengan teman akan meningkat (Rose et al., 2011).

Di sisi lain, meski efek dari depresi terhadap kualitas persahabatan sudah relatif jelas, belum ada pemahaman yang jelas mengenai efek dari kecemasan terhadap kualitas persahabatan (Rose et al., 2011). Seseorang yang mengalami kecemasan melaporkan adanya permasalahan relasional dan persahabatan (Rodebaugh, 2009), berkurangnya kedekatan dengan orang lain (Ketay et al., 2019), dan menurunnya pembentukan pertemanan baru (Davidson et al., 1993). Kecemasan dipandang dapat memicu perilaku menarik diri (Rubin & Burgess, 2001). Munculnya perasaan tertekan ketika terlibat interaksi sosial (Mattick & Clarke, 1998) dan ketakutan atas evaluasi negatif dari

(Hofmann, 2007) is viewed as the cause of anxiety and may destroy relationships and friendship quality. Meanwhile, the results of a number of other pieces of research reveal a contrasting relationship between anxiety and friendship (Rodebaugh et al., 2015; Schmidt & Bagwell, 2007). Rodebaugh et al. (2015) and Moscovitch et al. (2009) indicated the existence of a negative impact from anxiety on friendship quality. In this study, the authors did not construct a hypothesis related to the direction of the relationship between anxiety and friendship, because the results of previous studies show contrast. The results of this study make a contribution in the form of a clarification of the relationship between anxiety and friendship quality.

Moreover, comparisons made from year to year indicate that depression and anxiety are becoming more prevalent in adolescents throughout the world (Costello et al., 2005; Lau et al., 2007). Comprehending the negative impact of depression and anxiety on the psychological development of adolescents (Leonardo & Hen, 2008; Knapp et al., 2002) and the importance of friendship relations for adolescents (Brown & Klute, 2003; Collins & Steinberg, 2006) is important for scientists and psychological practitioners, in order to have clear understandings of the relationship of depression and anxiety on friendship quality, so as to be able to conduct accurate and appropriate intervention to overcome these problems.

Data on mental health in South East Asia show the existence of a significant burden resulting from depression and anxiety (Sharan et al., 2017). These data are also supported by the results of surveys of national health in Indonesia (Kementerian Kesehatan Republik Indonesia [Indonesian Ministry of Health], 2018) and in Malaysia (Institute for Public Health, 2015), wherein the population of these two countries represented 45.63% of the total population of South East Asia. This means that it is important for psychologists and mental-health practitioners in South East Asia to have an accurate comprehension of depression and anxiety. Moreover, a number of psychological intervention programs conducted through peer proxies (such as peer counsellors or intervention through close friends), which effectiveness is greatly dependent upon the functionality of friendship relations themselves (Suwarjo, 2008)

orang lain (Hofmann, 2007) dipandang sebagai alasan bagi kecemasan dan dapat merusak relasi dan kualitas persahabatan. Sementara itu, hasil dari sejumlah penelitian lain menunjukkan hubungan yang saling berkebalikan antara kecemasan dengan persahabatan (Rodebaugh et al., 2015; Schmidt & Bagwell, 2007). Rodebaugh et al. (2015) dan Moscovitch et al. (2009) mengindikasikan adanya dampak negatif dari kecemasan terhadap kualitas persahabatan. Maka dari itu, dalam studi ini penulis tidak membuat hipotesis mengenai arah hubungan antara kecemasan dan persahabatan, karena hasil studi sebelumnya yang masih saling berkebalikan. Hasil studi ini akan memberi sumbangsih berupa klarifikasi mengenai hubungan antara kecemasan dan kualitas persahabatan.

Lebih lanjut, perbandingan dari tahun ke tahun menunjukkan bahwa depresi dan kecemasan menjadi semakin prevalen di kalangan remaja di seluruh dunia (Costello et al., 2005; Lau et al., 2007). Memahami dampak negatif dari depresi dan kecemasan terhadap perkembangan psikologis seorang remaja (Leonardo & Hen, 2008; Knapp et al., 2002) dan pentingnya relasi persahabatan bagi seorang remaja (Brown & Klute, 2003; Collins & Steinberg, 2006) adalah penting bagi ilmuwan dan praktisi psikologi untuk memiliki pemahaman yang jelas terkait hubungan antara depresi dan kecemasan dengan kualitas persahabatan, agar dapat melakukan intervensi yang tepat dan sesuai untuk mengatasi depresi dan kecemasan.

Data beban kesehatan mental dari Asia Tenggara menunjukkan adanya beban yang signifikan akibat depresi dan kecemasan (Sharan et al., 2017). Data ini juga didukung oleh hasil survei kesehatan nasional di Indonesia (Kementerian Kesehatan Republik Indonesia [Ministry of Health of the Republic of Indonesia], 2018) dan Malaysia (Institute for Public Health, 2015), ketika populasi kedua negara tersebut merepresentasikan 45,63% dari total populasi di Asia Tenggara. Hal ini berarti bahwa penting bagi psikolog dan praktisi kesehatan mental di Asia Tenggara untuk memiliki pemahaman yang tepat mengenai depresi dan kecemasan. Lebih lanjut, sejumlah program intervensi psikologis melalui proksi teman (seperti konselor sebaya atau intervensi melalui teman dekat) yang efektivitasnya sangat bergantung pada keberfungsian relasi persahabatan itu sendiri (Suwarjo, 2008) dan umum dilakukan di berbagai

and which are generally conducted in various schools in Indonesia (Astiti, 2019; Ridha, 2019), are forms of endeavors made to improve the mental health of students, and at the same time stem the surge of psychological problems in schools.

This study endeavored to provide empirical evidence concerning the relationship and the role of the internalizing disorders such as depression and anxiety on two indexes of the adjustment of friendship (positive friendship and negative friendship) for adolescent subjects previously undiagnosed with depression and anxiety disorders in the South East Asian context. Previous research has indicated that research on non-clinical samples will give a more representative view about depression and anxiety, as well as the positive and negative friendship quality, including the connection between these variables (Rose et al., 2011). The hypotheses of this study were:

Hypothesis 1: Depression has a negative impact on the features of positive friendship.

Hypothesis 2: Depression has a positive impact on the features of negative friendship.

Hypothesis 3: There are connections between anxiety and the features of positive friendship.

Hypothesis 4: There are connections between anxiety and the features of negative friendship.

Method

Participants

Social restrictions and mass activities due to the COVID-19 pandemic caused the process of data collection to be conducted through online forms utilizing Google Forms with the accidental sampling method. The authorship team sent a broadcast message containing a link to the online forms to adolescents in Yogyakarta, Indonesia, and Selangor, Malaysia. Every prospective participant was asked to read, beforehand, the informed consent homepage, prior to completing the questionnaire. After reading the informed consent, prospective participants who clicked on the

sekolah di Indonesia (Astiti, 2019; Ridha, 2019) menjadi bentuk upaya untuk meningkatkan kesehatan mental siswa sekaligus membendung permasalahan psikologis di sekolah.

Studi ini berusaha untuk memberikan bukti empiris mengenai hubungan dan peran dari permasalahan internalisasi seperti depresi dan kecemasan terhadap dua indeks penyesuaian pertemanan (persahabatan positif dan persahabatan negatif) pada subjek remaja yang belum pernah terdiagnosa dengan gangguan depresi maupun kecemasan dalam konteks Asia Tenggara. Penelitian sebelumnya menunjukkan bahwa penelitian pada sampel non-klinis akan memberikan pandangan yang lebih representatif mengenai depresi dan kecemasan serta kualitas persahabatan positif dan negatif, termasuk di dalamnya hubungan antara sejumlah variabel tersebut (Rose et al., 2011). Hipotesis studi ini adalah:

Hipotesis 1: Depresi memiliki dampak negatif terhadap fitur persahabatan positif.

Hipotesis 2: Depresi memiliki dampak positif terhadap fitur persahabatan negatif.

Hipotesis 3: Terdapat hubungan antara kecemasan dengan fitur persahabatan positif.

Hipotesis 4: Terdapat hubungan antara kecemasan dengan fitur persahabatan negatif.

