

Perbedaan Preferensi Mencari Bantuan dari Sumber Formal dan Informal Berdasarkan Tingkat Internalizing Problem Siswa SMP di Banyuwangi = Preference for Formal and Informal Help Sources by the Level of Internalizing Problem among Middle School Students in Banyuwangi

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Abstrak

Tantangan di masa remaja berpotensi menimbulkan internalizing problem. Penting bagi remaja untuk mencari bantuan dari berbagai sumber yang tersedia. Penelitian ini bertujuan untuk melihat perbedaan preferensi mencari bantuan dari sumber formal dan informal berdasarkan tingkat internalizing problem siswa SMP di Banyuwangi. Penelitian dilakukan menggunakan desain cross-sectional pada 1.217 siswa ($M = 13,52$, $SD = 1,04$). Analisis independent samples t-test menunjukkan perbedaan preferensi mencari bantuan yang signifikan dari sumber formal, $t(1215) = 2,271$, $p < 0,05$ dan sumber informal, $t(1215) = 3,681$, $p < 0,01$ antara siswa dengan internalizing problem rendah dan tinggi. Siswa dengan internalizing problem rendah lebih cenderung mencari bantuan, baik dari sumber formal maupun informal.

.....Challenges during adolescence can potentially cause internalizing problem. It is important for adolescents to seek help from all available sources. This study aims to look at differences in help-seeking preferences from formal and informal sources by the level of internalizing problem among middle school students in Banyuwangi. The study was conducted using a cross-sectional design on 1,217 students ($M = 13.52$, $SD = 1.04$). Independent sample t-test analysis showed significant differences in help-seeking preference from formal sources, $t(1215) = 2.271$, $p < 0.05$ and informal sources, $t(1215) = 3.681$, $p < 0.01$ between students with low and high internalizing problem. Students with low internalizing problem are more likely to seek help, both from formal and informal sources.