

## Social Support as a Variable of Modelator Relationship between Locus of Control and Depression in Chronic Disease Patients

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### ABSTRACT

Chronic disease is a sedentary disease and sometimes cannot be cured. Someone with chronic disease is not uncommon to experience depression because the disease can not heal so it interferes with daily activities. The purpose of this study was to determine whether there was a relationship between locus of control and depression in chronic diseases and whether social support as a moderation of the relationship between locus of control and depression in patients with chronic disease. The results obtained were the first hypothesis of locus of control proved to be negatively and significantly related to depression, and the second hypothesis namely social support was a moderating variable that weakened the relationship between LOC and depression.

**Keywords:** *Locus Of Control, Depression, Social Support, Chronic Disease*

Chronic disease is a disease that can be said to be sedentary in nature and often cannot be cured and forces sufferers to always take medical care regularly and for a long time (Loss et al., 2013). Some research results show that the impact of a person suffering from a chronic disease is a decrease in quality of life so that they will tend to be susceptible to depression (Rodrigues, Gebara, Gerbi, Pierri, & Wajngarten, 2015). Some of the factors that cause depression in patients are related to the disease, namely the duration of diagnosis, severity, poor prognosis, and pain. From within the patient is fear of death, pain, and feeling helpless. Handling, from side effects of therapy, length of treatment and high costs. Finally, the medical team, namely communication between doctors, nurses, and patients (S., Setiyarini, & Effendy, 2017).

Depression is expected to be reduced by strong expectations that he will recover from chronic illnesses suffered. In this case, the expectation regarding this matter is interpreted as the locus

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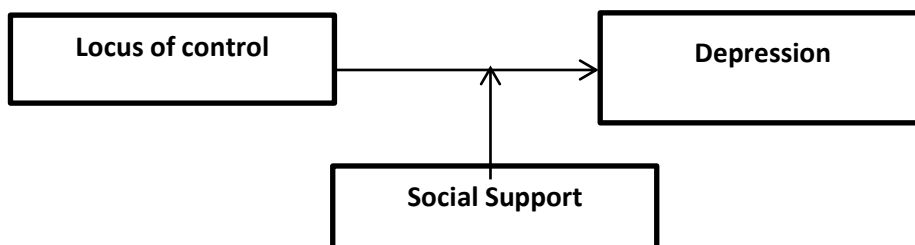
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of control. Yu & Fan (2016) Locus of control is the general expectation of individuals in various things that are seen from behavior and results, meaning that a situation is generated by the general beliefs of individuals.

Based on the results of the study it was reported that locus of control has a negative relationship, which means that the higher the locus of control, the depression will decrease. The study linked locus of control with depression, the results of the study showed a significant negative relationship, locus of control can reduce depression (Richardson, Field, Newton, & Bendell, 2012) (Yu & Fan, 2016), it is expected that good social support from family and colleagues can help patients reduce depression felt by patients.

From the explanation above, it can be said that this research will be different from the previous research, namely with the allegations of researchers that social support is one of the variables that moderates the relationship between locus of control and depression in cancer patients. Ben-Amos (2008) Social support is a source of physical and emotional assistance provided by the surrounding environment to the people around him who need encouragement to the problems at hand. Viewed from this, it can be said that social support can be one indicator to reduce depression in chronic disease patients because social support from the family and the environment is needed by patients with chronic diseases.

### METHODOLOGY



Picture 1

### *Hypothesis*

Hypothesis 1, There is a direct relationship between locus of control and depression in patients with chronic diseases. Hypothesis 2, Social support as a moderator between locus of control and depression in patients with chronic diseases.

### *Research methods*

In this study, researchers used a locus of control scale adapted from the Locus of Control Scale from Nowicki & Strickland (Nowicki & Strickland, 1973), the scale of depression taken from the Depression, Anxiety and Stress Scale - 21 Items (DASS-21) (Lovibond & Lovibond, 1995), and a social support scale taken from the Berlin Social Support Scales (BSSS), Ralf Schwarzer & Ute Schulz (2000) (Schwarzer & Schulz, 2013).