Metode

Partisipan

Pembatasan sosial dan kegiatan masal karena pandemi COVID-19 menyebabkan proses pengambilan data dilakukan melalui formulir daring dari *Google Forms* dengan metode sampling aksidental. Tim penulis mengirimkan *broadcast* pesan yang berisi tautan ke formulir daring kepada remaja di Yogyakarta, Indonesia dan Selangor, Malaysia. Setiap calon partisipan diminta untuk membaca terlebih dahulu laman *informed consent* sebelum mengisi kuesioner. Setelah membaca *informed consent*, calon partisipan yang mengklik tombol “Setuju” untuk berpartisipasi dalam studi

“Agree” button, to participate in the study, were sent to the study instrument page, whilst aspirant participants who clicked on the “Do Not Agree” button were directed straight to the closing page, and invited to close their web browser programs. Participation in the study was on a voluntary basis, no force was used and there were no consequences if the aspirant participants were unwilling to take further part in the study. Participants were free to withdraw at any time if they no longer wished to continue, there being no need to give any explanation. The data from any participant who withdrew was not recorded.

From the data-collection process, there were 672 people who opened the link to the forms. Three individuals of the 672 respondents did not agree to participate, leaving 669 participants willing to continue, with detailed information, being: 400 participants came from Indonesia (84% female; 16% male; $M_{age} = 16.04$) and 269 participants came from Malaysia (73% female; 27% male; $M_{age} = 15.86$). An investigation of their places of abode, schooling, and the regency in which they lived, was performed manually, to ensure that all participants, and their data, were suitable to be involved in the analysis, being in accord with the criteria for the sample, i.e., coming from the areas of Yogyakarta and Selangor.

Moreover, to ensure there were no participants who completed the form more than once, and to ensure that the participants who completed the questionnaire were real people, they were requested to go into their email accounts prior to completing the forms, and to enter their telephone numbers when they completed the demography page. Manual investigation of telephone numbers and email addresses was performed to ensure there were no participants who had completed the questionnaire more than once. Further, several steps were taken to mitigate the possibility of any negative impact from the participation of any person in this study, being: (1) on the “Thank You Page” which appeared after the participants had sent in their forms, they were given some information about the problems of anxiety and depression, as well as a number of self-help techniques, to assist them in alleviating the problems of anxiety and depression; (2) the authors also offered psychological consultative services to participants who felt they were experiencing

akan diteruskan ke laman instrumen studi, sementara calon partisipan yang mengklik tombol “Tidak Setuju” akan diarahkan langsung ke laman penutup dan dipersilahkan menutup program *web browser*-nya. Keikutsertaan partisipan dalam studi ini bersifat sukarela, tidak ada paksaan dan konsekuensi apabila partisipan tidak bersedia untuk ikut serta dalam studi ini. Partisipan dipersilahkan untuk menarik diri dari studi ini sewaktu-waktu apabila partisipan tidak berkenan untuk melanjutkan lagi, dan tidak perlu memberikan penjelasan. Data dari partisipan yang mengundurkan diri tersebut tidak direkam.

Dari proses pengambilan data didapatkan 672 orang membuka tautan formulir. Tiga individu dari 672 responden tersebut tidak berkenan untuk berpartisipasi, sehingga didapatkan 669 orang partisipan yang bersedia untuk berpartisipasi, dengan informasi detail berupa: 400 partisipan berasal dari Indonesia (84% perempuan; 16% laki-laki; $M_{usia} = 16,04$) dan 269 partisipan berasal dari Malaysia (73% perempuan; 27% laki-laki; $M_{usia} = 15,86$). Pemeriksaan domisili sekolah dan kabupaten tempat tinggal dilakukan secara manual untuk memastikan bahwa setiap partisipan yang datanya diikutsertakan dalam analisis sesuai dengan kriteria sampel, yaitu berasal dari area Yogyakarta dan Selangor.

Lebih lanjut, untuk memastikan agar tidak ada partisipan yang mengisi formulir lebih dari sekali dan untuk memastikan bahwa partisipan yang mengisi kuesioner ini adalah partisipan riil, partisipan diminta untuk masuk ke akun surel partisipan sebelum mengisi kuesioner dan diminta untuk mengisi nomor telepon ketika partisipan mengisi lembar demografi. Pemeriksaan manual nomor telepon dan surel dilakukan untuk memastikan tidak ada partisipan yang mengisi kuesioner lebih dari sekali. Lebih lanjut, beberapa langkah dilakukan untuk memitigasi kemungkinan dampak negatif dari keikutsertaan partisipan pada studi ini, yaitu: (1) pada “*Thank You Page*” yang muncul setelah partisipan mengirimkan formulirnya, partisipan diberikan edukasi mengenai gangguan kecemasan dan gangguan depresi serta sejumlah teknik bantu diri yang dapat membantu meringankan masalah kecemasan dan depresi; (2) penulis juga menyediakan layanan konsultasi psikologis untuk partisipan yang merasa mengalami masalah kecemasan dan depresi; dan

problems of anxiety and depression, and; (3) the authors supplied details of alternative online and offline contacts for psychological consultation services, as well as other sources of information and psycho-educational help, which might also be accessed by the participants.

Instruments

This study utilized the Depression Anxiety Stress Scale - 21 Items (DASS-21) to measure the internalizing disorders, particularly those of depression and anxiety. In this study, the authors used only the items which measured depression and anxiety and did not use the items which measured stress. The model for the administration of the two scales of depression and anxiety (without the scale for stress) can be conducted in accordance with the information given by the authors of the scales (Psychology Foundations of Australia, 2018). Furthermore, the choice of the Depression Anxiety Stress Scale - 21 Items (DASS-21) was based upon the characteristics of the instruments which measured both depression and anxiety in one short measuring instrument, so as to minimize the boredom of the participants completing the questionnaire for the study. The Depression Anxiety Stress Scale - 21 Items (DASS-21) is an instrument in the public domain and so may be used without having to obtain the written permission of the authors (Psychology Foundations of Australia, 2018). The next scale used was that of the Best Friend Index (BFI) to measure the features of positive and negative friendship. Each scale was translated into Bahasa Indonesia for data collection in Indonesia, and into Bahasa Melayu for data collection in Malaysia. The authors had obtained the written permission of the developers of the measurement instrument to translate and utilize the Best Friend Index (BFI) scale. The translation was conducted using the process of forward translation and back translation, as well as being reviewed by two experts in psychology, to ensure the accuracy of these translations.

Depression Anxiety Stress Scale - 21 Items (DASS-21)

The Depression Anxiety Stress Scale - 21 Items (DASS-21; Lovibond & Lovibond, 1995) is a multi-dimensional self-report scale consisting of 21 items, which measures three dimensions of psychological disorders, being: (1) depression; (2)

(3) penulis menyediakan detail kontak alternatif layanan konsultasi psikologis daring maupun luring serta sumber informasi dan psikoedukasi lain yang juga bisa diakses oleh partisipan.

Instrumen

Studi ini menggunakan skala *Depression Anxiety Stress Scale - 21 Items (DASS-21)* untuk mengukur permasalahan internalisasi, khususnya depresi dan kecemasan. Pada studi ini penulis hanya menggunakan butir-butir yang mengukur depresi dan kecemasan dan tidak menggunakan butir-butir yang mengukur stres. Model pengadministrasian dua skala depresi dan kecemasan saja (tanpa skala stres) dapat dilakukan sesuai dengan keterangan dari penulis skala (Psychology Foundations of Australia, 2018). Lebih lanjut, pemilihan *Depression Anxiety Stress Scale - 21 Items (DASS-21)* didasarkan pada sifat instrumen yang mengukur depresi dan kecemasan dalam satu alat ukur yang singkat, sehingga meminimalisir kebosanan partisipan ketika mengisi kuesioner studi. *Depression Anxiety Stress Scale - 21 Items (DASS-21)* merupakan instrumen *public domain* sehingga dapat digunakan tanpa harus mendapatkan izin tertulis penulisnya (Psychology Foundations of Australia, 2018). Instrumen selanjutnya adalah skala *Best Friend Index (BFI)* untuk mengukur fitur persahabatan positif dan negatif. Setiap skala diterjemahkan ke dalam Bahasa Indonesia untuk pengambilan data di Indonesia dan Bahasa Melayu untuk pengambilan data di Malaysia. Penulis telah mendapatkan izin tertulis dari pengembang alat ukur untuk menerjemahkan dan menggunakan skala *Best Friend Index (BFI)*. Proses penerjemahan dilakukan dengan proses *forward translation* dan *back translation* serta *review* dari dua ahli psikologi untuk memastikan akurasi penerjemahan.

