

Perceived Public Stigma

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Abstrak. Rendahnya angka individu yang mencari bantuan tenaga profesional berkontribusi pada peningkatan permasalahan kesehatan mental. Hal ini dapat disebabkan oleh berbagai faktor, diantaranya rendahnya pengetahuan kesehatan mental dan tingginya stigma di masyarakat. Penelitian ini bertujuan untuk menguji sikap pencarian bantuan formal ditinjau dari pengetahuan kesehatan mental dan *perceived public stigma*. Partisipan yang terlibat sebanyak 701 orang, berusia 19-49 tahun. Instrumen penelitian yaitu Skala Pencarian Bantuan Formal, Skala Pengetahuan Kesehatan Mental, dan Skala *Perceived Public Stigma*. Hasil analisis regresi linier berganda menunjukkan bahwa pengetahuan kesehatan mental dan *perceived public stigma* bersama-sama berperan terhadap sikap pencarian bantuan formal ($F=46,161$; $p<0,05$). Terdapat peran pengetahuan kesehatan mental terhadap sikap pencarian bantuan formal ($Beta= 0,342$; $p<0,05$), namun *perceived public stigma* tidak berperan terhadap sikap pencarian bantuan formal ($Beta=0,019$; $p>0,05$). Kesimpulan penelitian adalah pengetahuan kesehatan mental mampu memprediksi sikap pencarian bantuan formal, sedangkan *perceived public stigma* tidak mampu memprediksi sikap pencarian bantuan formal.

Kata kunci: *kesehatan mental, perceived public stigma, pengetahuan, sikap pencarian bantuan*

Abstract. The low number of individuals seeking professional help is contributing to an increase in mental health problems. This can be caused by various factors, including low knowledge of mental health and high stigma in society. The purpose of this study was to determine the attitude of seeking formal assistance in terms of mental health knowledge and perceived public stigma. Participants involved were 701 people aged 19-49 years. The research instruments are the Formal Help-Seeking Scale, the Mental Health Knowledge Scale, and the Perceived Public Stigma Scale. The results of multiple linear regression analysis showed that mental health knowledge and perceived public stigma together played a role in the attitude of seeking formal help ($F=46,161$; $p<0.05$). There is a role for mental health knowledge on the attitude of seeking formal help ($Beta=0,342$; $p<0.05$), but perceived public stigma has no role on the attitude of seeking formal help ($Beta=0,019$; $p>0.05$). The study concludes that mental health knowledge can predict formal help-seeking attitudes, while perceived public stigma is not able to predict formal help-seeking attitudes.

Keywords: *mental health, perceived public stigma, knowledge, attitude toward help-seeking*