### *Subject*

Primary data in this study were obtained through questionnaires distributed to respondents. The subjects in this study were those suffering from chronic diseases (heart, bronchitis, cancer, diabetes, and others) who had been diagnosed by a doctor, were undergoing treatment

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in the hospital or outpatient, the maximum age was 60 years. The sampling technique uses the snowball sampling technique.

### ***Data analysis***

Interaction test or often called Moderated Regression Analysis (MRA), is a special analysis of multiple linear regression where the regression equation contains elements of interaction. The aim is to find out whether the moderating variable will strengthen or weaken the relationship between the independent and dependent variables. Three regression testing models with moderating variables, namely the interaction test (MRA), the hypothesis is accepted if the moderating variable has a significant effect on fraud detection. Data that has been collected is then analyzed using SPSS software.

## **RESULTS**

LOC proved to be negatively and significantly related to depression, indicated by the acquisition of a regression coefficient of -0.427 with a p-value of 0.000 ( $p < 0.05$ ), meaning that the higher the LOC the lower the depression and vice versa the lower the LOC. Depression can occur in almost all people who lack self-control (Bentley, 2007). Someone who thinks their life is controlled by a control and wrong perception will have a tendency to depression and even suicide (Zawawi & Hamaideh, 2009). Someone who has an internal locus of control is likely to experience depression which is smaller than those who only have an external locus of control (Harrow, Hansford, & Astrachan-Fletcher, 2009).

The second hypothesis of this study is that based on the regression results it is known that depression negatively has a significant effect on the residual absolute value with the regression coefficient value -0.171 and p-value of (0.007) because  $p < 0.05$  and the regression coefficient are negative then it states that Social support is a moderating variable that weakens the relationship between LOC and depression. Based on these results show that social support is negatively related to depression but weakens the relationship between locus of control and depression in patients with chronic diseases. Factors that cause a person to experience depression are genetic, cultural, environmental, and other psychological factors (Ray, 2017).

Social support depends on many things such as personal, environmental, and cultural factors. Generally, social support is provided by the closest people such as family and partners, empirically this will affect the quality of life of a person so that individuals will feel happier (Gottlieb & Bergen, 2010).

## **DISCUSSION**

In this study, it was proven that social support as a moderating variable but weakened the relationship between locus of control and depression in patients with chronic diseases. This might happen because social support is a direct variable that affects depression so that it can weaken the relationship between the dependent and independent variables. In addition to the preliminary study, the number of subjects and methods of data collection is considered to be insufficient to describe the actual condition of the object of research. These problems are the reasons why there are shortcomings in the results of the study.

Social support was also found to have a significant relationship with depression because social support is one of the determinants of a person's success in overcoming depression

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tendencies (Leahy-Warren, Mccarthy, & Corcoran, 2012). The environment included in it is social support is one of the factors that contribute to the trigger or factors that can reduce the tendency of depression in someone (Budge, Adelson, & Howard, 2013). The impact of someone who lacks locus of control both externally and internally will tend to have maladaptive controls that will cause problems that can affect their lives. One problem that will arise and affect the life of the present and future of a person is depressed, if the initial depression is not handled properly it will lead to more complex depression in the future (Culpin, Stapinski, Miles, Araya, & Joinson, 2015).

Suggestions for patients with chronic diseases based on the results of the research are to always have high motivation both from within and outside, although some chronic diseases cannot be cured because it is considered proven to improve a person's quality of life so that the tendency of depression will tend to decrease. Besides motivation, social support from the closest environment will also reduce the burden faced by patients. Support can be either psychological or physical support. Psychologically it can take the form of paying attention to people with chronic diseases so that they do not feel alone and physically can be accompanied by when they have to go to the hospital, remind them to take medicine and so on.

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### **Conflict of Interest**

The authors carefully declare this paper to bear not a conflict of interests

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