Depression Anxiety Stress Scale - 21 Items (DASS-21)

Depression Anxiety Stress Scale - 21 Items (DASS-21; Lovibond & Lovibond, 1995) adalah skala *self-report* multidimensional yang terdiri dari 21 butir untuk mengukur tiga dimensi gangguan psikologis, yaitu: (1) depresi; (2) kecemasan; dan

Table 1
*Clinical Categorization for the Depression
 Anxiety Stress Scale - 21 Items (DASS-21)*

Meaning	Depression	Anxiety
Normal	0-9	0-7
Low	10-13	8-9
Medium	14-20	10-14
High	21-27	15-19
Severe	28+	20+

Tabel 1
*Kategorisasi Klinis untuk Depression Anxiety
 Stress Scale - 21 Items (DASS-21)*

Makna	Depresi	Kecemasan
Normal	0-9	0-7
Ringan	10-13	8-9
Sedang	14-20	10-14
Berat	21-27	15-19
Sangat Berat	28+	20+

anxiety; and (3) stress. The Depression Anxiety Stress Scale - 21 Items (DASS-21) is a short version of the Depression Anxiety Stress Scale (DASS-42). The responses in the Depression Anxiety Stress Scale - 21 Items (DASS-21) range from “0 (*completely inappropriate for me*)” to “3 (*very appropriate for me*)”. The Depression Anxiety Stress Scale - 21 Items (DASS-21) itself has a proof of validity based upon its internal structure, with results from confirmatory factor analysis of $RCFI \geq .95$; $SRMR \geq .08$; and $RMSEA < .06$, indicating a good fit; while the estimates of internal consistency show results of .88 for depression, .82 for anxiety, .90 for stress, and .93 for the entirety of the scale (Henry & Crawford, 2005). The proof of validity based upon the internal structure made on the basis of field data showed results more or less similar to the results of the validity analysis by Lovibond and Lovibond (1995), when the loading factor for depression was between .54 to .82 and for anxiety was between .36 and .83. Furthermore, the results of the estimation of reliability using field data showed results of $\alpha = .87$ (depression) and $\alpha = .81$ (anxiety). To categorize the levels of depression and anxiety, the authors used clinical categorization norms taken from the manual for Depression Anxiety Stress Scale - 21 Items (DASS-21; Lovibond & Lovibond, 1995), with more complete information being provided in Table 1.

(3) stres. *Depression Anxiety Stress Scale - 21 Items (DASS-21)* merupakan bentuk singkat dari *Depression Anxiety Stress Scale (DASS-42)*. Rentang jawaban *Depression Anxiety Stress Scale - 21 Items (DASS-21)* bergerak dari “0 (*tidak sesuai dengan saya sama sekali*)” sampai dengan “3 (*sangat sesuai dengan saya*)”. *Depression Anxiety Stress Scale - 21 Items (DASS-21)* sendiri memiliki bukti validitas berdasarkan struktur internal dengan hasil analisis faktor konfirmatori $RCFI \geq 0,95$; $SRMR \geq 0,08$; dan $RMSEA < 0,06$ yang mengindikasikan *good fit*; sementara estimasi konsistensi internal menunjukkan hasil 0,88 untuk depresi, 0,82 untuk kecemasan, 0,90 untuk stres, dan 0,93 untuk keseluruhan skala (Henry & Crawford, 2005). Bukti validitas berdasarkan struktur internal berdasarkan data lapangan menunjukkan hasil yang kurang lebih serupa dengan hasil pembuktian validitas oleh Lovibond dan Lovibond (1995) ketika *loading factor* untuk depresi berkisar antara 0,54 hingga 0,82 dan untuk kecemasan berkisar antara 0,36 hingga 0,83. Selanjutnya, hasil estimasi reliabilitas menggunakan data lapangan menunjukkan hasil $\alpha = 0,87$ (depresi) dan $\alpha = 0,81$ (kecemasan). Untuk mengkategorisasikan tingkat depresi dan kecemasan, penulis menggunakan norma kategorisasi klinis yang diambil dari manual *Depression Anxiety Stress Scale - 21 Items (DASS-21; Lovibond & Lovibond, 1995)*, dengan informasi lebih lengkap tersedia pada Tabel 1.

Best Friends Index (BFI)

The Best Friend Index (BFI; Kouwenberg et al., 2013) is a scale for the measurement of the features of positive and negative friendship consisting of 18 items. Of these 18 items, nine items measure the features of positive friendship, whilst the other nine items measure the features of negative friendship, with a range of responses from “1 (*never*)” to “5 (*very frequently*)”. This scale was developed because the majority of the scales which measure the features of friendship are focused on the aspect of positive friendship, whilst both aspects of friendship, the positive and the negative, are equally important to be able to understand the features of friendship (Bagwell et al., 2005; Berndt, 2004). Positive friendship means the positive features in a friendship relationship, for instance: (1) togetherness; (2) support; (3) affection; and (4) self-disclosure, whilst negative friendship means the negative features of a friendship relationship, for instance: (1) jealousy; (2) domination; (3) conflict; (4) betrayal; and (5) competition (Kouwenberg et al., 2013).

The Best Friend Index (BFI) scale has proof of validity based on internal structures, when the aspect of positive friendship indicates a loading factor of between .43 and .67, while the aspect of negative friendship indicates a loading factor of between .52 and .69. An estimation of the reliability of internal consistency indicates that $\alpha = .78$ for positive friendship and $\alpha = .79$ for negative friendship (Kouwenberg et al., 2013). The results of an estimation of reliability, using field data, indicates a result of $\alpha = .88$ (features of positive friendship) and $\alpha = .82$ (features of negative friendship).

In order to categorize the levels of the features of positive and negative friendship, the authors utilized the hypothetical categorization formula put forward by Azwar (2019). The categorizations of the scale of the Best Friend Index (BFI) are provided in Table 2.

Analysis

The data analysis process was performed with the assistance of the International Business Machines Corporation (IBM) Statistical Product and Service Solutions (SPSS), version 27 software.

Best Friends Index (BFI)

Best Friend Index (BFI; Kouwenberg et al., 2013) adalah skala pengukuran fitur persahabatan positif dan negatif yang terdiri dari 18 butir. Dari 18 butir tersebut, sembilan butir mengukur fitur persahabatan positif dan sembilan butir mengukur fitur persahabatan negatif dengan rentang jawaban dari “1 (*tidak pernah*)” hingga “5 (*sangat sering*)”. Skala ini dikembangkan karena kebanyakan skala yang mengukur fitur persahabatan hanya fokus pada aspek persahabatan positif, padahal kedua aspek positif maupun negatif sama-sama penting untuk memahami fitur persahabatan (Bagwell et al., 2005; Berndt, 2004). Persahabatan positif adalah fitur-fitur positif dalam relasi persahabatan seperti: (1) kebersamaan; (2) dukungan; (3) afeksi; dan (4) *self-disclosure*, sedangkan persahabatan negatif adalah fitur-fitur negatif dalam relasi persahabatan seperti: (1) rasa iri; (2) dominasi; (3) konflik; (4) pengkhianatan; dan (5) persaingan (Kouwenberg et al., 2013).

Skala *Best Friend Index (BFI)* memiliki bukti validitas berdasarkan struktur internal ketika aspek persahabatan positif menunjukkan *loading factor* antara 0,43 hingga 0,67, sementara aspek persahabatan negatif menunjukkan *loading factor* antara 0,52 hingga 0,69. Estimasi reliabilitas konsistensi internal menunjukkan $\alpha = 0,78$ untuk persahabatan positif dan $\alpha = 0,79$ untuk persahabatan negatif (Kouwenberg et al., 2013). Hasil estimasi reliabilitas menggunakan data lapangan menunjukkan hasil $\alpha = 0,88$ (fitur persahabatan positif) dan $\alpha = 0,82$ (fitur persahabatan negatif).

