

PERAN *PERCEIVED PUBLIC STIGMA* DAN STIGMA DIRI TERHADAP INTENSI MENCARI BANTUAN PROFESIONAL PADA *EMERGING ADULTS*

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Abstrak

Emerging adults memiliki prevalensi masalah kesehatan mental yang tinggi. Namun, hal ini tidak diikuti dengan akses mencari bantuan profesional psikologis yang tinggi. Terdapat berbagai faktor yang menjadi penghambat bagi *emerging adults* untuk mencari bantuan profesional psikologis, salah satunya adalah stigma. Penelitian ini mengkaji peran dua jenis stigma, yaitu *perceived public stigma* dan stigma diri terhadap intensi mencari bantuan pada *emerging adults*. Sebanyak 203 partisipan berusia 18–25 tahun di Indonesia dilibatkan dalam penelitian ini. Penelitian kuantitatif noneksperimental ini mengukur *perceived public stigma* dengan skala *Perceived Stigma and Barriers to Care for Psychological Problems*, stigma diri dengan skala *Self Stigma of Seeking Help*, dan intensi mencari bantuan dengan Skala Pencarian Pertolongan Formal. Peneliti melakukan prosedur analisis data dengan regresi berganda. Dari hasil analisis, ditemukan bahwa *perceived public stigma* ($\beta=-0,188$; $p=0,016$) dan stigma diri ($\beta=-0,342$; $p<0,001$) secara bersamaan berperan terhadap intensi mencari bantuan profesional ($F=29,7$; $p<0,001$). Hal ini menunjukkan bahwa *perceived public stigma* dan stigma diri dapat mengurangi intensi mencari bantuan profesional pada individu *emerging adults*, sehingga intervensi untuk meningkatkan intensi individu dalam mencari bantuan profesional dapat dilakukan dengan cara mengurangi kedua jenis stigma tersebut.

Kata kunci: pencarian bantuan profesional, stigma, emerging adults

Abstract

Emerging adults have a high prevalence of mental health problems. However, their high prevalence of mental health problems is not followed by a high access in seeking mental health professional help. Many factors become barriers to accessing mental health professional help, with stigma being one of the said barriers. This study explored the role of the two types of stigma, i.e. perceived public stigma and self-stigma towards help-seeking intention in emerging adults. Two hundred and three participants of the age 18–25 years in Indonesia were included in this study. This quantitative-nonexperimental study assessed perceived public stigma using Perceived Stigma and Barriers to Care for Psychological Problems scale, self stigma using Self Stigma of Seeking Help scale, and help-seeking intention using Skala Pencarian Pertolongan Formal scale. Multiple regression analysis was

conducted. According to the analysis result, it was found that perceived public stigma ($\beta=-0.188$; $p=0.016$) and self-stigma ($\beta=-0.342$; $p<0.001$) predicted professional help-seeking intentions ($F=29.7$; $p<0.001$). This implies that perceived public stigma and self-stigma might decrease help-seeking intention in emerging adults. Hence, intervention to increase professional help-seeking intention can be done by decreasing the levels of both types of stigma.

Keywords: Professional help-seeking, stigma, emerging adults