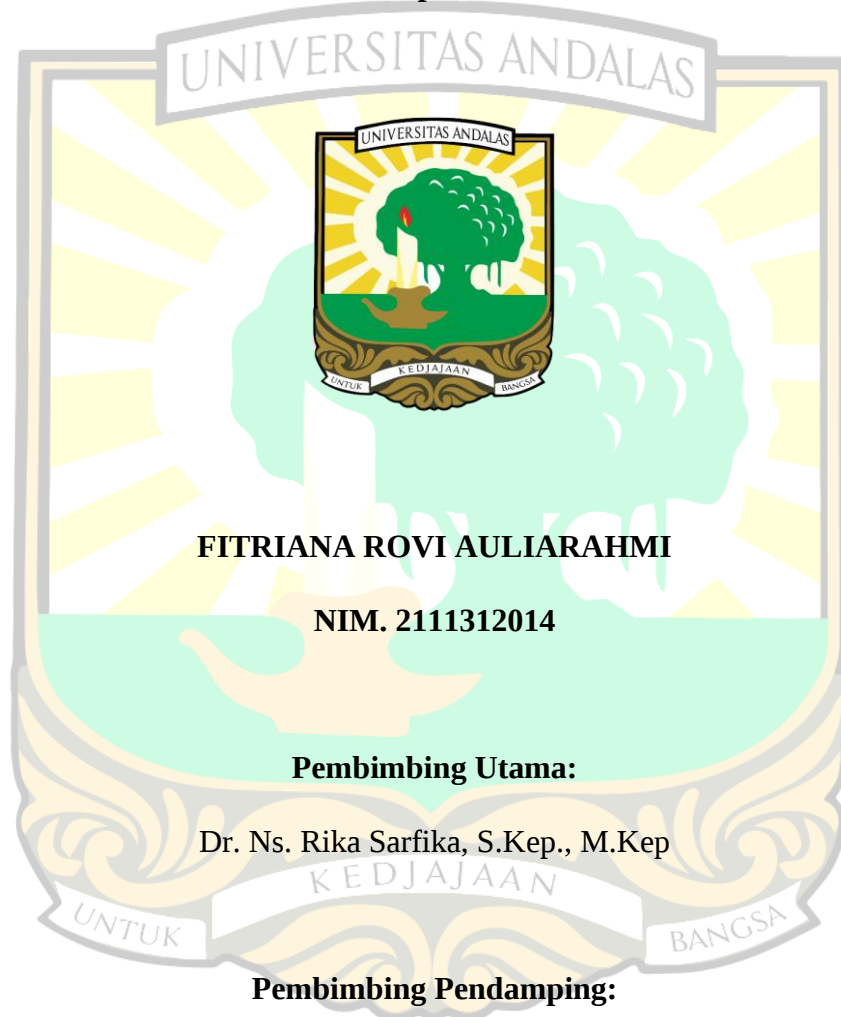


SKRIPSI

**GAMBARAN STIGMA Mencari Bantuan Kesehatan pada
REMAJA yang Mengalami Gejala Kecemasan
di SMAN 4 Padang**

Penelitian Keperawatan Jiwa



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**FAKULTAS KEPERAWATAN
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**Gambaran Stigma Mencari Bantuan Kesehatan pada Remaja yang
Mengalami Gejala Kecemasan Di SMAN 4 Padang**

ABSTRAK

Kecemasan merupakan gangguan mental yang paling umum dialami remaja dan seringkali tidak ditangani karena adanya stigma terhadap pencarian bantuan kesehatan. Hal ini menyebabkan banyak remaja enggan mencari pertolongan meskipun mengalami gejala kecemasan yang signifikan. Penelitian ini bertujuan untuk mengetahui gambaran stigma mencari bantuan kesehatan pada remaja yang mengalami gejala kecemasan di SMAN 4 Padang. Jenis penelitian ini kuantitatif dengan pendekatan deskriptif. Sampel penelitian berjumlah 205 siswa yang mengalami gejala kecemasan, disaring dari total populasi sebanyak 1.069 siswa melalui kuesioner *Depression Anxiety Stress Scales for Youth* (DASS-Y). Data mengenai stigma diperoleh menggunakan kuesioner *Perception of Stigmatization by Others for Seeking Help* (PSOSH). Hasil penelitian didapatkan hampir (44,6%) remaja di SMAN 4 Padang mengalami kecemasan dan diantaranya memiliki tingkat stigma mencari bantuan kesehatan yang cenderung tinggi (60,76%). Dimensi stigma yang paling dominan dirasakan adalah dimensi kognitif (65,6%), dimana responden enggan untuk mencari bantuan akibat pikiran negatif dari lingkungan sekitar. Oleh karena itu, diharapkan sekolah aktif untuk menciptakan lingkungan yang mendukung kesehatan mental remaja dengan program edukasi anti-stigma dan akses layanan konseling yang ramah. Serta tenaga kesehatan dan keluarga juga berkontribusi dalam membangun persepsi positif terhadap pencarian bantuan kesehatan mental bagi remaja.

Kata Kunci: Kecemasan, Stigma, Pencarian Bantuan, Remaja, Kesehatan Mental

Daftar Pustaka: 92 (1995-2024)

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***A Picture of Stigma in Seeking Health Care in Adolescents with Anxiety
at SMAN 4 Padang***

ABSTRACT

Anxiety is the most common mental disorder experienced by adolescents and is often untreated due to the stigma of seeking health care. This causes many adolescents to be reluctant to seek help even though they experience significant anxiety symptoms. This study aims to determine the description of the stigma of seeking health care in adolescents who experience anxiety symptoms at SMAN 4 Padang. This type of research is quantitative with a descriptive approach. The study sample consisted of 205 students who experienced anxiety symptoms, screened from a total population of 1,069 students through the Depression Anxiety Stress Scales for Youth (DASS-Y) questionnaire. Data on stigma were obtained using the Perception of Stigmatization by Others for Seeking Help (PSOSH) questionnaire. The results of the study showed that almost (44.6%) of adolescents at SMAN 4 Padang experienced anxiety and some of them had a high level of stigma in seeking health care (60.76%). The most dominant dimension of stigma felt was the cognitive dimension (65.6%), where respondents were reluctant to seek help due to negative thoughts from the surrounding environment. Therefore, schools are expected to be active in creating an environment that supports adolescent mental health with anti-stigma education programs and access to friendly counseling services. And health workers and families also contribute to building positive perceptions about seeking mental health help for adolescents.

Keywords: Anxiety, Stigma, Seeking Care, Adolescents, Mental Health

Bibliography: 92 (1995-2024)