Untuk mengkategorisasikan tingkat fitur persahabatan positif dan negatif, penulis menggunakan rumus kategorisasi hipotetik yang diajukan oleh Azwar (2019). Kategorisasi skala *Best Friend Index (BFI)* tersedia dalam Tabel 2.

Analysis

Proses analisis data dilakukan dengan bantuan perangkat *International Business Machines Corporation (IBM) Statistical Product and Service Solutions (SPSS)* versi 27. Pertama, penulis melakukan

Table 2
Hypothetical Categorization for the Best Friend Index (BFI)

Categorization Formulae		Categorization of Positive and Negative Friendship	
Very Low	($X \leq \mu - 1.5\sigma$)	Very Low	($X \leq 17.00$)
Low	($\mu - 1.5\sigma < X \leq \mu - 0.5\sigma$)	Low	($17.00 < X \leq 23.67$)
Medium	($\mu - 0.5\sigma < X \leq \mu + 0.5\sigma$)	Medium	($23.67 < X \leq 30.33$)
High	($\mu + 0.5\sigma < X \leq \mu + 1.5\sigma$)	High	($30.33 < X \leq 37.00$)
Very High	($X > \mu + 1.5\sigma$)	Very High	($X > 37.00$)

Tabel 2
Kategorisasi Hipotetik untuk Best Friend Index (BFI)

Rumus Kategorisasi		Kategorisasi Persahabatan Positif dan Negatif	
Sangat Rendah	($X \leq \mu - 1,5\sigma$)	Sangat Rendah	($X \leq 17,00$)
Rendah	($\mu - 1,5\sigma < X \leq \mu - 0,5\sigma$)	Rendah	($17,00 < X \leq 23,67$)
Sedang	($\mu - 0,5\sigma < X \leq \mu + 0,5\sigma$)	Sedang	($23,67 < X \leq 30,33$)
Tinggi	($\mu + 0,5\sigma < X \leq \mu + 1,5\sigma$)	Tinggi	($30,33 < X \leq 37,00$)
Sangat Tinggi	($X > \mu + 1,5\sigma$)	Sangat Tinggi	($X > 37,00$)

Firstly, the authors conducted Little's MCAR testing, in order to examine the status of the missing data. The results of the analysis indicated that the pattern of the data missing completely at random, both the data from Indonesia ($\chi^2 = 289.53$; $DF = 261$; $p > .05$) as well as the data from Malaysia ($\chi^2 = 353.54$; $DF = 351$; $p > .05$). These results meant that the analysis process could be performed by involving all of the data. The missing data would automatically be removed through case deletion.

After that, the authors conducted descriptive analysis and difference test utilizing t-test to test the average differences between the groups (Indonesia vs Malaysia) and genders (male vs female). Assumption testing with the Shapiro-Wilk test was performed to test normality, and the results indicated that all of the data, of positive friendship ($S-W = .95$; $p < .01$), negative friendship ($S-W = .96$; $p < .01$), depression ($S-W = .91$; $p < .01$), and anxiety ($S-W = .95$; $p < .01$), was not of normal distribution. A pattern such as this is generally common to be discovered in research data involving clinical questionnaires (Bono et al., 2017; Qazi et al., 2007). As for the other assumption testing, results indicated that all of the data had linear relationships, without there being any indication of collinearity or heteroscedasticity.

In order to address the abnormal distribution of the data, analysis needs to be performed using the

uji *Little's MCAR* untuk memeriksa status data hilang (*missing data*). Hasil analisis menunjukkan pola data *missing completely at random* baik data dari Indonesia ($\chi^2 = 289.53$; $DF = 261$; $p > 0,05$) maupun data dari Malaysia ($\chi^2 = 353.54$; $DF = 351$; $p > 0,05$). Hasil ini berarti proses analisis bisa dilakukan dengan melibatkan seluruh data. Data yang hilang akan dikeluarkan secara otomatis melalui *case deletion*.

Selanjutnya, penulis melakukan analisis deskriptif dan uji beda dengan *t-test* untuk menguji perbedaan rerata antar kelompok (Indonesia vs Malaysia) dan gender (laki-laki vs perempuan). Uji asumsi dengan uji *Shapiro-Wilk* dilakukan untuk menguji normalitas dan hasilnya menunjukkan bahwa seluruh data, baik persahabatan positif ($S-W = 0,95$; $p < 0,01$), persahabatan negatif ($S-W = 0,96$; $p < 0,01$), depresi ($S-W = 0,91$; $p < 0,01$), dan kecemasan ($S-W = 0,95$; $p < 0,01$), tidak berdistribusi normal. Pola seperti ini relatif umum ditemukan pada data penelitian yang melibatkan kuesioner klinis (Bono et al., 2017; Qazi et al., 2007). Adapun uji asumsi yang lain menunjukkan semua data memiliki hubungan yang linear, tanpa ada indikasi kolinearitas ataupun heterokedastisitas.

Untuk menyikapi sifat data yang berdistribusi tidak normal, analisis akan dilakukan menggunakan

bootstrapping method as recommended by Pek et al. (2018). Bootstrapping was performed by the 95% bias-corrected and accelerated (BCa) method with 2000 times resampling. Resampling by the bias-corrected and accelerated (BCa) method produced a random sample which replaced the sample from the dataset of the authors; the bias-corrected and accelerated (BCa) method was then able to calculate the accuracy of every sample produced through resampling. The authors selected the bias-corrected and accelerated (BCa) method, because that method produces a smaller coverage error compared to the percentile method (Carpenter & Bithell, 2000).

Hypothesis testing was conducted using Pearson's product moment correlation test and hierarchical linear regression, in order to determine the effects and the predictive ability of depression and anxiety on the positive and negative friendship quality. Hierarchical linear regression analysis was conducted to see the effects of depression and anxiety on the features of positive and negative friendship. At the first stage, the authors entered gender as the control, followed by the second stage, when the authors entered the variables of depression and anxiety. Additional analysis used the transformation of r to z from Fisher, in order to see the difference in the levels of inter-group correlations. To conduct this analysis, the authors used the following formula (Cohen et al., 2002), to compare significant correlations in each group.

$$z_r = \tan^{-1}(r) = \frac{1}{2} \log \left(\frac{1+r}{1-r} \right)$$

Results

Table 3 indicates that in the samples of adolescents from Indonesia and Malaysia, there were participants who had experienced anxiety problems at the medium level. Besides this, the Malaysia adolescent sample also reported that they were suffering low-level depression problems. Further, the results of descriptive analysis based upon gender grouping showed that male adolescents in both Indonesia and Malaysia, reported low-level depression and medium-level anxiety problems, whilst female adolescents from Indonesia and Malaysia reported low-level problems for depression and anxiety.

metode *bootstrapping* yang disarankan oleh Pek et al. (2018). *Bootstrapping* dilakukan dengan metode 95% *bias-corrected and accelerated (BCa)* dengan 2000 kali *resampling*. *Resampling* dengan metode *bias-corrected and accelerated (BCa)* menghasilkan sampel acak yang menggantikan sampel dari dataset penulis; metode *bias-corrected and accelerated (BCa)* kemudian akan menghitung akurasi dari setiap sampel yang dihasilkan melalui *resampling*. Penulis memilih metode *bias-corrected and accelerated (BCa)* karena metode tersebut menghasilkan *coverage error* yang lebih kecil bila dibandingkan dengan metode persentil (Carpenter & Bithell, 2000).

Uji hipotesis dilakukan dengan korelasi *Pearson's product moment* dan *hierarchical linear regression* untuk menentukan efek serta kemampuan prediktif depresi dan kecemasan terhadap kualitas persahabatan positif dan negatif. Analisis *hierarchical linear regression* dilakukan untuk melihat efek dari depresi dan kecemasan terhadap fitur persahabatan positif dan negatif. Pada tahap pertama, penulis memasukkan *gender* sebagai kontrol, diikuti tahap kedua, ketika penulis memasukkan variabel depresi dan kecemasan. Analisis tambahan menggunakan transformasi r ke z dari *Fisher* untuk melihat perbedaan tingkat korelasi antar kelompok. Untuk melakukan analisis ini penulis menggunakan rumus sebagai berikut (Cohen et al., 2002), untuk membandingkan korelasi yang signifikan pada setiap kelompok.

$$z_r = \tan^{-1}(r) = \frac{1}{2} \log \left(\frac{1+r}{1-r} \right)$$

Hasil

Tabel 3 menunjukkan bahwa pada sampel remaja Indonesia dan Malaysia, ada partisipan yang mengalami masalah kecemasan di tingkat sedang. Selain itu, sampel remaja Malaysia juga melaporkan mengalami masalah depresi ringan. Lebih lanjut, hasil analisis deskriptif berdasarkan kelompok *gender* menunjukkan bahwa remaja laki-laki baik dari Indonesia dan Malaysia melaporkan masalah depresi ringan dan masalah kecemasan sedang, sementara remaja perempuan dari Indonesia dan Malaysia melaporkan masalah ringan untuk depresi dan kecemasan.

