

Abstrak

DETERMINAN *ABILITY TO SEEK* LAYANAN KESEHATAN MENTAL PADA MAHASISWA FAKULTAS ILMU-ILMU KESEHATAN UNIVERSITAS JENDERAL SOEDIRMAN

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Latar Belakang: Prevalensi gangguan mental di Indonesia mengalami peningkatan. Berdasarkan data Riskesdas, angka prevalensi gangguan mental meningkat dari 6% (2013) menjadi 9,9% (2018). Permasalahan kesehatan mental juga dialami mahasiswa FIKes UNSOED, dimana 83,3% mahasiswa mengalami gejala permasalahan kesehatan mental. Akan tetapi, proporsi akses layanan kesehatan mental pada mahasiswa FIKes UNSOED hanya mencapai 13,3%. Penelitian ini bertujuan untuk mengetahui determinan *ability to seek* layanan kesehatan mental pada mahasiswa fakultas tersebut.

Metodologi: Penelitian ini menggunakan pendekatan kuantitatif dengan desain *cross-sectional*. Data dianalisis secara univariat, kemudian dilanjutkan analisis bivariat dengan uji *chi-square*, dan diakhiri dengan uji multivariat menggunakan uji regresi logistik berganda. Sampel pada penelitian ini berjumlah 102 mahasiswa FIKes UNSOED angkatan 2022-2024 dengan menggunakan teknik pengambilan sampel *proportionate stratified random sampling*.

Hasil Penelitian: Variabel yang diteliti pada penelitian ini, antara lain literasi kesehatan (nilai $p = 0,981$), kepercayaan (nilai $p = 0,730$), stigma (nilai $p = 0,649$), jenis kelamin (nilai $p = 0,258$), dan kebebasan mengambil keputusan (nilai $p = 0,004$). Variabel yang paling berpengaruh terhadap *ability to seek* layanan kesehatan mental pada mahasiswa FIKes UNSOED adalah kebebasan mengambil keputusan dengan nilai *odds ratio* sebesar 3,344.

Kesimpulan: Peningkatan literasi kesehatan dan akses informasi layanan kesehatan berperan dalam meningkatkan *ability to seek* layanan kesehatan mental pada mahasiswa. Fasilitas kesehatan mental yang mudah dijangkau, fleksibel, dan anonimitas dapat mendukung mahasiswa untuk memutuskan mencari bantuan psikologis.

Kata Kunci: *Ability to Seek*, Layanan Kesehatan Mental, Mahasiswa

Abstract

DETERMINANTS OF THE ABILITY TO SEEK MENTAL HEALTH SERVICES AMONG STUDENTS OF THE FACULTY OF HEALTH SCIENCES, UNIVERSITAS JENDERAL SOEDIRMAN

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Background: The prevalence of mental disorders in Indonesia has been increasing. Based on Riskesdas data, the prevalence rose from 6% (2013) to 9,9% (2018). Mental health problems are also experienced by FIKes UNSOED students, where 83,3% reported symptoms of mental health issues. However, the proportion of access to mental health services among FIKes UNSOED students was only 13,3%. This study aims to identify the determinants of the ability to seek mental health services among students of the faculty.

Methodology: This research applied a quantitative approach with a cross-sectional study design. Data were analyzed using univariate analysis, followed by bivariate analysis with the chi-square test, and finally multivariate analysis using multiple logistic regression. The sample consisted of 102 FIKes UNSOED 2022-2024 students, selected through proportionate stratified random sampling.

Results: The variables examined in this study, included health literacy (p-value = 0,981), trust (p-value = 0,730), stigma (p-value = 0,649), gender (p-value = 0,258), and autonomy (p-value = 0,004). The most influential factor on the ability to seek mental health services among FIKes UNSOED students was autonomy, with an odds ratio of 3,344.

Conclusion: Increasing health literacy and access to information on mental health services play a role in enhancing students' ability to seek mental health services. Mental health services that are accesible, flexible, and anonymous can support students in deciding to seek psychological help.

Keywords: Ability to Seek, Mental Health Services, University Students

