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Stigma Gangguan Mental dan Literasi Kesehatan Mental Terhadap Perilaku Mencari Bantuan Pada Masyarakat Kota Samarinda

Mentari Nadia Widyanta¹, Dian Dwi Nur Rahmah², Ayunda Ramadhani³
^{1,2,3} Department of Psychology, Faculty of Social and Political Sciences
University of Mulawarman, Samarinda, Indonesia.

| Article Info | ABSTRACT |
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| Article history: Received dd/mm/yyyy Revised dd/mm/yyyy Accepted dd/mm/yyyy | Keep psychologically stable is something every individual needed with various efforts that can be fulfilled by ourselves or with others help. This study aims to determine the effect of mental illness stigma and mental health literacy on help seeking behavior in the Samarinda City. The subjects of this study were 840 (20 - 39 years) Samarinda society using cluster random sampling technique. The measuring instrument used in research were mental illness stigma scale, mental health literacy scale, and help seeking behavior scale. The data collected were analyzed by using multiple model regression test resulted in calculated F value = 960.950 > F table = 3.25, R ₂ = 0.927 and p < 0.000. The result show there is an influence between the mental illness stigma and mental health literacy on help seeking behavior in Samarinda City. |
| Keywords: Help Seeking Behavior; Mental Illness Stigma; Mental Health Literacy. | |

| ABSTRAK | Kata kunci |
|---|--|
| Menjaga kestabilan psikologis merupakan hal yang diinginkan oleh setiap individu dengan berbagai usaha yang bisa dilakukan oleh diri sendiri maupun dengan bantuan orang lain. Penelitian ini bertujuan untuk mengetahui pengaruh stigma gangguan mental dan literasi kesehatan mental terhadap perilaku mencari bantuan pada masyarakat kota Samarinda. Subyek penelitian ini adalah 840 jiwa masyarakat Kota Samarinda berusia 20 - 39 tahun menggunakan teknik cluster random sampling. Alat ukur yang digunakan dalam penelitian ini adalah skala stigma gangguan mental, skala literasi kesehatan mental, dan skala perilaku mencari bantuan. Teknik analisa data menggunakan uji regresi model berganda menghasilkan nilai F hitung = 960.950 > F tabel = 3.25, R ₂ = 0.927 dan p < 0.000. Hasil tersebut menunjukkan terdapat pengaruh stigma gangguan mental dan literasi kesehatan mental terhadap perilaku mencari bantuan pada masyarakat Kota Samarinda. | Literasi Kesehatan Mental; Perilaku Mencari Bantuan; Stigma Gangguan Mental. |

Corresponding Author:

Mentari Nadia Widyanta
Program Studi Psikologi
Fakultas Ilmu Sosial dan Ilmu Politik
Universitas Mulawarman
Email: mentarinadiawidyanta@gmail.com