

HUBUNGAN PERSEPSI TINGKAT KEPARAHAN KONDISI KESEHATAN MENTAL DENGAN INTENSI Mencari BANTUAN KESEHATAN MENTAL

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INTISARI

Kesehatan mental merupakan aspek penting dalam mencapai kesejahteraan remaja, mencakup aspek biologis, mental, dan sosial. Kondisi kesehatan mental sangat relevan dalam masa remaja, karena mereka berada dalam tahap perkembangan yang rentan terhadap masalah kesehatan mental. Mencegah kondisi mental yang semakin parah dapat dilakukan dengan mencari bantuan kesehatan mental, yang merupakan tindakan penting dalam mengatasi masalah mental. Intensi mencari bantuan kesehatan mental dipengaruhi oleh persepsi remaja mengenai keparahan kondisi kesehatannya. Penelitian ini menggunakan desain kuantitatif korelasional, dengan subjek sebanyak 266 remaja di SMAN 1 Jember, dan pengambilan sampel menggunakan *purposive sampling*. Instrumen penelitian meliputi Skala Persepsi Tingkat Keparahan *Health Belief Model* (7 item, $\alpha = 0.870$) untuk mengetahui persepsi keparahan remaja, dan Skala *General Help-Seeking Questionnaire* (GHSQ) (9 item, $\alpha = 0.748$). Teknik analisis data menggunakan korelasi *Product-moment Pearson* untuk mencari hubungan antara kedua variabel. Hasil penelitian menunjukkan ada hubungan antara persepsi tingkat keparahan kondisi kesehatan mental dengan intensi mencari bantuan kesehatan mental ($r=0.048$, $p<0.05$). Remaja dengan persepsi tingkat keparahan yang tinggi cenderung lebih mendorong untuk mencari bantuan kesehatan mental. Semakin tinggi persepsi keparahan pada remaja, semakin tinggi pula keinginan/intensi untuk mencari bantuan kesehatan mental. Namun demikian, hubungan ini dinilai kurang kuat/lemah, sehingga memungkinkan ada faktor lain yang lebih mempengaruhi, seperti sifat otonom pada remaja dan persepsi terkait manfaat. Saran bagi peneliti selanjutnya adalah untuk melihat hubungan komponen lain dalam teori HBM dengan intensi mencari bantuan kesehatan mental.

Kata Kunci: Intensi Mencari Bantuan Kesehatan Mental, Persepsi Tingkat Keparahan, Perilaku Sehat, Remaja

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**THE RELATIONSHIP BETWEEN PERCEIVED SEVERITY MENTAL
HEALTH CONDITION AND ADOLESCENCE MENTAL HEALTH HELP-
SEEKING INTENTION**

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ABSTRACT

Mental health was a crucial aspect of achieving adolescent well-being, encompassing biological, mental, and social dimensions. Mental health conditions were particularly relevant during adolescence, as this developmental stage was vulnerable to mental health issues. Preventing the worsening of mental conditions could be achieved by seeking mental health assistance, which was a vital action in addressing mental issues. The intention to seek mental health assistance was influenced by adolescents' perceptions of the severity of their health conditions. This study employed a correlational quantitative design, with 266 adolescents from SMAN 1 Jember as subjects, and sampling was conducted using purposive sampling. The research instruments included the Perceived Severity Scale of the Health Belief Model (7 items, $\alpha = 0.870$) to determine adolescents' perceived severity, and the General Help-Seeking Questionnaire (GHSQ) (9 items, $\alpha = 0.748$). Data analysis techniques used Pearson's product-moment correlation to examine the relationship between the two variables. The results showed a relationship between perceived severity of mental health conditions and the intention to seek mental health assistance ($r=0.048$, $p<0.05$). Adolescents with a high perceived severity were more likely to seek mental health assistance. The higher the perceived severity in adolescents, the greater the intention to seek mental health assistance. However, this relationship was considered weak, suggesting other factors might have had a more significant influence, such as adolescents' autonomy and perceived benefits. Future researchers were advised to explore the relationships of other components in the Health Belief Model with the intention to seek mental health assistance.

Keyword: Adolescents, Health Behavior, Mental Health Help-Seeking, Perceived Severity

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