

Adaptasi Skala *Barriers To Seeking Mental Health Counseling* Versi Bahasa Indonesia

Abdi Mahsa Rizqi, Rahmat Hidayat
Fakultas Psikologi, Universitas Gadjah Mada

Abstrak

Penelitian ini mengadaptasi dan mengevaluasi skala *Barriers to Seeking Mental Health Counseling* (BMHC) dalam konteks mahasiswa Indonesia. Sebanyak 511 mahasiswa dari berbagai universitas di Samarinda berpartisipasi melalui survei daring dan luring. Analisis dengan model *correlated six-factor* dan model bifactor digunakan dalam adaptasi. Skala adaptasi terdiri atas 28 butir dengan enam faktor yang stabil. Model bifactor menunjukkan dominasi satu faktor umum, namun faktor spesifik tetap relevan dianalisis sebagai subskala. Validitas konvergen ($AVE \geq 0,50$) dan diskriminan ($HTMT < 0,85$) terpenuhi, dan reliabilitas konstruk tinggi (omega hierarkis $> 0,815$). Skala juga terbukti invarian antar kelompok suku dan jenis kelamin, memungkinkan perbandingan lintas budaya. Hasil ini menunjukkan bahwa skala BMHC versi adaptasi valid, reliabel, dan relevan untuk mengukur hambatan pencarian bantuan dalam konteks mahasiswa di Indonesia.

Kata kunci: hambatan pencarian bantuan, analisis faktor, model bifactor, kesehatan mental, konseling

Abstract

This study adapted and evaluated the *Barriers to Seeking Mental Health Counseling* (BMHC) scale within the context of Indonesian university students. A total of 511 students from various universities in Samarinda participated through both online and offline surveys. The adaptation process employed both a correlated six-factor model and a bifactor model. The adapted scale consisted of 28 items across six stable factors. The bifactor model revealed the dominance of a general factor, while the specific factors remained relevant and could be interpreted as subscales. Convergent validity ($AVE \geq 0.50$) and discriminant validity ($HTMT < 0.85$) were achieved, and construct reliability was high (hierarchical omega > 0.815). The scale also demonstrated measurement invariance across ethnic groups and sex groups, supporting cross-cultural comparisons. These findings indicate that the adapted BMHC scale is valid, reliable, and suitable for measuring help-seeking barriers in the context of Indonesian university students.

Keywords: help-seeking barriers, factor analysis, bifactor model, mental health, counseling