

Hope as a predictor of internalizing behavior problems among adolescence in Yogyakarta, Indonesia

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ABSTRACT

The prevalence of internalizing behavior problems, namely depression, anxiety, and stress among adolescents has increased globally. Previous literature reviews showed that one of the contributing factors that leads to the high level of internalizing behavior problems was the low levels of hope. This study aimed to examine hope as a significant predictor of depression tendencies, anxiety, and stress among adolescents in Yogyakarta, Indonesia using an incidental sampling method. The Snyder's Hope Scale and The Depression Anxiety Stress Scales-21 (DAAS-21) were adapted and validated for an online survey. A total of 400 adolescents from Indonesia aged 12 to 21 years were participated in the online survey. The data were analysed using regression analysis technique to estimate the relationship between internalizing behavior problems and hope. According to regression analysis, hope negatively correlated with depression ($r = -0,36$, $p < .01$; BCa 95% CI [-0.45; -0.26]), anxiety ($r = -0,20$, $p < .01$; BCa 95% CI [-0.31; -0.10]), and stress ($r = -0,16$, $p < .01$; BCa 95% CI [-0.28; -0.05]). Further, it was revealed that hope can predict the decreased level of depression ($t = -7.66$; $B = -.28$; $p < .01$; BCa 95% CI [-.38; -.19]), anxiety ($t = -4.01$; $B = -.16$; $p < .01$; BCa 95% CI [-.26; -.08]), and stress in the sample ($t = -3.27$; $B = -.13$; $p < .01$; BCa 95% CI [-.29; -.05]).

Kata Kunci: *adolescence*, *:anxiety*, *:hope*, *:internalizing behavior problems*, *:stress*