

**GAMBARAN *HELP-SEEKING BEHAVIOR* PADA
MAHASISWA YANG MELAKUKAN *SELF-HARM***

Diajukan kepada Universitas Islam Negeri Sunan Ampel Surabaya untuk
Memenuhi Salah Satu Persyaratan dalam Menyelesaikan Program Strata Satu (S1)
Psikologi (S.Psi)



Oleh:

Lutfiah Fitrianisa

11020120067

Dosen Pembimbing:

Prof. Dr. Abdul Muhid, M.Si.

NIP. 197502052003121002

**PROGRAM STUDI PSIKOLOGI
FAKULTAS PSIKOLOGI DAN KESEHATAN
UNIVERSITAS ISLAM NEGERI SUNAN AMPEL
SURABAYA**

2023

PERNYATAAN KEASLIAN PENELITIAN

Dengan ini saya menyatakan bahwa skripsi yang berjudul “ *Gambaran Help-seeking Behavior* pada Mahasiswa yang Melakukan *Self-harm*” merupakan karya asli yang diajukan untuk memperoleh gelar Sarjana Psikologi di Universitas Islam Negeri Sunan Ampel Surabaya. Karya ini sepanjang pengetahuan saya tidak terdapat karya atau pendapat yang pernah ditulis atau diterbitkan oleh orang lain, kecuali yang secara tertulis di acu dalam naskah ini dan disebutkan dalam daftar pustaka.

Surabaya, 29 Desember 2023



Lutfiah Fitrianisa

HALAMAN PERSETUJUAN

SKRIPSI

Gambaran Help-seeking Behavior pada Mahasiswa yang Melakukan Self-harm

Oleh:

Lutfiah Fitriana

11020120067

Telah disetujui untuk diajukan pada Sidang Seminar Ujian Skripsi

Surabaya, 29 Desember 2023

Dosen Pembimbing



Prof. Dr. Abdul Muhid, M.Si.

NIP. 197502052003121002

HALAMAN PENGESAHAN SKRIPSI

Gambaran *Help-seeking Behavior* pada Mahasiswa yang Melakukan *Self-harm*
Yang disusun oleh:

Lutfiah Fitriana

11020120067

Telah dipertahankan di depan Tim Penguji pada

Tanggal 04 Januari 2024

Mengetahui,

Dekan Fakultas Psikologi dan Kesehatan



Dr. Phil Khoirun Ni'am

NIP. 19067251996031004

Susunan Tim Penguji

Penguji I

Prof. Dr. Abdul Muhid, M.Si.

NIP. 197502052003121002

Penguji II

Hj. Tatik Mukhoyvaroh, S.Psi., M.Si

NIP. 197605112009122002

Penguji III

Mei Lina Ftri Kumalasari, SST., M. Kes

NIP. 198805182014032002

Penguji IV

Malikah, S.Ag, M.Psi

NIP. 197203122009122001

LEMBAR PERNYATAAN PERSETUJUAN PUBLIKASI
KARYA ILMIAH UNTUK KEPENTINGAN AKADEMIS

Sebagai sivitas akademika UIN Sunan Ampel Surabaya, yang bertanda tangan di bawah ini, saya:

Nama : Lutfiah Fitrianisa
NIM : 11020120067
Fakultas/Jurusan : Fakultas Psikologi dan Kesehatan/ Psikologi
E-mail address : Lanisaff@gmail.com

Demi pengembangan ilmu pengetahuan, menyetujui untuk memberikan kepada Perpustakaan UIN Sunan Ampel Surabaya, Hak Bebas Royalti Non-Eksklusif atas karya ilmiah :

Sekripsi Tesis Desertasi Lain-lain (.....)
yang berjudul :

Gambaran *Help-seeking Behavior* Pada Mahasiswa yang Melakukan *Self-harm*

beserta perangkat yang diperlukan (bila ada). Dengan Hak Bebas Royalti Non-Eksklusif ini Perpustakaan UIN Sunan Ampel Surabaya berhak menyimpan, mengalih-media/format-kan, mengelolanya dalam bentuk pangkalan data (database), mendistribusikannya, dan menampilkan/mempublikasikannya di Internet atau media lain secara *fulltext* untuk kepentingan akademis tanpa perlu meminta ijin dari saya selama tetap mencantumkan nama saya sebagai penulis/pencipta dan atau penerbit yang bersangkutan.

