

# Perbedaan Sikap terhadap Pencarian Bantuan Psikologis Profesional berdasarkan Tipe-Tipe Adult Attachment pada Laki-Laki Dewasa Awal = The Differences in Attitudes toward Seeking Professional Psychological Help among Emerging Adult Men based on Adult Attachment Styles

Sidauruk, Rebecca Octavia, author

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## Abstrak

Adult attachment yang telah dibangun sejak kecil berpotensi mendasari bagaimana individu memandang orang lain sebagai sumber bantuan, termasuk di dalamnya pihak profesional. Penelitian ini menguji perbedaan sikap terhadap pencarian bantuan psikologis profesional berdasarkan tipe-tipe adult attachment pada laki-laki dewasa awal, mengingat kebutuhan laki-laki dewasa awal yang tinggi akan bantuan psikologis. Penelitian serupa yang dilakukan sebelumnya masih menunjukkan adanya inkonsistensi hasil dan masih sangat sedikit penelitian terkait yang berfokus pada laki-laki dewasa awal. Pengukuran terhadap variabel dilakukan menggunakan Attitude Toward Seeking Professional Psychological Help-Short Form (ATSPPH-SF) dan Experience in Close Relationship Scale-Short Form (ECR-S). Penelitian dilakukan terhadap 194 partisipan dan menunjukkan tidak adanya perbedaan sikap terhadap pencarian bantuan psikologis profesional yang signifikan pada laki-laki dewasa awal berdasarkan tipe-tipe adult attachment. Laki-laki dewasa awal dengan tipe fearful ditemukan memiliki rata-rata skor sikap terhadap pencarian bantuan psikologis profesional tertinggi. Penelitian ini berimplikasi pada pentingnya memfokuskan intervensi pada faktor yang telah diketahui berkontribusi pada sikap laki-laki dewasa awal terhadap pencarian bantuan.

.....Adult attachment evolved since childhood can potentially explain how individuals view other people, including professional parties, as a source of assistance. This study examines differences in attitudes towards seeking professional psychological help based on adult attachment types in emerging adult males, taking into account the significance of this type of assistance among adult males. Previous studies have shown inconsistencies in results and merely a few of those addressed the focus on emerging adult males. The measurement was carried out using the Attitude Toward Seeking Professional Psychological Help-Short Form (ATSPPH-SF) and the Experience in Close Relationship Scale-Short Form (ECR-S). The study was conducted on 194 participants. The results show that there is no significant difference in attitudes towards seeking professional psychological help among emerging adult males based on the types of adult attachments. Emerging adult males with fearful adult attachment are found to have the highest mean score of attitudes toward seeking professional psychological help. These research findings imply the importance of focusing the interventions on some contributing factors considered as strong predictors of emerging adult males' attitude towards seeking professional psychological help.