

# **THE RELATIONSHIP BETWEEN NEGATIVE LIFE EVENTS AND RESILIENCE WITH DEPRESSION AMONG MORAL REHABILITATION CENTRE STUDENTS' OF SEKOLAH TUNAS BAKTI**

## **ABSTRACT**

Depression was a mental health problem most frequently experienced by adolescents compared to other mental health problems. Adolescent especially of low social class backgrounds who did not succeed academically and detained in moral rehabilitation centre, had actually experienced negative life events and at risk of depression. Resilience was seen as an element that could prevent depression. Therefore, this study aimed to examine the relationship between negative life events and resilience with depression among moral rehabilitation centre students' of Sekolah Tunas Bakti (STB). It was a cross-sectional study using self-administred questionnaire in a group and supervised by the researcher to a total of 171 STB students. Questionnaires used include Beck Depression Inventory II (BDI II), Ego Resilience Scale (ER89) and the Adolescent Life Events Questionnaire (ALEQ). Data were analysed using t-test, correlation, simple and multiple regression. The results showed that there were no significant differences in depression by gender and age. There were significant correlation between negative life events and depression. There was negative significant correlation between resilience and depression and it means that high resilience could reduce depression. Resilience and negative life events related to parents and family had been found to be a major predictor to depression but resilience was not a mediator for the relationship between negative life events with depression. This study may provide input and improve understanding of the relationship between negative life events, resilience and depression. The results of this study could help the Ministry of Health to strengthen the effectiveness of existing module and intervention programs, with emphasis on the aspects of resilience to form self-esteem and empower the adolescent personality. Therefore, this study may have implications for Health Education Officers, counselors and psychological experts to identify symptoms of depression and adolescent problems in STB. These findings could be used as guidelines for STB regarding the risk of depression among its students and when developing intervention programmes to improve resilience and reduce the level of depression.