Saya bersedia untuk menanggung secara pribadi, tanpa melibatkan pihak Perpustakaan UIN Sunan Ampel Surabaya, segala bentuk tuntutan hukum yang timbul atas pelanggaran Hak Cipta dalam karya ilmiah saya ini.

Demikian pernyataan ini yang saya buat dengan sebenarnya.

Surabaya, 11 Januari 2024

Penulis



(Lutfiah Fitrianisa)

INTISARI

Perilaku *Self-harm* seringkali dianggap sepele karena di rasa tidak akan mengarah pada tindakan berbahaya, namun apabila tidak segera mendapat bantuan individu yang melakukan *Self-harm* bisa menuju pada perilaku yang lebih membahayakan, seperti pikiran bunuh diri dan percobaan bunuh diri. Penelitian ini hadir dengan tujuan memberikan gambaran dari pengalaman subjektif mahasiswa yang melakukan *Self-harm* terkait dengan *Help-seeking Behavior* yang mereka miliki di tinjau dari aspek-aspek dan sumber bantuan. Dalam penelitian ini, metode kualitatif deskriptif dengan pendekatan fenomenologi digunakan. Informan yang terlibat dalam penelitian ini berjumlah 4 (empat) mahasiswa yang melakukan *Self-harm* dan sudah pernah mengakses bantuan profesional. Teknik pengumpulan data yang digunakan adalah wawancara secara mendalam (*In-depth Interview*) dan dokumentasi. Hasil penelitian menunjukkan apabila individu yang melakukan *Self-harm* mampu memenuhi aspek-aspek *Help-seeking Behavior* sehingga mereka merasa terbantu atas bantuan yang mereka terima, meskipun pada setiap informan memiliki preferensi yang berbeda terhadap jenis dan sumber bantuan yang akan digunakan.

Kata kunci: *Help-seeking Behavior*, *Self-harm*.



UIN SUNAN AMPEL
S U R A B A Y A

DAFTAR ISI

HALAMAN PERSETUJUAN.....	i
LEMBAR PERSETUJUAN PUBLIKASI	iii
PERNYATAAN KEASLIAN PENELITIAN	iv
KATA PENGANTAR.....	v
DAFTAR ISI.....	vii
DAFTAR GAMBAR	ix
DAFTAR TABEL.....	x
DAFTAR LAMPIRAN	xi
INTISARI.....	xii
BAB I PENDAHULUAN.....	1
A. Latar Belakang	1
B. Fokus Penelitian	11
C. Keaslian Penelitian	11
D. Tujuan Penelitian	15
E. Manfaat Penelitian	15
F. Sistematika Pembahasan	16
BAB II KAJIAN PUSTAKA	18
A. <i>Help-seeking Behavior</i>	18
1. Definisi <i>Help-seeking Behavior</i>	18
2. Aspek-aspek <i>Help-seeking Behavior</i>	20
3. Faktor-faktor <i>Help-seeking Behavior</i>	21
B. <i>Self-harm</i>	28
1. Definisi <i>Self-harm</i>	28
2. Karakteristik Perilaku <i>Self-harm</i>	29
C. Kerangka Teori	30
BAB III METODE PENELITIAN.....	32
A. Pendekatan dan Jenis Penelitian	32
B. Kehadiran Peneliti	33
C. Sumber Data	34
1. Bentuk Data	34

2. Karakteristik Informan	35
D. Prosedur Pengumpulan Data	42
E. Analisis Data	42
F. Keabsahan Data	44
DAFTAR PUSTAKA	102
LAMPIRAN.....	110



UIN SUNAN AMPEL
S U R A B A Y A

DAFTAR GAMBAR

Gambar 2. 1 Kerangka Teoritik.....	31
Gambar 3. 1 Tahapan Analisis data.....	43
Gambar 4. 1 Aspek-aspek <i>Help-seeking Behavior</i>	58
Gambar 4. 2 Sumber-sumber <i>Help-seeking Behavior</i>	72
Gambar 4. 3 Skema Analisis Data Berbasis Aspek dan Sumber	Error!

