

## Perbedaan intensi anak sulung dewasa awal dalam mencari bantuan kesehatan mental profesional berdasarkan tipe adult attachment = The differences of early adult intention in looking for professional mental health help based on adult attachment style

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### Abstrak

Anak sulung seringkali dipandang sebagai individu yang stabil, tidak emosional, dan selalu berperforma baik dalam segala hal. Kondisi ini tentu berperan terhadap intensinya untuk mencari bantuan profesional ketika mengalami masalah mental. Terlebih apabila pengalamannya bersama orang tua membentuk tipe adult attachment yang turut berperan terhadap intensinya mencari bantuan profesional. Penelitian ini ingin menguji ada/tidaknya perbedaan intensi yang signifikan pada diri anak sulung dalam mencari bantuan kesehatan mental profesional, berdasarkan tipe attachment yang dimiliki. Intensi diukur menggunakan alat ukur Mental Help Seeking Intention Scale (MHSIS) dan attachment individu dewasa diukur menggunakan Experiences in Close Relationship Scale – Short Form. Sebanyak 247 anak sulung laki-laki dan perempuan berusia 18-25 tahun menjadi partisipan dalam penelitian ini. Menggunakan metode analisis ANOVA, dapat dibuktikan bahwa terdapat perbedaan intensi mencari bantuan kesehatan mental profesional yang signifikan, dengan tipe attachment fearful yang memiliki intensi paling tinggi.

.....The oldest child is often seen as a stable individual, unfeeling, and always performs well in everything. This condition certainly plays a role in his intention to seek professional help when experiencing mental problems. This is especially true if his experiences with parents form a type of adult attachment which contributes to his intention to seek professional help. The study wanted to test whether or not there were significant differences in the eldest son's intentions in seeking professional mental health assistance, based on the type of attachment he had. The intention was measured using the Mental Help Seeking Intention Scale (MHSIS) and adult individual attachment was measured using the Experiences in Close Relationship Scale - Short Form. A total of 247 firstborn boys and girls aged 18-25 years participated in this study. Using the ANOVA analysis method, it can be proven that there are significant differences in the intention to seek professional mental health assistance, with the fearful attachment type having the highest intention.