

ABSTRAK

Gysta Ayu Christya Anggreini. 220541100194. Pengaruh Dukungan Sosial terhadap Perilaku *Help Seeking* pada Mahasiswa yang Mengalami *Toxic Relationship*. Program Studi Psikologi, Fakultas Ilmu Sosial dan Ilmu Budaya, Universitas Trunodjoyo Madura, 2026.

Toxic relationship merupakan hubungan interpersonal yang merugikan secara emosional dan psikologis, yang sering kali menyebabkan stres, kecemasan, dan penurunan kesejahteraan mahasiswa. Namun, perilaku mencari bantuan (*help seeking*) di kalangan korban masih rendah. Penelitian ini menggunakan pendekatan kuantitatif dengan metode survei. Sampel penelitian berjumlah 348 mahasiswa di Provinsi Jawa Timur yang dipilih menggunakan teknik *purposive sampling* berdasarkan kriteria pernah atau sedang mengalami *toxic relationship*. Instrumen pengumpulan data berupa skala *Help Seeking* (Rickwood & Thomas, 2012) dan skala Dukungan Sosial (Sarafino & Smith, 2011) yang telah diuji validitas dan reliabilitas. Teknik analisis data yang digunakan adalah uji regresi linear sederhana dengan bantuan SPSS versi 26. Hasil penelitian menunjukkan bahwa terdapat pengaruh positif dan signifikan dukungan sosial terhadap perilaku *help seeking* ($r = 0,477$; $p < 0,0001$). Dukungan sosial berkontribusi sebesar 22,7% terhadap variansi perilaku *help seeking*. Secara deskriptif, tingkat dukungan sosial dan perilaku *help seeking* mayoritas responden berada pada kategori sedang. Aspek dukungan informasi dan aspek proses merupakan dimensi yang paling menonjol. Penelitian ini menyimpulkan bahwa semakin tinggi dukungan sosial yang diterima mahasiswa, semakin tinggi pula kecenderungan mereka untuk mencari bantuan ketika mengalami *toxic relationship*. Temuan ini diharapkan dapat menjadi bahan pertimbangan bagi pihak kampus dalam mengembangkan program konseling dan peningkatan dukungan sosial bagi mahasiswa.

Kata Kunci : Dukungan Sosial, *Help Seeking*, *Toxic Relationship*, Mahasiswa

ABSTRACT

Gysta Ayu Christya Anggreini. 220541100194. *The Effect of Social Support on Help-Seeking Behavior Among College Students Experiencing Toxic Relationships*. Psychology Program, Faculty of Social and Cultural Sciences, Trunodjoyo University of Madura, 2026.

A toxic relationship is an interpersonal relationship that is emotionally and psychologically harmful, often causing stress, anxiety, and a decline in students' well-being. However, help-seeking behavior among victims remains low. This study employs a quantitative approach using a survey method. The study sample consisted of 348 college students in East Java Province, selected using purposive sampling based on the criterion of having experienced or currently experiencing a toxic relationship. The data collection instruments were the Help Seeking Scale (Rickwood & Thomas, 2012) and the Social Support Scale (Sarafino & Smith, 2011), both of which had been tested for validity and reliability. The data analysis technique used was simple linear regression using SPSS version 26. The results indicate that social support has a positive and significant effect on help-seeking behavior ($r = 0.477$; $p < 0.0001$). Social support accounts for 22.7% of the variance in help-seeking behavior. Descriptively, the levels of social support and help-seeking behavior among the majority of respondents fell into the moderate category. The informational and process aspects were the most prominent dimensions. This study concludes that the higher the level of social support received by students, the greater their tendency to seek help when experiencing a toxic relationship. These findings are expected to serve as a basis for consideration by university administrators in developing counseling programs and enhancing social support for students.

Keywords: Social Support, Help-Seeking, Toxic Relationship, College Students