Bookmark not defined.



UIN SUNAN AMPEL
S U R A B A Y A

DAFTAR TABEL

Tabel 3. 1 Daftar Informan Utama dan *Significant other*.....41



UIN SUNAN AMPEL
S U R A B A Y A

DAFTAR LAMPIRAN

Lampiran 1 Pedoman Wawancara	110
Lampiran 2 Transkrip Wawancara	112
Lampiran 3 Hasil Dokumentasi.....	177
Lampiran 4 Informed Consent	190
Lampiran 5 Lampiran Bimbingan	198



UIN SUNAN AMPEL
S U R A B A Y A

DAFTAR PUSTAKA

- Aguirre Velasco, A., Cruz, I. S. S., Billings, J., Jimenez, M., & Rowe, S. (2020). What are the barriers, facilitators and interventions targeting help-seeking behaviours for common mental health problems in adolescents? A systematic review. *BMC Psychiatry*, *20*(1). <https://doi.org/10.1186/s12888-020-02659-0>
- Ahorsu, D. K., Sánchez Vidaña, D. I., Lipardo, D., Shah, P. B., Cruz González, P., Shende, S., Gurung, S., Venkatesan, H., Duongthipthewa, A., Ansari, T. Q., & Schoeb, V. (2021). Effect of a peer-led intervention combining mental health promotion with coping-strategy-based workshops on mental health awareness, help-seeking behavior, and wellbeing among university students in Hong Kong. *International Journal of Mental Health Systems*, *15*(1). <https://doi.org/10.1186/s13033-020-00432-0>
- Allouche, S. F., Munson, J. A. G., & Long, A. C. J. (2021). Mental Health Help-Seeking in Adolescence: An Exploration of Variables Associated with Help-Seeking Intent in Schools. *School Mental Health*, *13*(2), 362–375. <https://doi.org/10.1007/s12310-021-09426-w>
- Ambarwati, P. D., Pinilih, S. S., & Astuti, R. T. (2017). GAMBARAN TINGKAT STRES MAHASISWA. *Jurnal Keperawatan Jiwa*, *5*(1), 40.
- Ann Kaskutas, L., Weisner, C., & Caetano, P. (1997). Predictors of Help Seeking among a Longitudinal Sample of the General Population, 1984-1992 The National Drug and Alcohol Treatment Survey (NDATUS) (National Institute on Alcohol Abuse. *Journal Of Studies On Alcohol*.
- Arnett, J. J. (2016). College Students as Emerging Adults: The Developmental Implications of the College Context. *Emerging Adulthood*, *4*(3), 219–222. <https://doi.org/10.1177/2167696815587422>
- Ashley, O. S., & Foshee, V. A. (2005). Adolescent help-seeking for dating violence: Prevalence, sociodemographic correlates, and sources of help. *Journal of Adolescent Health*, *36*(1), 25–31. <https://doi.org/10.1016/j.jadohealth.2003.12.014>
- Awalinni, A., & Harsono, Y. T. (2023). Hubungan Antara Kesepian Dan Perilaku Non-suicidal Self-injury Pada Mahasiswa Psikologi di Kota Malang. *Jurnal Psikologi Teori Dan Terapan Tahun*, *14*(1), 43–59.
- Barker, G. (2007). *Adolescents, social support and help-seeking behaviour An international literature review and programme consultation with recommendations for action*. WHO Library Cataloguing-in-Publication Data. www.inis.ie

