



Eksplorasi Persepsi Mahasiswa Terhadap Layanan Kesehatan Mental di Universitas Gadjah Mada

(An Exploration of Students' Perceptions of Mental Health Services at the University of Gadjah Mada)

Sedonna Graceya Sitohang¹, Aisha Sekar Lazuardini Rachmanie²

Fakultas Psikologi, Universitas Gadjah Mada

sedonnagraceyasitohang@mail.ugm.ac.id, aisha.s@mail.ugm.ac.id

Abstract. Mental health services in higher education play an important role in supporting the psychological well-being of students facing academic, social, and personal pressures. However, students' perceptions of these services are shaped by the interaction of cognitive, affective, and conative aspects, making them essential to explore in depth. This study aims to explore students' perceptions of mental health services in higher education. Using a qualitative approach with thematic analysis, this study involved five participants who had prior knowledge of or experience accessing mental health services. The findings reveal themes related to students' understanding of service functions, emotional responses during the help-seeking process, and readiness to seek professional support. These findings contribute to psychological research by enhancing understanding of factors influencing students' help-seeking behavior and underscore the importance of providing campus mental health services that are responsive to students' needs and subjective perceptions.

Keywords: *Mental Health, Perceptions, Psychological Help, Service Access, Students*

Abstrak. Layanan kesehatan mental di perguruan tinggi berperan penting dalam mendukung kesejahteraan psikologis mahasiswa yang menghadapi tekanan akademik, sosial, dan personal. Namun, persepsi mahasiswa terhadap layanan ini dipengaruhi oleh interaksi aspek kognitif, afektif, dan konatif sehingga perlu dipahami secara mendalam. Penelitian ini bertujuan mengeksplorasi persepsi mahasiswa terhadap layanan kesehatan mental di perguruan tinggi. Menggunakan pendekatan kualitatif dengan analisis tematik, penelitian ini melibatkan lima partisipan yang pernah mengetahui atau mengakses layanan tersebut. Temuan penelitian mengungkap tema-tema terkait pemahaman mahasiswa mengenai fungsi layanan, pengalaman emosional selama proses pencarian bantuan, serta kesiapan mahasiswa dalam mengakses dukungan profesional. Temuan ini berkontribusi pada pengembangan kajian psikologi, khususnya dalam memahami faktor-faktor yang memengaruhi perilaku pencarian bantuan pada mahasiswa, serta menegaskan pentingnya penyediaan layanan kesehatan mental kampus yang responsif terhadap kebutuhan dan

