

ABSTRAK

Difa Nuraini Farenza, Program Studi Psikologi, Peran *Mental Health Literacy* terhadap Perilaku *Help Seeking* pada Mahasiswa Universitas Trunodjoyo Madura

Penelitian ini bertujuan untuk menguji peran *Mental Health Literacy* terhadap perilaku *Help Seeking* pada mahasiswa Universitas Trunodjoyo Madura. Hipotesis yang diajukan dalam penelitian ini adalah terdapat pengaruh *Mental Health Literacy* terhadap perilaku *Help Seeking* pada mahasiswa Universitas Trunodjoyo Madura. Subjek yang digunakan dalam penelitian ini berjumlah 268 mahasiswa Universitas Trunodjoyo Madura dengan teknik sampling *purposive sampling*. Pengumpulan data menggunakan dua jenis skala, skala *Mental Health Literacy* dan skala perilaku *Help Seeking*. Metode analisis data yang dilakukan dalam penelitian ini menggunakan uji validitas, uji reliabilitas, uji asumsi klasik, dan uji deskriptif dengan bantuan perangkat lunak *IBM SPSS Statistic 25 for windows*. Berdasarkan hasil analisis Korelasi *Spearman Rank*, diperoleh nilai koefisien korelasi (ρ) antara mental health literacy dan perilaku help seeking sebesar 0,445 dengan nilai signifikansi $p = 0,000$ ($p < 0,05$). Hasil ini menunjukkan bahwa terdapat hubungan yang positif dan signifikan antara *Mental Health Literacy* dan perilaku *Help Seeking* pada mahasiswa Universitas Trunodjoyo Madura. Adapun nilai koefisien korelasi (r) peran *Mental Health Literacy* terhadap perilaku *Help Seeking* pada mahasiswa Universitas Trunodjoyo Madura sebesar 0,501 artinya memiliki pengaruh pada tingkat sedang. Sedangkan nilai koefisien determinasi (*R Square*) sumbangan efektif *Mental Health Literacy* terhadap perilaku *Help Seeking* sebesar 0,251. Dimana artinya *Mental Health Literacy* mempengaruhi perilaku *Help Seeking* sebesar 25,1% dan selebihnya dipengaruhi oleh faktor lain selain *Mental Health Literacy*.

Kata Kunci : *Mental Health Literacy, Help Seeking, Mahasiswa*

ABSTRACT

Difa Nuraini Farenza, Psychology Study Program, The Role of Mental Health Literacy on Help-Seeking Behavior among Students at Trunodjoyo University, Madura

This study aims to examine the role of Mental Health Literacy on Help Seeking behavior in students of Trunodjoyo University, Madura. The hypothesis proposed in this study is that there is an influence of Mental Health Literacy on Help Seeking behavior in students of Trunodjoyo University, Madura. The subjects used in this study were 268 students of Trunodjoyo University, Madura with a purposive sampling technique. Data collection used two types of scales, the Mental Health Literacy scale and the Help Seeking behavior scale. The data analysis method used in this study used validity tests, reliability tests, classical assumption tests, and descriptive tests with the help of IBM SPSS Statistic 25 for Windows software. Based on the results of the Spearman Rank Correlation analysis, the correlation coefficient (p) value between mental health literacy and help seeking behavior was 0.445 with a significance value of $p0.000$ ($p < 0.05$). These results indicate that there is a positive and significant relationship between mental health literacy and help seeking behavior in students of Trunodjoyo University, Madura. The correlation coefficient (r) of Mental Health Literacy's role in Help-Seeking behavior among students at Trunodjoyo University, Madura, is 0.501, meaning it has a moderate influence. Meanwhile, the coefficient of determination (R Square) of Mental Health Literacy's effective contribution to Help-Seeking behavior is 0.251. This means that Mental Health Literacy influences Help-Seeking behavior by 25.1%, and the rest is influenced by factors other than Mental Health Literacy.

Keywords: *Mental Health Literacy, Help Seeking, Students*