- Branquinho, M., Canavarro, M. C., & Fonseca, A. (2020). Postpartum Depression in the Portuguese Population: The Role of Knowledge, Attitudes and Help-Seeking Propensity in Intention to Recommend Professional Help-Seeking. *Community Mental Health Journal*, 56(8), 1436–1448. <https://doi.org/10.1007/s10597-020-00587-7>
- Buckmaster, R., McNulty, M., & Guerin, S. (2021). An exploration of family dynamics in adults who self-harm. *Irish Journal of Psychological Medicine*. <https://doi.org/10.1017/ipm.2021.59>
- Carroll, R., Metcalfe, C., & Gunnell, D. (2014). Hospital presenting self-harm and risk of fatal and non- fatal repetition: Systematic review and meta-analysis. In *PLoS ONE* (Vol. 9, Issue 2). Public Library of Science. <https://doi.org/10.1371/journal.pone.0089944>
- Cheng, H. L., Wang, C., McDermott, R. C., Kridel, M., & Rislin, J. L. (2018). Self-Stigma, Mental Health Literacy, and Attitudes Toward Seeking Psychological Help. *Journal of Counseling and Development*, 96(1), 64–74. <https://doi.org/10.1002/jcad.12178>
- De Leo, D., Goodfellow, B., Silverman, M., Berman, A., Mann, J., Arensman, E., Hawton, K., Phillips, M. R., Vijayakumar, L., Andriessen, K., Chavez-Hernandez, A. M., Heisel, M., & Kolves, K. (2021). International study of definitions of English-language terms for suicidal behaviours: A survey exploring preferred terminology. *BMJ Open*, 11(2). <https://doi.org/10.1136/bmjopen-2020-043409>
- Drew, J. M., & Martin, S. (2021). A National Study of Police Mental Health in the USA: Stigma, Mental Health and Help-Seeking Behaviors. *Journal of Police and Criminal Psychology*, 36(2), 295–306. <https://doi.org/10.1007/s11896-020-09424-9>
- Duarte, T. A., Paulino, S., Almeida, C., Gomes, H. S., Santos, N., & Gouveia-Pereira, M. (2020). Self-harm as a predisposition for suicide attempts: A study of adolescents' deliberate self-harm, suicidal ideation, and suicide attempts. *Psychiatry Research*, 287. <https://doi.org/10.1016/j.psychres.2019.112553>
- Ferdinan, J., Kustanti, E. R., Soedarto, J., & Tembalang, U. (2018). HUBUNGAN ANTARA POLA ASUH OTORITATIF DENGAN PENGAMBILAN KEPUTUSAN KARIR PADA MAHASISWA TAHUN KEEMPAT. *Jurnal Empati*, 7(3), 206–215.
- Geulayov, G., Casey, D., Bale, L., Brand, F., Clements, C., Farooq, B., Kapur, N., Ness, J., Waters, K., Tsiachristas, A., & Hawton, K. (2019). Suicide following presentation to hospital for non-fatal self-harm in the Multicentre