Table 3
Results of Descriptive Analysis of Participants from Indonesia and Malaysia

Group	Variable	Descriptive		Category
		Mean	SD	
Both Countries <i>n valid</i> = 651	Positive Friendship	34.82	5.60	Very High
	Negative Friendship	17.73	5.38	Low
	Depression	10.33	8.79	Low
	Anxiety	12.77	8.87	Medium
Indonesia <i>n valid</i> = 390	Positive Friendship	37.13	4.86	Very High
	Negative Friendship	18.36	5.10	Low
	Depression	9.24	7.03	Normal
	Anxiety	12.19	7.81	Medium
Malaysia <i>n valid</i> = 261	Positive Friendship	31.28	4.67	High
	Negative Friendship	16.80	5.68	Very Low
	Depression	11.64	10.44	Low
	Anxiety	13.89	10.22	Medium
Male Adolescents <i>n valid</i> = 131	Positive Friendship	33.21	5.93	High
	Negative Friendship	18.02	5.74	Low
	Depression	11.33	10.22	Low
	Anxiety	14.08	9.90	Medium
Female Adolescents <i>n valid</i> = 517	Positive Friendship	35.27	5.47	High
	Negative Friendship	17.56	5.20	Low
	Depression	10.00	8.29	Low
	Anxiety	12.53	8.55	Low

Note. The numbers of participants prior to case deletion were: *n-total of the two nations* = 669; *n-Indonesia* = 400; *n-Malaysia* = 269; *n-Male* = 155; *n-Female* = 531. Calculation of mean and SD utilized *n-valid*.

Tabel 3
Hasil Analisis Deskriptif pada Data Partisipan Indonesia dan Malaysia

Kelompok	Variabel	Deskriptif		Kategori
		Mean	SD	
Kedua Negara <i>n valid</i> = 651	Persahabatan Positif	34,82	5,60	Sangat Tinggi
	Persahabatan Negatif	17,73	5,38	Rendah
	Depresi	10,33	8,79	Ringan
	Kecemasan	12,77	8,87	Sedang
Indonesia <i>n valid</i> = 390	Persahabatan Positif	37,13	4,86	Sangat Tinggi
	Persahabatan Negatif	18,36	5,10	Rendah
	Depresi	9,24	7,03	Normal
	Kecemasan	12,19	7,81	Sedang
Malaysia <i>n valid</i> = 261	Persahabatan Positif	31,28	4,67	Tinggi
	Persahabatan Negatif	16,80	5,68	Sangat Rendah
	Depresi	11,64	10,44	Ringan
	Kecemasan	13,89	10,22	Sedang
Remaja Laki-Laki <i>n valid</i> = 131	Persahabatan Positif	33,21	5,93	Tinggi
	Persahabatan Negatif	18,02	5,74	Rendah
	Depresi	11,33	10,22	Ringan
	Kecemasan	14,08	9,90	Sedang
Remaja Perempuan <i>n valid</i> = 517	Persahabatan Positif	35,27	5,47	Tinggi
	Persahabatan Negatif	17,56	5,20	Rendah
	Depresi	10,00	8,29	Ringan
	Kecemasan	12,53	8,55	Ringan

Catatan. Jumlah partisipan sebelum *case deletion* adalah: *n-total kedua negara* = 669; *n-Indonesia* = 400; *n-Malaysia* = 269; *n-Laki-laki* = 155; *n-Perempuan* = 531. Penghitungan *mean* dan *SD* menggunakan *n-valid*.

Further analysis using the *t*-test indicated that the Indonesian adolescents reported features of positive friendship ($t(649) = 15.57; p < .001; 95\% \text{ CI } [5.21, 6.72]$) and features of negative friendship ($t(649) = 4.03; p < .001; 95\% \text{ CI } [0.87, 2.53]$) which were greater compared to those of Malaysian adolescents. Furthermore, Indonesian adolescents reported levels of depression ($t(426.25) = -2.96; p < .001; 95\% \text{ CI } [-3.67, -0.74]$) and anxiety ($t(426.25) = -2.40; p < .05; 95\% \text{ CI } [-3.25, -0.32]$) lower than those of Malaysian adolescents. Meanwhile, male adolescents reported lower features of positive friendship compared to those of female adolescents ($t(190.04) = -3.61; p < .001; 95\% \text{ CI } [-3.19, -.93]$). Comparisons on other variables, on the basis of gender, were evaluated as being statistically insignificant.

Impacts of Depression and Anxiety on Positive and Negative Friendship Quality

Table 4 shows that positive friendship has a significant negative correlation with depression and anxiety. Conversely, negative friendship has a significant positive correlation with depression and anxiety. However, further analysis using the Fisher transformational formula for the groups based on nationality and gender showed no significant results.

The results of analysis may be seen in Table 5. Gender showed a significant effect on only positive friendship. Female adolescents were seen to have higher levels of positive friendship, as indicated in the previous analysis, and showed results, the majority of which were significant, at Stage 2.

Depression predicted a decline in positive friendship ($t(647) = -4.35; \beta = -.23; p \leq .001; 95\% \text{ CI } [-.22, -.08]$), however anxiety did not predict positive friendships ($t(647) = 1.17; \beta = .06; p = \text{ns}; 95\% \text{ CI } [-.03, .11]$). Furthermore, depression predicted an increase in negative friendship ($t(647) = 2.40; \beta = .13; p \leq .05; 95\% \text{ CI } [.01, .14]$), and this is the case also with anxiety ($t(647) = 3.32; \beta = .17; p \leq .001; 95\% \text{ CI } [.05, .17]$).

Analisis lanjutan dengan *t*-test menunjukkan bahwa remaja Indonesia melaporkan fitur persahabatan positif ($t(649) = 15,57; p < 0,001; 95\% \text{ CI } [5,21, 6,72]$) dan fitur persahabatan negatif ($t(649) = 4,03; p < 0,001, 95\% \text{ CI } [0,87, 2,53]$) yang lebih tinggi dibandingkan dengan remaja Malaysia. Lebih lanjut, remaja Indonesia melaporkan tingkat depresi ($t(426,25) = -2,96; p < 0,001; 95\% \text{ CI } [-3,67, -0,74]$) dan kecemasan ($t(426,25) = -2,40; p < 0,05; 95\% \text{ CI } [-3,25, -0,32]$) yang lebih rendah dibandingkan dengan remaja Malaysia. Sementara itu, remaja laki-laki melaporkan fitur persahabatan positif yang lebih rendah dibandingkan dengan remaja perempuan ($t(190,04) = -3,61; p < 0,001; 95\% \text{ CI } [-3,19, -0,93]$). Perbandingan pada variabel lain berdasarkan *gender* dinilai tidak signifikan secara statistik.

Dampak Depresi dan Kecemasan pada Kualitas Persahabatan Positif dan Negatif

Tabel 4 menunjukkan bahwa persahabatan positif memiliki korelasi negatif yang signifikan dengan depresi dan kecemasan. Sebaliknya, persahabatan negatif memiliki korelasi positif yang signifikan dengan depresi dan kecemasan. Hanya saja, analisis lanjutan dengan menggunakan rumus transformasi Fisher untuk kelompok berdasarkan negara maupun *gender* tidak menunjukkan hasil yang signifikan.

Hasil analisis dapat dilihat pada Tabel 5. *Gender* menunjukkan efek signifikan hanya pada persahabatan positif. Remaja perempuan terlihat memiliki persahabatan positif yang lebih tinggi, sebagaimana yang diindikasikan pada analisis sebelumnya, serta menunjukkan hasil yang mayoritasnya signifikan pada Tahap 2.

