

ABSTRAK

Azmul Fuady Idham, 111614253010, Peran Stigma Diri dan Literasi Kesehatan Mental Terhadap Intensi Mencari Bantuan Pada Mahasiswa yang Mengalami Depresi Berat, Tesis, Fakultas Psikologi Universitas Airlangga Surabaya, 2019.

xi + 119 halaman, 36 lampiran.

Pelayanan bantuan kesehatan mental pada tingkat universitas belum maksimal, sehingga tingkat pengetahuan tentang kesehatan mental dan stigma diri masih berada pada level sedang pada mahasiswa.. Penelitian ini dilakukan untuk mendapatkan gambaran mengenai peran literasi kesehatan mental dan stigma diri terhadap intensi mencari bantuan pada mahasiswa yang mengalami depresi berat di Universitas Airlangga. Alat pengumpulan data yang digunakan yaitu skala *Mental Health Literacy* (Jung, von Sternberg, & Davis, 2016), *Self-Stigma of Seeking Help* (Vogel, Wade, dan Haake, 2006), *Help-Seeking Questionnaire* (Wilson, Deane, Ciarrochi & Rickwood, 2005) dan *Back Depression Inventory-II* dalam bahasa Indonesia (Ginting, dkk., 2013). Partisipan berjumlah 47 mahasiswa yang mengalami depresi berat dari total 387 yang mengisi skala. Hasil penelitian ini menunjukkan peran literasi kesehatan mental dan stigma diri secara bersamaan signifikan terhadap intensi mencari bantuan pada mahasiswa yang mengalami depresi berat. Hasil dari uji hipotesis dengan menggunakan regresi linear berganda menunjukkan nilai signifikansi sebesar 0,005 ($\text{sig} < 0,05$) dan memberi sumbangan (*R-square*) sebanyak 21,7%.

Kata Kunci: mahasiswa, depresi, kesehatan mental, literasi kesehatan mental, stigma diri, intensi mencari bantuan

ABSTRACT

Azmul Fuady Idham, 111614253010, The Role of Self-Stigma and Mental Health Literacy Toward Help-Seeking Intention with College Students Who Have Severe Depression, *Thesis*, Faculty of Psychology, Airlangga University, Surabaya, 2019.

xi + 119 pages, 36 attachments.

Mental health assistance services at the university level have not been maximized, so the level of knowledge about mental health and self-stigma is still at a moderate level at students. This study was conducted to obtain an overview of the role of mental health literacy and self-stigma on the help-seeking intention of in students with severe depression at Airlangga University. Data collection tools used are Mental Health Literacy scale (Jung, von Sternberg, & Davis, 2016), Self-Stigma of Seeking Help scale (Vogel, Wade, and Haake, 2006), Help-Seeking Questionnaire (Wilson, Deane, Ciarrochi & Rickwood, 2005) and Back Depression Inventory-II Indonesia (Ginting, et al., 2013). Participants numbered 47 students who experienced severe depression from a total of 387 who filled the scale. The results of this study indicate the role of mental health literacy and self-stigma are simultaneously significant on help-seeking intention in students with severe depression. The results of the hypothesis test using multiple linear regression showed a significance value of 0,005 (sig < 0,05) and contributed (R-square) of 21.7%. The results of this study also showed that there were differences in help-seeking intention in students who lived and separated from parents with a significance of 0,021 (sig < 0,05).

Keywords: college students, depression, mental health, mental health literacy, self-stigma, help seeking intention