- Study of Self-harm: a long-term follow-up study. *The Lancet Psychiatry*, 6(12), 1021–1030. [https://doi.org/10.1016/S2215-0366\(19\)30402-X](https://doi.org/10.1016/S2215-0366(19)30402-X)
- Gueta, K., & Shlichove, T. (2022). Barriers to and Facilitators of Help-Seeking Behavior Among Israeli Men Who Experience Intimate Partner Violence: A Qualitative Study. *Psychology of Men and Masculinity*, 23(2), 233–244. <https://doi.org/10.1037/men0000384>
- Hamdan-Mansour, A. M., Alzayyat, A. A., Hamaideh, S. H., Rafaih, M. Q. B., Al Jammal, O. L., & Hamdan-Mansour, L. A. (2022). Predictors of Deliberate Self-harm Among University Students. *International Journal of Mental Health and Addiction*, 20(5), 2993–3005. <https://doi.org/10.1007/s11469-021-00561-8>
- Holt-Gosselin, B., Tozzi, L., Ramirez, C. A., Gotlib, I. H., & Williams, L. M. (2021). Coping Strategies, Neural Structure, and Depression and Anxiety During the COVID-19 Pandemic: A Longitudinal Study in a Naturalistic Sample Spanning Clinical Diagnoses and Subclinical Symptoms. *Biological Psychiatry Global Open Science*, 1(4), 261–271. <https://doi.org/10.1016/j.bpsgos.2021.06.007>
- Houle, J., Chagnon, F., Lafortune, D., Labelle, R., & Paquette, K. B. (2013). Correlates of Help-Seeking Behaviour in Adolescents Experiencing a Recent Negative Life Event. *Canadian Journal of Family and Youth / Le Journal Canadien de Famille et de La Jeunesse*, 5(1), 39–63. <https://doi.org/10.29173/cjfy18947>
- Hulukati, W., & Djibran, M. R. (2018). ANALISIS TUGAS PERKEMBANGAN MAHASISWA FAKULTAS ILMU PENDIDIKAN UNIVERSITAS NEGERI GORONTALO. *Jurnal Bikoetik*, 21, 73–114.
- Ibrahim, N., Amit, N., Shahr, S., Wee, L. H., Ismail, R., Khairuddin, R., Siau, C. S., & Safien, A. M. (2019). Do depression literacy, mental illness beliefs and stigma influence mental health help-seeking attitude? A cross-sectional study of secondary school and university students from B40 households in Malaysia. *BMC Public Health*, 19. <https://doi.org/10.1186/s12889-019-6862-6>
- Joo, S. H., & Grable, J. E. (2001). Factors associated with seeking and using professional retirement-planning help. *Family and Consumer Sciences Research Journal*, 30(1), 37–63. <https://doi.org/10.1177/1077727X01301002>
- Karpika, I. P., & Segel, N. W. W. (2021). QUARTER LIFE CRISIS TERHADAP MAHASISWA STUDI KASUS DI FAKULTAS KEGURUAN DAN ILMU PENDIDIKAN UNIVERSITAS PGRI MAHADEWA INDONESIA. *Widyadari*, 22(2).

- Kate, T. F., McClelland, G. R., & Patterson, C. (1999). *Risk factors for suicide independent of DSM-III-R Axis I disorder Case-control psychological autopsy study in Northern Ireland* (Vol. 175).
- Klonsky, E. D., Muehlenkamp, J. J., Lewis, S. P., & Walsh, B. (2011). *Nonsuicidal Self-Injury*. Hogrefe Publishing.
- Kosyluk, K. A., Conner, K. O., Al-Khouja, M., Bink, A., Buchholz, B., Ellefson, S., Fokuo, K., Goldberg, D., Kraus, D., Leon, A., Powell, K., Schmidt, A., Michaels, P., & Corrigan, P. W. (2021). Factors predicting help seeking for mental illness among college students. *Journal of Mental Health, 30*(3), 300–307. <https://doi.org/10.1080/09638237.2020.1739245>
- Lim, K. S., Wong, C. H., McIntyre, R. S., Wang, J., Zhang, Z., Tran, B. X., Tan, W., Ho, C. S., & Ho, R. C. (2019). Global lifetime and 12-month prevalence of suicidal behavior, deliberate self-harm and non-suicidal self-injury in children and adolescents between 1989 and 2018: A meta-analysis. *International Journal of Environmental Research and Public Health, 16*(22). <https://doi.org/10.3390/ijerph16224581>
- Ma, R., Wang, Y., Wang, X. qing, Yu, K., Zhang, C. chen, & Zhou, Y. qiu. (2023). Analysis of hindering and facilitating factors of help-seeking behavior in schizophrenia based on COM-B model: a descriptive qualitative study. *BMC Psychiatry, 23*(1). <https://doi.org/10.1186/s12888-023-05226-5>
- Mackenzie, C. S., Knox, V. J., Gekoski, W. L., & Macaulay, H. L. (2004). An Adaptation and Extension of the Attitudes Toward Seeking Professional Psychological Help Scale. *Journal of Applied Social Psychology, 34*(11).
- Martínez-Montegudo, M. C., Delgado, B., Díaz-Herrero, Á., & García-Fernández, J. M. (2020). Relationship between suicidal thinking, anxiety, depression and stress in university students who are victims of cyberbullying. *Psychiatry Research, 286*. <https://doi.org/10.1016/j.psychres.2020.112856>
- Maya, N. (2021). Kontribusi Literasi Kesehatan Mental dan Persepsi Stigma Publik terhadap Sikap Mencari Bantuan Profesional Psikologi. *Gadjah Mada Journal of Psychology (GamaJoP), 7*(1), 22. <https://doi.org/10.22146/gamajop.58470>
- McManus, S., Walby, S., Barbosa, E. C., Appleby, L., Brugha, T., Bebbington, P. E., Cook, E. A., & Knipe, D. (2022). Intimate partner violence, suicidality, and self-harm: a probability sample survey of the general population in England. *The Lancet Psychiatry, 9*(7), 574–583. [https://doi.org/10.1016/S2215-0366\(22\)00151-1](https://doi.org/10.1016/S2215-0366(22)00151-1)
- Muehlenkamp, J., Brausch, A., Quigley, K., & Whitlock, J. (2013). Interpersonal features and functions of nonsuicidal self-injury. *Suicide and Life-*

