

The Influence of Social Support and Loneliness on Depression Among College Students Moderated by Self-Constraint: A Study in Indonesia and Malaysia

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ABSTRACT

This study explores the impact of social support and feelings of loneliness on depression in college students, considering the moderating effect of self-construal. The research was conducted in both Indonesia and Malaysia, investigating the interplay between social support, loneliness, self-construal, and depression among university students in these countries. Self-construal is divided into two types: interdependence and dependence.

This research use a quantitative approach with a causal-comparative research design. The study includes participants from two countries, Malaysia and Indonesia, total respondent 402 respondents aged 17 to 35 (mean age = 19). Participants were selected through accidental sampling using Google Forms and assessed using four scales: BDI II to measure depression, ULS-6 to measure loneliness, MSPSS to measure social support, and the self-construal scale to measure self-construal.

Hayes' process analysis was employed to determine the significant influence of social support on depression. The findings of this research indicate that social support has a significant impact on depression, with the level of loneliness and self-construal moderating this relationship among young adults in Indonesia and Malaysia.

Kata Kunci: *Social support, loneliness, self construal, depression*