Depresi memprediksi turunnya persahabatan positif ($t(647) = -4,35; \beta = -0,23; p \leq 0,001; 95\% \text{ CI } [-0,22, -0,08]$), akan tetapi kecemasan tidak memprediksi persahabatan positif ($t(647) = 1,17; \beta = 0,06; p = \text{ns}; 95\% \text{ CI } [-0,03, 0,11]$). Lebih lanjut, depresi memprediksi naiknya persahabatan negatif ($t(647) = 2,40; \beta = 0,13; p \leq 0,05; 95\% \text{ CI } [0,01, 0,14]$), dan demikian pula dengan kecemasan ($t(647) = 3,32; \beta = 0,17; p \leq 0,001; 95\% \text{ CI } [0,05, 0,17]$).

Table 4
Correlations Between Positive Friendship, Negative Friendship, Depression, and Anxiety

Variable	Positive Friendship			Negative Friendship		
	<i>r</i>	95% CI		<i>r</i>	95% CI	
		LL	UL		LL	UL
Depression	-.19***	-.28	-.12	.24***	.15	.32
Anxiety	-.11**	-.19	-.02	.26***	.18	.34

Note. When a significant *z* difference is discovered between the two groups (Indonesian-Malaysian or Male Adolescents-Female Adolescents), the values of these correlations are written separately. If no differences are found, the correlation value for the whole of the data is written. CI = Confidence Interval; LL = Lower Limit; UL = Upper Limit. * $p \leq .05$; ** $p \leq .01$; *** $p \leq .001$.

Tabel 4
Korelasi Antara Persahabatan Positif, Persahabatan Negatif, Depresi, dan Kecemasan

Variabel	Persahabatan Positif			Persahabatan Negatif		
	<i>r</i>	95% CI		<i>r</i>	95% CI	
		LL	UL		LL	UL
Depresi	-0,19***	-0,28	-0,12	0,24***	0,15	0,32
Kecemasan	-0,11**	-0,19	-0,02	0,26***	0,18	0,34

Catatan. Apabila ditemukan perbedaan *z* yang signifikan antara kedua kelompok (Indonesia-Malaysia atau Remaja Laki-Laki-Remaja Perempuan), maka nilai korelasi akan dituliskan secara terpisah. Apabila tidak ditemukan perbedaan, maka nilai korelasi untuk data keseluruhan yang akan dituliskan. CI = Confidence Interval; LL = Lower Limit; UL = Upper Limit. * $p \leq 0,05$; ** $p \leq 0,01$; *** $p \leq 0,001$.

The control variable contributed 2% to total variances of positive friendship, and there was absolutely no contribution to the total variance of positive friendship. The two predictors contributed 4% to the total variance of positive friendship, so producing 6% of the total variance of positive friendship, which may be explained through this model. Besides this, the two predictors also contributed 8% to the total variance of negative friendship, so producing 8% of the total variance of negative friendship, which also may be explained through this model.

Further analysis with partial correlation was conducted to see any connection between depression and anxiety with the two features of friendship, if gender and the other variables were controlled. The results of partial correlation indicated a similar pattern of connections, both between depression and the two features of friendship (*partial* $rs_{\text{positive friendship}} = -.17$; $p \leq .001$; 95% CI [- .24, -.09]; *partial* $rs_{\text{negative friendship}} = .09$; $p \leq .01$; 95% CI [.02, .17]), as well as connections between anxiety and the two features of friendship (*partial* $rs_{\text{positive friendship}} = .05$; $p = \text{ns}$; 95% CI [- .04, .13]; *partial* $rs_{\text{negative friendship}} = .13$; $p \leq .001$; 95% CI [.06, .21]).

Variabel kontrol menyumbang 2% kepada total varians persahabatan positif, dan tidak ada sumbangan sama sekali kepada total varians persahabatan negatif. Kedua prediktor menyumbang 4% kepada total varians persahabatan positif, sehingga menghasilkan 6% total varians persahabatan positif yang dapat dijelaskan melalui model ini. Selain itu, kedua prediktor juga menyumbang 8% kepada total varians persahabatan negatif, sehingga menghasilkan 8% total varians persahabatan negatif yang dapat dijelaskan melalui model ini.

Analisis lebih lanjut dengan korelasi parsial dilakukan untuk melihat hubungan antara depresi dan kecemasan dengan kedua fitur persahabatan jika *gender* dan variabel yang lainnya dikontrol. Hasil korelasi parsial menunjukkan pola hubungan yang serupa baik antara depresi dengan kedua fitur persahabatan (*partial* $rs_{\text{persahabatan positif}} = -0,17$; $p \leq 0,001$; 95% CI [- 0,24, - 0,09]; *partial* $rs_{\text{persahabatan negatif}} = 0,09$; $p \leq 0,01$; 95% CI [0,02, 0,17]), maupun hubungan antara kecemasan dengan kedua fitur persahabatan (*partial* $rs_{\text{persahabatan positif}} = 0,05$; $p = \text{ns}$; 95% CI [- 0,04, 0,13]; *partial* $rs_{\text{persahabatan negatif}} = 0,13$; $p \leq 0,001$; 95% CI [0,06, 0,21]).

Table 5
Results of Hierarchical Linear Regression Analysis

Predictor	Positive Friendship					Negative Friendship						
	R ²	ΔR ²	T	β	95% CI		R ²	ΔR ²	t	β	95% CI	
					LL	UL					LL	UL
Stage 1	.02	-					.00	-				
Gender ^a			- 3.78***	-.18	- 1.62	-.50			.88	.04	-.32	-.77
Stage 2	.06	.04					.08	.08				
Depression			- 4.35***	-.23	-.22	-.08			2.40*	.13	.01	.14
Anxiety			1.17	.06	-.03	.11			3.32***	.17	.05	.17

Note. CI = Confidence Interval; LL = Lower Limit; UL = Upper Limit. a: Gender has been given the codes; 1 for Male Adolescents and -1 for Female Adolescents. * $p \leq .05$; ** $p \leq .01$; *** $p \leq .001$.

Tabel 5
Hasil Analisis Hierarchical Linear Regression

Prediktor	Persahabatan Positif					Persahabatan Negatif						
	R ²	ΔR ²	T	β	95% CI		R ²	ΔR ²	t	β	95% CI	
					LL	UL					LL	UL
Tahap 1	0,02	-					0,00	-				
Gender ^a			- 3,78***	- 0,18	- 1,62	- 0,50			0,88	0,04	- 0,32	- 77
Tahap 2	0,06	0,04					0,08	0,08				
Depresi			- 4,35***	- 0,23	- 0,22	- 0,08			2,40*	0,13	0,01	0,14
Kecemasan			1,17	0,06	- 0,03	0,11			3,32***	0,17	0,05	0,17

Catatan. CI = Confidence Interval; LL = Lower Limit; UL = Upper Limit. a: Gender diberi kode 1 untuk Remaja Laki-Laki dan -1 untuk Remaja Perempuan. * $p \leq 0,05$; ** $p \leq 0,01$; *** $p \leq 0,001$.

Discussion

This study produced several findings. Firstly, there was the existence of low to medium-level disturbance in Indonesian and Malaysian adolescents, with the male adolescents reporting anxiety problems at higher levels than the female adolescents. Although this difference was not statistically significant, the trend is in line with data from the *Kementerian Kesehatan Republik Indonesia* (Ministry of Health of the Republic of Indonesia) and the Ministry of Health of Malaysia (Kementerian Kesehatan Republik Indonesia [Ministry of Health of the Republic of Indonesia], 2018; Institute for Public Health, 2015), which indicates an increase in the levels of depression and anxiety in these populations, and it may be that this has reached the symptomatic level, based upon indications from the clinical categories (see: Lovibond & Lovibond, 1995). This shows the need for deeper observation and research, concerning the risks and mental health problems amongst the adolescents of Indonesia and Malaysia, within the population.