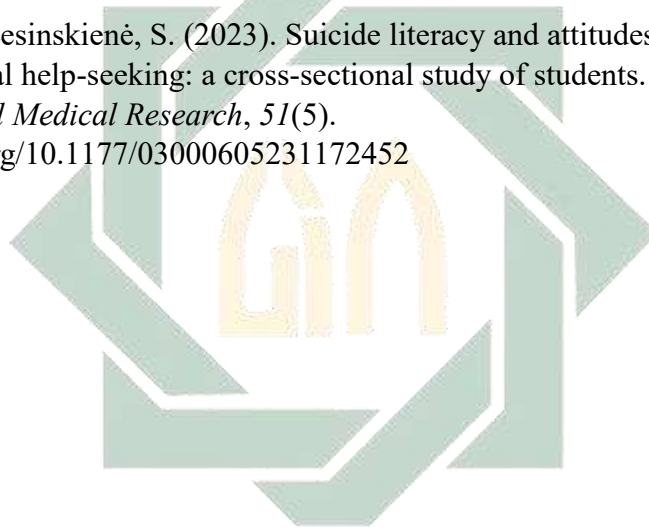
Threatening Behavior, 43(1), 67–80. <https://doi.org/10.1111/j.1943-278X.2012.00128.x>

- Mughal, F., Dikomitis, L., Babatunde, O. O., & Chew-Graham, C. A. (2021). Experiences of general practice care for self-harm: A qualitative study of young people's perspectives. *British Journal of General Practice*, 71(711), E744–E752. <https://doi.org/10.3399/BJGP.2021.0091>
- Niegocki, K. L., & Ægisdóttir, S. (2019). College Students' Coping and Psychological Help-Seeking Attitudes and Intentions. *Journal of Mental Health Counseling*, 41(2), 144–157. <https://doi.org/10.17744/mehc.41.2.04>
- Nohr, L., Ruiz, A. L., Sandoval Ferrer, J. E., & Buhlmann, U. (2021). Mental health stigma and professional help-seeking attitudes a comparison between Cuba and Germany. *PLoS ONE*, 16(2). <https://doi.org/10.1371/journal.pone.0246501>
- Ogueji, I. A., Okoloba, M. M., & Demoko Ceccaldi, B. M. D. (2022). Coping strategies of individuals in the United Kingdom during the COVID-19 pandemic. *Current Psychology*, 41(11), 7493–7499. <https://doi.org/10.1007/s12144-020-01318-7>
- Onie, S., Ashra, D., Taufik, K., Abraham, J., Setiyawati, D., Colucci, E., Nilam, J. F., Onie, S., Larsen, M. E., Hunt, A., Fajar, A., Hidayati, N. E., Christine, Bestari, D., Mudhi, N., Wolter, A., Liem, A., Rochmawati, I., Ardian, J., ... Vensya Sitohang. (2022). *Indonesian National Suicide Prevention Strategy 2022: A Preliminary Report*.
- Palombini, E., Richardson, J., McAllister, E., Veale, D., & Thomson, A. B. (2021). When self-harm is about preventing harm: emergency management of obsessive-compulsive disorder and associated self-harm. *BJPsych Bulletin*, 45(2), 109–114. <https://doi.org/10.1192/bjb.2020.70>
- Pfeiffer, S., & In-Albon, T. (2022). Gender Specificity of Self-Stigma, Public Stigma, and Help-Seeking Sources of Mental Disorders in Youths. *Stigma and Health*, 8(1), 124–132. <https://doi.org/10.1037/sah0000366>
- Pham, N. C., Li, Y., Hossain, T., Schapsis, C., Pham, H. H., & Minor, M. (2020). Understanding mental health services and help-seeking behaviours among college students in Vietnam. *Asia Pacific Journal of Health Management*, 15(3). <https://doi.org/10.24083/APJHM.V15I3.353>
- Phillips, M. A., & Murrell, S. A. (1994). Impact of Psychological and Physical Health, Stressful Events, and Social Support on Subsequent Mental Health Help Seeking Among Older Adults. *Journal of Consulting and Clinical Psychology*, 62(2), 270–275.

