

Peran Dukungan Sosial terhadap Gejala Gangguan Mental Umum pada Mahasiswa yang Mengerjakan Skripsi dengan Harga Diri sebagai Mediator

The Role of Social Support on Symptoms of Common Mental Disorders in Students Working on Thesis with Self-Esteem as Mediator

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Abstrak. Penelitian-penelitian terdahulu telah menunjukkan bahwa dukungan sosial berperan terhadap gejala gangguan mental umum berupa gejala depresi dan kecemasan. Namun demikian, penelitian mengenai harga diri sebagai mediator antara dukungan sosial terhadap gejala gangguan mental umum pada mahasiswa yang mengerjakan skripsi belum pernah ditemukan. Tujuan dari penelitian ini untuk menguji peran dukungan sosial terhadap gejala gangguan mental umum pada mahasiswa yang sedang mengerjakan skripsi dengan harga diri sebagai mediator. Partisipan penelitian ini ($N = 238$) yaitu mahasiswa yang sedang mengerjakan skripsi, dipilih menggunakan teknik sampling purposif. Penelitian ini menggunakan tiga skala, yaitu *Psychological Distress Scale* (K-10) untuk mengukur gejala gangguan mental umum, *Multidimensional Scale of Perceived Social Support* (MPSS) untuk mengukur dukungan sosial, *Rosenberg Self-Esteem Scale* (RSES-10) untuk mengukur harga diri. Hasil uji statistik dengan analisis jalur mediasi sederhana menemukan bahwa harga diri berperan secara signifikan sebagai mediator antara dukungan sosial terhadap gejala gangguan mental umum ($\beta = -0,3530$, $p < 0,01$).

Kata kunci: harga diri, dukungan sosial, gejala gangguan mental umum, depresi, kecemasan.

Abstract. *Previous studies have shown that social support plays a role in symptoms of common mental disorders such as depression and anxiety. However, studies on self-esteem as the mediator between social support and symptoms of common mental disorders among students who were working on thesis have never been found. The aim of this study was to examine the role of social support on symptoms of common mental disorders among students who were working on thesis with self-esteem as mediator. Participants of this study (N = 238) namely students who were working on thesis, selected using a purposive sampling technique. This study was using three scales, namely Psychological Distress Scale (K-10) to measure symptoms of common mental disorders, Multidimensional Scale Perceived Social Support (MPSS) to measure social support, and Rosenberg Self-Esteem Scale (RSES-10) to measure self-esteem. The result of statistical test with simple mediation pathway analysis found that self-esteem have a significant role as the mediator between social support and symptoms of common mental disorders ($\beta = -0,3530$, $p < 0,01$).*

Keywords: *self-esteem, social support, symptoms of common mental disorders, depression, anxiety.*