

ABSTRAK

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HUBUNGAN ANTARA RELIGIOSITAS DAN SIKAP PENCARIAN BANTUAN PSIKOLOGIS PROFESIONAL PADA REMAJA KRISTEN DI JABODETABEK

(xii + 39 halaman: 10 tabel; 10 lampiran)

Tingginya tingkat masalah kesehatan mental yang terjadi di kalangan remaja masih tidak diikuti dengan penanganan psikologis yang sepadan. Terdapat beberapa hal yang berdampak pada penggunaan bantuan psikologis ini dan salah satunya adalah sikap. Sikap individu dapat ditentukan banyak faktor, salah satunya identitas sosial dalam bentuk agama. Dengan begitu, tujuan penelitian ini adalah untuk meninjau hubungan antara religiositas dan sikap pencarian bantuan psikologis profesional pada remaja beragama Kristen di JABODETABEK. Penelitian ini menggunakan desain kuantitatif dengan uji korelasi sebagai metode pengolahan data. Pengumpulan data dilakukan dengan alat ukur *Four Basic Dimensions of Religiosness Scale* (4-BDRS) dan *Attitude Towards Seeking Professional Psychological Help Short Form* (ATSPPH-SF) yang memperoleh 278 responden. Hasil menemukan bahwa religiositas, mencakup keempat dimensinya, tidak memiliki hubungan dengan sikap pencarian bantuan psikologis profesional ($r=0.008-0.036$, $p>0.05$). Analisis tambahan menemukan terdapat perbedaan signifikan pada sikap pencarian bantuan psikologis profesional berdasarkan kelompok suku atau etnis yang berbeda dan riwayat penggunaan layanan psikologis.

Kata kunci: religiositas, sikap pencarian bantuan psikologis profesional, remaja, Kristen

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ABSTRACT

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THE RELATIONSHIP BETWEEN RELIGIOSITY AND ATTITUDES IN SEEKING PROFESSIONAL PSYCHOLOGICAL HELP IN CHRISTIAN ADOLESCENTS IN JABODETABEK

(xii + 39 pages: 10 tables; 10 attachments)

The high level of mental health problems that occur among adolescents is still not accompanied by appropriate psychological treatment. There are several things that impact the use of this psychological assistance and one of them is attitude. Individual attitudes can be determined by many factors, one of which is social identity in the form of religion. Thus, the aim of this research is to examine the relationship between religiosity and attitudes towards seeking professional psychological help among Christian teenagers in JABODETABEK. This research used a quantitative design with correlation testing as a data processing method. Data collection was carried out using the Four Basic Dimensions of Religiousness Scale (4-BDRS) and Attitude Towards Seeking Professional Psychological Help Short Form (ATSPPH-SF) measuring instruments which obtained 278 respondents. The results found that religiosity, including its four dimensions, had no relationship with attitudes towards seeking professional psychological help ($r=0.008-0.036$, $p>0.05$). Additional analyzes found significant differences in attitudes toward seeking professional psychological help based on different racial or ethnic groups and past usage of mental health services.

Keywords: religiosity, attitudes towards seeking professional psychological help, adolescent, Christianity

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