- Ramdass, M., Birbal, R., Joseph-Alleyne, G., & Harripaul, C. (2020). Students' Attitudes Towards Psychological Help-Seeking. *Journal of Education and Development, 4*(3), 11. <https://doi.org/10.20849/jed.v4i3.818>
- Ratnaningtyas, E. M., Ramli, Syafruddin, Saputra, E., Suliwati, D., Taufiq, B., Nugroho, A., Karimuddin, Habibullah, M., Aminy, Saputra, N., Khaidir, & Jahja, A. S. (2023). *Metodologi Penelitian Kualitatif* (N. Saputra, Ed.). ayasan Penerbit Muhammad Zaini. <https://www.researchgate.net/publication/370561417>
- Reidy, R., VON KORFF ScD, M., Coughlin, R., & St George, A. (1991). Is Battered Women's Help Seeking Connected to the Level of Their Abuse? *Public Health Reports, 106*(4).
- Rickwood, D., Deane, F. P., Wilson, C. J., & Ciarrochi, J. (2005). Young people's help-seeking for mental health problems. *Australian E-Journal for the Advancement of Mental Health, 4*(3), 218–251. <https://doi.org/10.5172/jamh.4.3.218>
- Sari, D. P. (2021). Tingkat Ketercapaian Tugas Perkembangan Dewasa Awal: Studi Deskriptif pada Mahasiswa IAIN Curup. *Islamic Counseling : Jurnal Bimbingan Konseling Islam, 5*(2), 243. <https://doi.org/10.29240/jbk.v5i2.3330>
- Shahwan, S., Lau, J. H., Goh, C. M. J., Ong, W. J., Tan, G. T. H., Kwok, K. W., Samari, E., Lee, Y. Y., Teh, W. L., Seet, V., Chang, S., Chong, S. A., & Subramaniam, M. (2020). The potential impact of an anti-stigma intervention on mental health help-seeking attitudes among university students. *BMC Psychiatry, 20*(1). <https://doi.org/10.1186/s12888-020-02960-y>
- Shekhani, S. S., Perveen, S., Hashmi, D. e. S., Akbar, K., Bachani, S., & Khan, M. M. (2018). Suicide and deliberate self-harm in Pakistan: A scoping review. *BMC Psychiatry, 18*(1). <https://doi.org/10.1186/s12888-017-1586-6>
- Simione, L., Gnagnarella, C., Spina, G., & Bersani, G. (2022). Help-seeking as a maladaptive coping style in the pandemic scenario: What worked and what did not for facing this new stressor. *International Journal of Environmental Research and Public Health, 19*(1). <https://doi.org/10.3390/ijerph19010319>
- Smith, L. (1992). INVITED REVIEW HELP SEEKING IN ALCOHOL-DEPENDENT FEMALES. *Aholiolti Alcolwlism, 27*. <https://academic.oup.com/alcalc/article-abstract/27/1/3/169190>
- Soesilo, A., Sembrono, P., & Kesehatan, P. (2013). *PERILAKU MELUKAI DIRI SENDIRI (SELF-INJURIOUS BEHAVIOR)*.

