

**Pengaruh *Self-awareness* terhadap *Help-seeking Behavior* Kesehatan Mental pada Usia Dewasa Muda yang Berdomisili di Pulau Jawa**

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**Abstrak**

Pemanfaatan layanan kesehatan mental di Pulau Jawa khususnya oleh kaum dewasa muda, belum maksimal. Ketakutan terkena stigma, kesulitan mengenali dan mengekspresikan kekhawatiran, anggapan bahwa permasalahan belum serius, dan ketakutan akan *judgement* membuat rendahnya tingkat perilaku *help-seeking*. Pengakuan akan adanya permasalahan dalam diri, kelemahan, kelebihan, dan kebutuhan akan bantuan orang lain dapat diraih dengan *self-awareness*. Penelitian ini bertujuan untuk mencari tahu seberapa besar pengaruh *self-awareness* terhadap perilaku *help-seeking* pada dewasa muda di Pulau Jawa. Partisipan berjumlah 129 orang yang berdomisili di Pulau Jawa dengan rentang usia 18 hingga 24 tahun. Skala *self-awareness* dan skala *General Help-Seeking Questionnaire* (GHSQ) disebarakan secara daring melalui berbagai media sosial. Analisis regresi linear sederhana menunjukkan hasil signifikan ( $R^2=0,0705$ ;  $F=9,63$ ;  $df_1=1$ ;  $df_2=127$ ;  $p<0,05$ ). Hal ini berarti, *self-awareness* berpengaruh terhadap *help-seeking behavior* ( $b=0,178$ ;  $p<0,05$ ) sebesar 7%. Penelitian ini mengungkap, walaupun kecil, terdapat pengaruh signifikan oleh *self-awareness* secara umum terhadap *help-seeking behavior*. Penelitian selanjutnya diharapkan dapat

mengungkap hubungan *help-seeking behavior* dengan *awareness* lebih spesifik ketika individu sedang mengalami permasalahan pribadi atau emosional.

Kata kunci: *dewasa muda, self-awareness, help-seeking behavior*

### **Abstract**

The utilization of mental health services in Java especially by young adults, has not been maximized. The fear of being stigmatized, the difficulty of recognizing and expressing concerns, the perception that the problem is not serious, and the fear of judgment makes the level of help-seeking behavior low. Recognition of the existence of problems within oneself, weaknesses, strengths, and the need for help from others can be achieved with self-awareness. This study aims to find out how much influence self-awareness has on help-seeking behavior in young adults on the island of Java. Participants totaled 129 people who live on the island of Java with an age range of 18 to 24 years. Self-awareness scale and a General Help-Seeking Questionnaire (GHSQ) scale are distributed online through various social media. Simple linear regression analysis showed a significance results ( $R^2=0,0705$ ;  $F=9,63$ ;  $df1=1$ ;  $df2=127$ ;  $p<0,05$ ). Means, self-awareness has an effect of help-seeking behavior ( $b=0,178$ ;  $p<0,05$ ) by 7%. This study shows that, although small, there is a significant effect of general self-awareness on help-seeking. Future research is expected to reveal the relationship between help-seeking behavior and more specific awareness when individuals are experiencing personal or emotional problems.

*Keyword: young adult, self-awareness, help-seeking behavior*