

Hubungan antara Persepsi Dukungan Sosial dan Intensi Mencari Bantuan Kesehatan Mental Profesional pada Remaja SMA/Sederajat di Indonesia = The Relationship between Perceived Social Support and Mental Health Professional Help Seeking Intention among High School Adolescents in Indonesia

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Abstrak

Populasi remaja rentan mengalami masalah kesehatan mental (Gadagnoto dkk., 2022) dan ditemukan adanya kenaikan prevalensi gangguan kesehatan mental pada populasi usia remaja di Indonesia (Risksedas, 2018). Riset menunjukkan bahwa intensi yang dimiliki untuk mencari bantuan kepada tenaga profesional masih rendah (Moen dkk., 2018; Barus, 2022). Salah satu faktor protektif remaja terhadap masalah kesehatan mental adalah dukungan sosial dan persepsi mereka terhadap ketersediaan sumber dukungan tersebut dari lingkungan sekitarnya dinilai penting. Penelitian ini dilakukan untuk melihat hubungan antara persepsi dukungan sosial dan intensi mencari bantuan kesehatan mental profesional pada remaja SMA/ sederajat di Indonesia. Metode penelitian yang digunakan adalah metode kuantitatif dengan desain penelitian korelasional. Pengukuran persepsi dukungan sosial menggunakan Multidimensional Scale of Perceived Social Support (MSPSS) dan intensi mencari bantuan kesehatan mental profesional menggunakan Mental Help-Seeking Intention Scale (MHSIS) dilakukan kepada 144 partisipan remaja SMA/ sederajat di Kota Bandung. Hasil penelitian menemukan bahwa terdapat hubungan yang positif dan signifikan antara persepsi dukungan sosial dan intensi mencari bantuan kesehatan mental profesional ($r = 0,410$, $p < 0,01$).

The adolescent population is prone to experiencing mental health problems (Gadagnoto et al., 2022) and an increase in the prevalence of mental health disorders has been found in the adolescent population in Indonesia (Risksedas, 2018). Research shows that the intention to seek help from professionals is still low (Moen et al., 2018; Barus, 2022). One of the protective factors for adolescents against mental health problems is social support and their perception of the availability of this source of support from the surrounding environment is considered essential. This research examined the relationship between perceived social support and mental health professional help-seeking intention among high school adolescents in Indonesia. The research method used is a quantitative method with a correlational research design. Measuring perceived social support using the Multidimensional Scale of Perceived Social Support (MSPSS) and mental health professional help-seeking intention using the Mental Help Seeking Intention Scale (MHSIS) was conducted on 144 high school adolescent participants in Bandung. The study found a positive and significant relationship between perceived social support and mental health professional help-seeking intention ($r = 0.410$, $p < 0.01$).