However, the clinical significance of this finding needs careful examination, recalling that this study

Diskusi

Studi ini menghasilkan beberapa temuan. Pertama, adanya gangguan ringan hingga sedang baik pada remaja Indonesia dan Malaysia, dengan remaja laki-laki melaporkan masalah masalah kecemasan yang lebih tinggi dibandingkan dengan remaja perempuan. Meski perbedaan ini tidak signifikan secara statistik, tren tersebut sejalan dengan data Kementerian Kesehatan Republik Indonesia dan Ministry of Health Malaysia (Kementerian Kesehatan Republik Indonesia [Ministry of Health of the Republic of Indonesia], 2018; Institute for Public Health, 2015) yang menunjukkan meningkatnya tingkat depresi dan kecemasan di level populasi, dan bisa jadi sudah mencapai level simptomatik berdasarkan indikasi dari kategori klinis (lihat Lovibond & Lovibond, 1995). Hal ini menunjukkan perlunya tinjauan dan penelitian yang lebih dalam mengenai resiko dan permasalahan kesehatan mental pada remaja Indonesia dan Malaysia pada level populasi.

Hanya saja, signifikansi klinis dari temuan ini perlu ditelaah secara hati-hati, mengingat studi ini

was conducted during global COVID-19 pandemic conditions, and these high-level results may have occurred mixed in with symptoms of anxiety and depression related to the COVID-19 pandemic. A number of other studies have shown increases in the levels of problems of depression and anxiety, because of both the COVID-19 pandemic and the psychological burdens of government policies and social restrictions, particularly for children and adolescents (Benke et al., 2020; Okruszek et al., 2020).

Furthermore, the results of this study also confirmed the results of a number of previous pieces of research, which showed that female adolescents have higher positive friendship quality than male adolescents (Biggs et al., 2012; Kouwenberg et al., 2013; Xu et al., 2020). This difference may be caused by differences in the features of friendship between those of males and females. Female adolescent friendships are normally marked by the presence of self-disclosure, support, closeness, and togetherness (Kuttler et al., 1999; Smith & Rose, 2011); while friendship amongst male adolescents is marked by higher levels of autonomy and low levels of self-disclosure (Cross & Madson, 1997), causing the friendships of male adolescents to take longer to exit and recover from negative friendship, compared to those of female adolescents (Xu et al., 2020).

The results of main analysis confirmed the hypotheses of the authors and of previous research, where depression predicted a decline in positive friendship and an increase in negative friendships amongst adolescents (Rose et al., 2011). This pattern is in accord with indications from the maintenance model of depression (Moorey, 2010). Adolescents suffering problems of depression will feel a decline in features of positive friendship towards friends. This causes the emergence of self-withdrawal and avoidance of social contact behaviors (Moorey, 2010). Furthermore, conflicts and disputes often occur, generally found with negative friendship, which may also result in the rejection of peers (Pedersen et al., 2007). This may have the effect of these adolescents feeling increasingly isolated from their friends.

Differing from depression, anxiety predicts only

dilakukan di tengah kondisi pandemi COVID-19 secara global, dan hasil yang tinggi bisa jadi tercampur dengan simptom kecemasan dan depresi yang berhubungan dengan pandemi COVID-19. Sejumlah studi menunjukkan terjadinya kenaikan masalah depresi dan kecemasan baik karena pandemi COVID-19 maupun beban psikologis dari kebijakan dan pembatasan sosial, khususnya pada anak dan remaja (Benke et al., 2020; Okruszek et al., 2020).

Lebih lanjut, hasil studi ini turut mengkonfirmasi hasil sejumlah penelitian sebelumnya yang menunjukkan bahwa remaja perempuan memiliki kualitas persahabatan positif yang lebih tinggi dibandingkan remaja laki-laki (Biggs et al., 2012; Kouwenberg et al., 2013; Xu et al., 2020). Perbedaan ini bisa jadi disebabkan karena perbedaan fitur persahabatan pada laki-laki dan perempuan. Persahabatan remaja perempuan umumnya ditandai dengan adanya *self-disclosure*, dukungan, kedekatan, dan kebersamaan (Kuttler et al., 1999; Smith & Rose, 2011); sementara persahabatan pada remaja laki-laki lebih ditandai dengan otonomi yang lebih tinggi dan rendahnya *self-disclosure* (Cross & Madson, 1997), menyebabkan persahabatan remaja laki-laki membutuhkan waktu yang lebih lama untuk keluar dan pulih dari persahabatan negatif bila dibandingkan dengan remaja perempuan (Xu et al., 2020).

Hasil analisis utama mengkonfirmasi hipotesis penulis dan hasil-hasil penelitian sebelumnya, ketika depresi memprediksi turunnya persahabatan positif dan naiknya persahabatan negatif pada remaja (Rose et al., 2011). Pola ini sesuai dengan indikasi dari *maintenance model of depression* (Moorey, 2010). Seorang remaja yang memiliki permasalahan depresi akan merasakan turunnya fitur persahabatan positif dengan teman-temannya. Hal ini menyebabkan munculnya perilaku menarik diri dan menghindari kontak sosial (Moorey, 2010). Lebih lanjut, sering terjadinya konflik dan pertengkaran yang umum ditemukan pada persahabatan negatif juga dapat berakibat pada penolakan dari teman sebaya (Pedersen et al., 2007). Hal tersebut dapat mengakibatkan remaja semakin merasa terisolasi dari teman-temannya.

Berbeda dengan depresi, kecemasan hanya

the significant increase in negative friendship, but no significant predictive results were found relating anxiety to positive friendship. This result was in accord with some of the results of previous studies which connected the emergence of relational and friendship problems with anxiety (Ketay et al., 2019; Rodebaugh, 2009). In cases of anxiety, the increase in levels of negative friendship may be attributed to the emergence of specific patterns of anxiety behavior, such as the fear of being negatively valued by others (Hofmann, 2007), which may then triggering off the emergence of safety-seeking behaviors (Salkovskis, 1991), manifested in the form of excessive reassurance seeking or excessive behaviors in seeking consolation from others, to assuage such feelings of anxiety through seeking comfort from friends. The more adolescents feel depressed, the higher will be their need to seek comfort from peers, and this excessive reassurance seeking has been proven to damage friendships and trigger disputes and conflicts (Prinstein et al., 2005). These disputes and conflict can actually make the anxiety increasingly severe and reinitiate the circle of anxiety maintenance, which may trigger impairment of social interaction (Mattick & Clarke, 1998), and may, indeed, trigger withdrawal from social circles (Rubin & Burgess, 2001).

The results of correlational analysis simultaneously showed that the connections between anxiety and positive friendship have a negative valence, however in regression and partial correlational analysis, when the authors controlled the effect of depression on anxiety, a different pattern emerged, wherein anxiety then had a positive correlation with positive friendship, although this was not statistically significant. This effect difference indicated support for the tripartite model of depression and anxiety (Clark & Watson, 1991). On the basis of this model, although depression and anxiety are together classified as negative affect, it is only depression which is characterized as having a low positive affect. This low positive affect is proven to have a negative impact upon the features of friendship (Rose et al., 2011); so that, when the effects of depression are controlled, only then can the positive effects of anxiety emerge. However, these results are not yet statistically significant, so that the authors

memprediksi naiknya persahabatan negatif secara signifikan, tetapi tidak ditemukan hasil prediksi yang signifikan antara kecemasan dengan persahabatan positif. Hasil ini sejalan dengan sebagian hasil studi sebelumnya yang menghubungkan kecemasan dengan munculnya permasalahan relasional dan persahabatan (Ketay et al., 2019; Rodebaugh, 2009). Pada kasus kecemasan, naiknya persahabatan negatif dapat diatribusikan pada munculnya pola perilaku kecemasan yang khas seperti rasa takut terhadap penilaian buruk dari orang lain (Hofmann, 2007), rasa takut ini kemudian memicu munculnya perilaku mencari rasa aman (Salkovskis, 1991) yang termanifestasikan dalam bentuk *excessive reassurance seeking* atau perilaku berlebihan dalam mencari hiburan dari orang lain untuk meredakan perasaan cemas lewat hiburan dari temannya. Semakin seorang remaja merasa cemas, semakin tinggi kebutuhannya untuk mendapatkan hiburan dari teman-temannya, dan perilaku *excessive reassurance seeking* ini terbukti merusak persahabatan dan memicu pertengkaran dan konflik (Prinstein et al., 2005). Konflik dan pertengkaran tersebut justru dapat membuat kecemasan semakin parah dan memulai kembali lingkaran *maintenance* kecemasan yang dapat memicu hendaya pada interaksi sosial (Mattick & Clarke, 1998) dan bahkan dapat memicu penarikan diri dari lingkungan sosial (Rubin & Burgess, 2001).

