

PERAN STIGMA DIRI TERHADAP *HELP SEEKING BEHAVIOR* PADA MAHASISWA KEDOKTERAN DI INDONESIA

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Abstrak:

Mahasiswa profesi dokter menghadapi berbagai tekanan internal dan eksternal selama masa studinya. Tuntutan akademik, panjangnya durasi pendidikan, tekanan untuk berprestasi, serta ekspektasi yang tinggi meningkatkan kerentanan terhadap permasalahan psikologis. Penelitian ini bertujuan untuk mendalami peran stigma diri terhadap *help-seeking behavior* mahasiswa profesi dokter di Indonesia. Partisipan penelitian ini merupakan 212 mahasiswa profesi dokter dari berbagai universitas di Indonesia yang direkrut dengan teknik *purposive sampling*. Stigma diri diukur menggunakan *Self-Stigma of Seeking Help* (SSOSH) dan *help-seeking behavior* menggunakan *General Help-Seeking Questionnaire* (GHSQ). Analisis utama penelitian menggunakan regresi linear sederhana, kemudian *independent sample t-test* digunakan sebagai analisis tambahan untuk kelompok berdasarkan asal universitas, jenis kelamin, dan pengalaman mengakses layanan profesional. Hasil penelitian menunjukkan bahwa stigma diri berperan negatif terhadap *help-seeking behavior*. Kemudian, terdapat perbedaan stigma diri ditinjau dari kelompok asal universitas, serta kelompok yang pernah mengakses layanan profesional. Di sisi lain, tidak ada perbedaan stigma diri berdasarkan jenis kelamin, begitu pula dengan perilaku mencari bantuan ditinjau dari kelompok manapun. Temuan ini menunjukkan bahwa semakin tinggi tingkat stigma diri pada mahasiswa profesi dokter maka kecenderungan perilaku mencari bantuan semakin rendah.

Kata Kunci: stigma diri, *help-seeking behavior*, mahasiswa kedokteran

Abstract:

Medical students in their clinical training phase face considerable internal and external pressures. Academic demands, the prolonged duration of study, the pressure to excel, and high expectations put them at risk for developing psychological issues. The present study aimed to evaluate the role of self-stigma of seeking help in predicting help-seeking behavior among Indonesian medical students in the clinical training stage. Participants consisted of 212 medical students recruited from various universities across Indonesia through purposive sampling. Self-stigma was measured using the *Self-Stigma of Seeking Help* (SSOSH), while help-seeking behavior was assessed using the *General Help-Seeking Questionnaire* (GHSQ). The primary analysis utilized simple linear regression, in addition independent sample t-tests were also conducted to compare groups based on location of university, gender, and prior experience with professional services. Results indicated that self-stigma negatively predicted help-seeking behavior. Furthermore, significant differences in self-stigma were found between groups based on location of university and prior experience with professional services. In contrast, no significant differences in self-stigma were observed between genders in self-stigma, and no group differences emerged for help-seeking behavior. These findings suggest that higher levels of self-stigma are associated with a lower tendency to seek professional help among medical students.