- Spahlholz, J., Baumann, E., Muller-Hilmer, R., Hilmer, R., Sander, C., Schindler, S., Speerforck, S., Angermeyer, M. C., & Schomerus, G. (2023). Do values and political attitudes affect help-seeking? Exploring reported help-seeking for mental health problems in a general population sample using a milieu framework. *Epidemiology and Psychiatric Sciences*, 32. <https://doi.org/10.1017/S2045796023000641>
- Stallman, H. M., Beaudequin, D., Hermens, D. F., & Eisenberg, D. (2021). Modelling the relationship between healthy and unhealthy coping strategies to understand overwhelming distress: A Bayesian network approach. *Journal of Affective Disorders Reports*, 3. <https://doi.org/10.1016/j.jadr.2020.100054>
- Syafitri, D. U., & Kusumaningsih, L. P. S. (2021). Sikap terhadap bantuan psikologis (tatap muka dan daring) ditinjau dari penyembunyian diri, harapan pengungkapan, dan stigma diri pada mahasiswa. *Jurnal Ilmiah Psikologi Terapan*, 9(1), 84. <https://doi.org/10.22219/jipt.v9i1.14151>
- Tan, G. T. H., Shahwan, S., Goh, C. M. J., Ong, W. J., Samari, E., Abdin, E., Kwok, K. W., Chong, S. A., & Subramaniam, M. (2020). Causal beliefs of mental illness and its impact on help-seeking attitudes: a cross-sectional study among university students in Singapore. *BMJ Open*, 10(7), e035818. <https://doi.org/10.1136/bmjopen-2019-035818>
- Tesfaye, Y., Agenagnew, L., Tucho, G. T., Anand, S., Birhanu, Z., Ahmed, G., Getenet, M., & Yitbarek, K. (2020). Attitude and help-seeking behavior of the community towards mental health problems. *PLoS ONE*, 15(11 November). <https://doi.org/10.1371/journal.pone.0242160>
- Tran, A. W. Y., & Lumley, M. N. (2019). Internalized stigma and student well-being: The role of adaptive and maladaptive coping. *Social Work in Mental Health*, 17(4), 408–425. <https://doi.org/10.1080/15332985.2018.1563023>
- VandenBos, G. R. (2015). *APA Dictionary of Psychology* (2nd ed.). American Psychological Association.
- Varney, S. M., Rohsenow, D. J., Dey, A. N., Myers, M. G., Zwick, W. R., & Monti, P. M. (1995). Factors associated with help seeking and perceived dependence among cocaine users. *American Journal of Drug and Alcohol Abuse*, 21(1), 81–91. <https://doi.org/10.3109/00952999509095231>
- Wilkonson, P., Kelvin, R., Roberts, C., Dubicka, B., & oodyer, I. (2011). Clinical and Psychosocial Predictors of Suicide Attempts and Nonsuicidal Self-Injury in the Adolescent Depression Antidepressants and Psychotherapy Trial (ADAPT). *The American Journal of Psychiatry*, 168, 495–501. www.statmodel.com

- Yin, H., Wardenaar, K. J., Xu, G., Tian, H., & Schoevers, R. A. (2019). Help-seeking behaviors among Chinese people with mental disorders: A cross-sectional study. *BMC Psychiatry*, *19*(1). <https://doi.org/10.1186/s12888-019-2316-z>
- Zhang, Y. G., Dang, M. Y., & Chen, H. (2020). An Explorative Study on the Virtual World: Investigating the Avatar Gender and Avatar Age Differences in their Social Interactions for Help-Seeking. *Information Systems Frontiers*, *22*(4), 911–925. <https://doi.org/10.1007/s10796-019-09904-2>
- Zhou, E., Kyeong, Y., Cheung, C. S., & Michalska, K. J. (2022). Shared Cultural Values Influence Mental Health Help-Seeking Behaviors in Asian and Latinx College Students. *Journal of Racial and Ethnic Health Disparities*, *9*(4), 1325–1334. <https://doi.org/10.1007/s40615-021-01073-w>/Published
- Žilinskas, E., & Lesinskienė, S. (2023). Suicide literacy and attitudes toward psychological help-seeking: a cross-sectional study of students. *Journal of International Medical Research*, *51*(5). <https://doi.org/10.1177/03000605231172452>



UIN SUNAN AMPEL
S U R A B A Y A