

# Sikap terhadap Pencarian Bantuan Profesional dan Persepsi Dukungan Sosial sebagai Prediktor Intensi Remaja Mencari Bantuan Profesional = Attitude toward Seeking Professional Help and Perceived Social Support as Predictors of Adolescents's Intention toward Seeking Professional Help

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## Abstrak

Masa transisi remaja yang penuh dengan tekanan membuat remaja rentan akan masalah kesehatan mental. Dampak buruk dari masalah kesehatan mental dapat bertahan hingga masa dewasa. Bantuan dari pihak profesional merupakan cara yang tepat untuk mengatasi masalah psikologis, namun remaja cenderung enggan mencari bantuan kepada pihak profesional. Terdapat faktor-faktor yang memengaruhi remaja dalam berintensi mencari bantuan profesional, yaitu sikap terhadap pencarian bantuan profesional dan persepsi dukungan sosial. Sebanyak 253 remaja (196 perempuan, 57 laki-laki) yang berusia 11-19 tahun ( $M=15.31$ ,  $SD=1.72$ ) di Indonesia menjadi partisipan penelitian ini. Penelitian ini merupakan penelitian kuantitatif dan pengambilan data dilakukan secara daring dengan metode purposive sampling. Sikap terhadap pencarian bantuan profesional diukur dengan Mental Help Seeking Attitudes Scale, persepsi dukungan sosial diukur dengan Multidimensional Scale of Perceived Social Support, dan intensi mencari bantuan profesional diukur dengan Intention to Seek Counseling Inventory. Pengolahan data menggunakan teknik regresi hirarki. Hasil penelitian menunjukkan bahwa sikap terhadap pencarian bantuan profesional dan persepsi dukungan sosial dari figur signifikan memiliki pengaruh yang positif secara signifikan terhadap intensi remaja mencari bantuan profesional, dengan variabel usia, jenis kelamin, dan pengalaman konseling dikontrol. Persepsi dukungan sosial dari keluarga maupun teman tidak berpengaruh secara signifikan terhadap intensi remaja mencari bantuan profesional. Implikasi dari hasil penelitian dapat digunakan sebagai dasar pengembangan program intervensi untuk guru dan pihak sekolah.

.....The stressful adolescent transition period makes adolescents vulnerable to have mental health problems. The negative impact of mental health problems can last into adulthood. Help-seeking from professionals is the right way to deal with psychological problems, but adolescent tend to be reluctant to seek help from professionals. There are two factors that influence adolescents' intention to seek professional help, namely attitudes toward seeking professional help and perceived social support. A total of 253 adolescents (196 girls, 57 boys) aged 11-19 years ( $M=15.31$ ,  $SD=1.72$ ) in Indonesia participated in this study. This research is a quantitative research and data collected by online using purposive sampling method. Attitude towards seeking professional help was measured by the Mental Help Seeking Attitudes Scale, perceived social support was measured by the Multidimensional Scale of Perceived Social Support, and the intention to seek professional help was measured by the Intention to Seek Counselling Inventory. Data processing using hierarchical regression technique. The results showed that attitudes toward seeking professional help and perceived social support from significant others had a positive impact significantly on adolescents' intentions to seek professional help with controlling age, gender and counselling experience. Perceived social support from family and friends did not significantly influence the adolescent's intention to seek professional help. The implications of this research can be used for developing intervention programs for

teachers and schools.