Hasil analisis korelasi secara simultan menunjukkan bahwa hubungan antara kecemasan dengan persahabatan positif memiliki valensi negatif; hanya saja pada regresi dan pada analisis korelasi parsial ketika penulis mengontrol efek dari depresi pada kecemasan, pola yang berbeda muncul ketika kecemasan kini memiliki korelasi positif dengan persahabatan positif, meski tidak signifikan secara statistik. Perbedaan efek ini mengindikasikan dukungan kepada model *tripartite* dari depresi dan kecemasan (Clark & Watson, 1991). Berdasarkan model tersebut, meski depresi dan kecemasan sama-sama diklasifikasikan sebagai afek negatif, hanya depresi yang dikarakterisasi oleh afek positif yang rendah. Afek positif yang rendah ini terbukti memiliki dampak buruk pada fitur persahabatan (Rose et al., 2011); sehingga, ketika efek depresi dikontrol, efek positif dari kecemasan baru dapat muncul. Hanya saja, hasil ini belum signifikan secara statistik, sehingga penulis menyarankan penelitian berikutnya untuk menelaah

recommend future research to examine it further.

Lastly, the practical implications of this study suggested the need for caution in applying intervention strategies through the proxy of peers (such as peer counselors or the involvement of close friends), when depression and/or anxiety may actually trigger the emergence of the features of negative friendship which will really worsen the condition of the depression and anxiety being experienced. Based upon the results of this study which showed the negative impacts of depression and anxiety on peer relations, there emerges the need to introduce discussion concerning the multiple roles or complex connections between peer counselors and the person being counselled. It is hoped that there will be no peer relations, or especially friendship, between peer counselors and counseling recipients, to avoid any negative impact on existing relationships, as well as the potential for the increase of the problems of depression and anxiety for the recipient of the counseling. Moreover, the involvement of close friends as part of the support system of the client or recipient of the counseling regarding the problems of depression and anxiety also needs to be accompanied by the provision of guidance and education related to the potential for the negative impacts on relationships to the client's friend. This is stated with the hope that when self-withdrawal or excessive reassurance seeking behaviors emerge, the friend of the client will be ready and able to behave wisely, so as to be capable of providing the support required.

Limitations and Recommendations

There were several limitations to this study. The first limitation was the COVID-19 pandemic and social restriction conditions in force, resulting in the process of data collection having to be conducted online. This restricted the ability of the authors to monitor the data collection. Although this was the case, the authors strove to apply a number of verification steps to ensure the data obtained was real, and was entered only once by each person.

Moreover, the COVID-19 pandemic conditions and social restrictions have caused adolescents to interact in a restricted fashion with their peers and

permasalahan ini lebih lanjut.

Terakhir, implikasi praktis dari studi ini menyarankan perlunya kehati-hatian dalam menerapkan strategi intervensi melalui proksi teman sebaya (seperti konselor sebaya atau pelibatan teman dekat) ketika depresi dan/atau kecemasan justru akan memicu munculnya fitur persahabatan negatif, yang justru akan memperburuk kondisi depresi dan kecemasan yang dialami. Berdasarkan hasil studi ini yang menunjukkan dampak buruk depresi dan kecemasan terhadap relasi dengan teman sebaya, muncul keperluan untuk memasukkan bahasan mengenai peran ganda atau hubungan majemuk antara konselor sebaya dan konseli. Diharapkan antara konselor sebaya dan konseli tidak memiliki hubungan pertemanan, apalagi persahabatan, untuk menghindari dampak negatif terhadap relasi yang sudah ada serta potensi peningkatan masalah depresi dan kecemasan pada konseli. Lebih lanjut, pelibatan teman dekat sebagai *support system* klien atau konseli dengan masalah depresi dan kecemasan juga perlu disertai dengan pemberian pendampingan dan edukasi mengenai potensi dampak negatif masalah depresi dan kecemasan terhadap relasi kepada teman klien tersebut. Hal ini dengan harapan bahwa ketika perilaku menarik diri atau *excessive reassurance seeking* muncul, teman klien tersebut sudah lebih siap dan mampu bersikap dengan bijak sehingga dapat memberikan dukungan yang dibutuhkan.

Keterbatasan dan Saran

Terdapat beberapa keterbatasan dalam studi ini. Keterbatasan yang pertama adalah kondisi pandemi COVID-19 dan pembatasan sosial yang mengakibatkan proses pengambilan data harus dilakukan secara daring. Hal ini membatasi kemampuan penulis untuk mengamati proses pengambilan data. Meski demikian penulis sudah berusaha untuk menerapkan sejumlah langkah verifikasi untuk memastikan data yang diperoleh adalah benar dan memang hanya diisi sebanyak satu kali oleh orang yang sama.

Lebih lanjut, kondisi pandemi COVID-19 serta pembatasan sosial menyebabkan remaja berinteraksi secara terbatas dengan teman sebaya

friends, so that these conditions had the potential to become a confounder to this study. It is recommended that further research is conducted in post-pandemic conditions, to compare with the results with those of this study, so as to be able to obtain a more complete picture.

Furthermore, proportionally, the respondents in the study were dominated by female respondents. Taking into account that the existence of gender variations in the dynamics of interpersonal relations is an important consideration, further research involving the variable of interpersonal relations is hoped also to pay attention to the proportionality of male and female respondents.

Lastly, the findings of this study are an indication of the need for mental health surveys of adolescents in the population, both in Indonesia and Malaysia, to obtain a clear picture about the mental health condition of Indonesian and Malaysian adolescents. This picture may become an initial step, and bring forth a recommendation for policies concerning the mental health of adolescents.

Conclusions

The results of this study confirmed a portion of the hypotheses of the authors, wherein depression has a negative impact on the features of positive friendship and also has a positive impact on the features of negative friendship. Besides this, it was found that there was a significant connection and positive effect of anxiety on the features of negative friendship, and no significant connection was found between anxiety and the features of positive friendship. This study confirmed previous expert recommendations, which stressed the importance of looking at the connections between friendship quality and internalizing disorders, such as depression and anxiety, from the viewpoint of the effects of the internalizing disorders on friendship quality.

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maupun sahabatnya, sehingga kondisi ini berpotensi menjadi *confounder* dalam studi ini. Penelitian selanjutnya disarankan untuk dilakukan dalam kondisi pasca-pandemi untuk dibandingkan hasilnya dengan studi ini agar mendapat gambaran yang lebih lengkap.

Selanjutnya, proporsi responden dalam studi didominasi oleh responden perempuan. Memperhatikan bahwa adanya variasi *gender* dalam dinamika relasi interpersonal merupakan langkah yang penting, maka penelitian selanjutnya yang melibatkan variabel relasi interpersonal diharapkan juga perlu memperhatikan proporsi responden laki-laki dan perempuan.

Terakhir, temuan studi ini menjadi indikasi perlunya survei kesehatan mental remaja di tingkat populasi baik di Indonesia maupun Malaysia untuk mendapatkan gambaran yang jelas mengenai kondisi kesehatan mental remaja Indonesia dan Malaysia. Gambaran ini dapat menjadi dasar langkah dan rekomendasi kebijakan mengenai kesehatan mental remaja.

Simpulan

Hasil dari studi ini mengkonfirmasi sebagian hipotesis penulis, ketika depresi memiliki dampak negatif terhadap fitur persahabatan positif serta memiliki dampak positif terhadap fitur persahabatan negatif. Selain itu, ditemukan adanya hubungan yang signifikan serta dampak positif kecemasan terhadap fitur persahabatan negatif, dan tidak ditemukan adanya hubungan yang signifikan antara kecemasan dengan fitur persahabatan positif. Studi ini mengkonfirmasi saran ahli sebelumnya yang menekankan pentingnya memandang hubungan antara kualitas persahabatan dengan permasalahan internalisasi seperti depresi dan kecemasan dari sudut pandang efek permasalahan internalisasi terhadap kualitas persahabatan.

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