

Abstrak

Kesehatan mental penting bagi kesejahteraan, namun remaja sering kurang memahami pentingnya mencari bantuan. Meskipun media sosial menyediakan informasi tentang kesehatan mental, rendahnya pemahaman mereka membuat mereka rentan dan kesulitan dalam mencari bantuan. Tujuan dari penelitian ini adalah untuk mengetahui pengaruh literasi kesehatan mental terhadap intensi mencari bantuan profesional psikologi pada remaja pengguna media sosial. Penelitian ini menggunakan pendekatan kuantitatif dengan jumlah 129 responden di Desa Puncakbaru dengan teknik analisis yaitu analisis regresi linear sederhana. Instrumen penelitian terdiri dari *Mental Health Literacy Scale* dan *Attitudes Toward Seeking Professional Psychological Help-Short Form*. Teknik sampling yang digunakan adalah *simple random sampling*. Hasil penelitian yang didapat yaitu didapatkan nilai $R^2 = 0.375$ dan $p = 0.000$. Dengan demikian dapat disimpulkan bahwa literasi kesehatan mental berpengaruh terhadap variabel dependen intensi mencari bantuan profesional psikologi.

Kata Kunci : literasi kesehatan mental, intensi mencari bantuan tenaga profesional psikologi

Abstrak

Mental health is important for well-being, but young people often do not understand the importance of seeking help. Even though social media provides information about mental health, their lack of understanding makes them vulnerable and difficult to seek help. The aim of this research is to determine the effect of mental health literacy on the intention to seek professional psychological help among adolescent social media users. This research used a quantitative approach with a total of 129 respondents in Puncakbaru Village with an analysis technique, namely simple linear regression analysis. The research instrument consists of the Mental Health Literacy Scale and Attitudes Toward Seeking Professional Psychological Help-Short Form. The sampling technique used is simple random sampling. The research results obtained were $R^2 = 0.375$ and $p = 0.000$. Thus it can be concluded that mental health literacy influences the dependent variable of intention to seek professional psychological help.

Keywords: mental health literacy, intention to seek help from psychology professionals