

# Hubungan antara Persepsi Dukungan Sosial dan Sikap terhadap Mencari Bantuan Psikologis Profesional pada Mahasiswa = The Relationship between Perceived Social Support and Attitude toward Seeking Professional Psychological Help in College Students

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## Abstrak

Berbagai tantangan dalam kehidupan mahasiswa membuatnya rentan mengalami masalah kesehatan mental sehingga mahasiswa perlu melakukan coping dengan mencari bantuan kepada profesional. Aspek penting yang mendasari perilaku mencari bantuan kepada profesional adalah sikap terhadap mencari bantuan psikologis profesional. Penelitian ini bertujuan melihat keterkaitan antara persepsi dukungan sosial dari keluarga, teman, dan figur signifikan dengan sikap terhadap mencari bantuan psikologis profesional.

Penelitian ini bersifat korelasional dengan metode pengambilan data survei daring. Partisipan merupakan 268 mahasiswa dengan rentang usia 18-25 tahun di Universitas Indonesia. Alat ukur yang digunakan yaitu Multidimensional Scale of Perceived Social Support (MSPSS) dan Mental Help-Seeking Attitudes Scale (MHSAS). Hasil menunjukkan terdapat hubungan yang positif dan signifikan antara persepsi dukungan sosial secara keseluruhan ( $r = 0,255$ ,  $p < 0,01$ ), maupun dari masing-masing sumber yaitu keluarga ( $r = 0,149$ ,  $p < 0,01$ ), teman ( $r = 0,230$ ,  $p < 0,01$ ), dan figur signifikan ( $r = 0,179$ ,  $p < 0,01$ ) dengan sikap terhadap mencari bantuan psikologis profesional. Hasil penelitian ini dapat digunakan sebagai landasan pengembangan program intervensi bagi pihak universitas dan tenaga kesehatan mental profesional.

.....Various challenges in college students' lives made them prone to mental health problems. Such problems lead to students' need of coping, by which they seek professional help. An important aspect that underlying help-seeking behavior is attitude toward seeking professional psychological help. This study aims to investigate the relationship between perceived social support from family, friends, and significant others with attitude toward seeking professional psychological help. This study is correlational using the online survey data collection method. Participants were 268 college students aged 18–25 years old at the University of Indonesia. The measurements used in this study are Multidimensional Scale of Perceived Social Support (MSPSS) and Mental Help-Seeking Attitudes Scale (MHSAS). The result shows that there is a positive and significant relationship between overall perceived social support ( $r = 0,255$ ,  $p < 0,01$ ) as well as perceived social support from family ( $r = 0,149$ ,  $p < 0,01$ ), friends ( $r = 0,230$ ,  $p < 0,01$ ), and significant others ( $r = 0,179$ ,  $p < 0,01$ ) with attitude toward seeking professional psychological help. This research can be used as a basis for the development of intervention programs for universities and mental health professionals.