

ABSTRAK

**FAKTOR-FAKTOR YANG MEMPENGARUHI PERILAKU PENCEGAHAN  
GANGGUAN KESEHATAN MENTAL PADA MAHASISWA UNIVERSITAS JENDERAL  
SOEDIRMAN**

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**Latar Belakang:** Berdasarkan Data Kemenkes, sekitar 20% penduduk Indonesia berpotensi memiliki masalah gangguan jiwa. Prevalensi gangguan mental di Banyumas mencapai 9,14%. Sebesar 30% mahasiswa memiliki kesehatan mental yang buruk (Aziz, 2021). Rentang usia mahasiswa muncul perasaan seperti keraguan terhadap kemampuan diri dan takut terhadap depan (Afnan, 2020). Sebanyak 46 mahasiswa UNSOED menggunakan layanan konseling psikologi.

**Tujuan:** Penelitian ini untuk mengetahui faktor yang berpengaruh terhadap perilaku pencegahan gangguan kesehatan mental mahasiswa UNSOED

**Metode Penelitian:** Metode yang digunakan adalah kuantitatif dengan pendekatan *cross sectional* dengan populasi penelitian 23.127 mahasiswa UNSOED. Sebanyak 161 responden dipilih menggunakan teknik *proportional random sampling*. Instrumen pengumpulan data menggunakan kuesioner. Analisis data dilakukan secara univariat, bivariat dengan uji *chi-square*, dan multivariate dengan uji regresi logistik.

**Hasil:** Hasil penelitian menunjukkan variabel yang berhubungan dengan perilaku pencegahan gangguan mental adalah sikap, dukungan keluarga, dukungan teman, persepsi manfaat, dan persepsi hambatan ( $p$ -value=0,001;0,000;0,000;0,011;0,000). Sedangkan yang tidak berhubungan adalah akses informasi, pengetahuan, kepercayaan, persepsi kerentanan ( $p$ -value=0,167;0,924;0,538;0,507). Faktor yang mempengaruhi perilaku pencegahan gangguan kesehatan mental adalah sikap ( $p$ :0,028;OR:2,430), dukungan keluarga ( $p$ :0,012;OR:2,667), dukungan teman ( $p$ :0,001;OR:3,611), persepsi manfaat ( $p$ :0,026;OR:2,488), dan persepsi hambatan ( $p$ :0,003;OR:0,324).

**Kesimpulan:** Faktor yang mempengaruhi perilaku pencegahan gangguan kesehatan mental pada mahasiswa UNSOED adalah sikap, dukungan keluarga, dukungan teman, persepsi manfaat, dan persepsi hambatan.

**Kata Kunci:** Gangguan Kesehatan Mental, Perilaku, Pencegahan, Faktor, Mahasiswa

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ABSTRACT

**FACTORS AFFECTING PREVENTIVE BEHAVIOR OF MENTAL HEALTH DISORDERS IN STUDENTS OF THE JENDERAL SOEDIRMAN UNIVERSITY**

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**Background:** Based on data from the Ministry of Health, around 20% of Indonesia's population has the potential to have mental illness. The prevalence of mental disorders in Banyumas reached 9.14%. As many as 30% of college students have poor mental health (Aziz, 2021). The age range of students arises feelings such as doubts about their abilities and fear of the future (Afnan, 2020). A total of 46 UNSOED students use psychological counseling services.

**Purposes:** This study is to determine the factors that influence the preventive behavior of mental health disorders of UNSOED students.

**Research Methods:** The method used was quantitative with a cross sectional approach with a research population of 23,127 UNSOED students. A total of 161 respondents were selected using proportional random sampling technique. The data collection instrument used a questionnaire. Data analysis was carried out univariately, bivariate with chi-square test, and multivariate with logistic regression test.

**Results:** The results showed that the variables associated with mental disorder prevention behavior were attitude, family support, friend support, perceived benefits, and perceived barriers (p-value=0.001; 0.000; 0.000; 0.011; 0.000). While those that are not related are access to information, knowledge, trust, perceived vulnerability (p-value=0.167; 0.924; 0.538; 0.507). Factors that influence mental health disorder prevention behavior are attitude (p:0.028; OR:2.430), family support (p:0.012; OR:2.667), friend support (p:0.001; OR:3.611), perceived benefits (p:0.026; OR:2.488), and perceived barriers (p:0.003; OR:0.324).

**Conclusion:** Factors that influence the behavior of preventing mental health disorders in students of Jenderal Soedirman University are attitude, family support, friend support, perceived benefits, and perceived barriers.

**Keywords:** Mental Health Disorders, Behavior, Prevention, Factors, Students

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