

# Hubungan Antara Distres Psikologi dan Kemandirian dengan Sikap Terhadap Pencarian Bantuan Psikologis Pada Mahasiswa Universitas Islam Sultan Agung Semarang

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## ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara distres psikologis dan kemandirian dengan sikap terhadap pencarian bantuan profesional psikologis pada mahasiswa Universitas Islam Sultan Agung Semarang. Populasi dari penelitian ini adalah mahasiswa Universitas Islam Sultan Agung Semarang angkatan 2019. Sampel yang digunakan sebanyak 365 mahasiswa yang ditentukan dengan teknik *cluster random sampling*. Alat ukur yang digunakan terdiri dari 3 skala penelitian. Skala sikap terhadap pencarian bantuan profesional psikologis menggunakan *Attitude Toward Seeking Professional Psychological Help Scale* (ATSPPH) dengan koefisien *cronbach alpha* sebesar 0,72, skala distres psikologis menggunakan *Depression Anxiety Stress Scale* (DASS) dengan koefisien *cronbach alpha* sebesar 0,9483, dan skala kemandirian dengan koefisien *cronbach alpha* sebesar 0,838. Teknik analisis data menggunakan analisis regresi berganda yang menunjukkan R sebesar 0,220 dan  $F_{hitung}$  sebesar 9,224 dengan signifikansi sebesar 0,000 ( $p < 0,01$ ) yang berarti bahwa distres psikologis dan kemandirian mampu berkontribusi secara signifikan terhadap sikap pencarian bantuan profesional psikologis pada mahasiswa Universitas Islam Sultan Agung Semarang. Hasil korelasi parsial antara distres psikologis dengan sikap terhadap pencarian bantuan profesional psikologis didapatkan  $r_{x/y}$  yaitu 0,166,  $p=0,001$  ( $p < 0,01$ ) yang menunjukkan hipotesis diterima, yaitu terdapat hubungan yang positif antara distres psikologis dengan sikap terhadap pencarian bantuan profesional psikologis. Hasil korelasi parsial antara kemandirian dengan sikap terhadap pencarian bantuan profesional psikologis mendapat  $r_{x/y}$  yaitu 0,200,  $p=0,000$  ( $p < 0,01$ ) yang menunjukkan bahwa hipotesis ditolak, yaitu tidak ada hubungan antara kemandirian dengan sikap terhadap pencarian bantuan profesional psikologis.

Kata kunci : Sikap Terhadap Pencarian Bantuan Profesional Psikologis, Distres Psikologis, dan Kemandirian Mahasiswa

***Relationship Between Distress Psychology And Independence With  
Attitude Towards Seeking Professional Psychological Help On Students Sultan  
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**ABSTRACT**

*This study aimed to determine the relationship between psychological distress and independence with attitudes towards seeking professional psychological help among students of Sultan Agung Islamic University Semarang. The population of this study were students of Sultan Agung Islamic University Semarang batch 2019. The sample used was 365 students who were determined by cluster random sampling technique. The measuring instrument consisted of 3 scales. Attitude towards seeking professional psychological help scale (ATSPPH) with alpha cronbach coefficient of 0.72. The depression anxiety and stress scale (DASS) with alpha cronbach coefficient of 0.9483, and the alpha cronbach coefficient of independence scale of 0.838. The data analysis technique used multiple regression analysis which showed R of 0.220 and Fcount of 9.224 with a significance of 0.000 ( $p < 0.01$ ), which means that psychological disorders and independence can significantly contribute to the attitude of seeking professional psychological help among students of Sultan Agung Islamic University Semarang. The first partial correlation test results between psychological distress and attitudes towards seeking professional psychological assistance obtained  $r_{x1y} = 0.166$ ,  $p = 0.001$  ( $p < 0.01$ ) which indicated that the hypothesis was received, and there was a positive relationship between psychological disorders and attitudes towards seeking psychological professional help. The second partial correlation test results between independence and attitudes toward seeking professional psychological help obtained  $r_{x1y} = 0.200$ ,  $p = 0.000$  ( $p < 0.01$ ) which indicated that the hypothesis was rejected, and there was no relationship between independence and attitudes towards seeking professional psychological help.*

*Keywords: Attitudes toward seeking professional psychological help, psychological distress, and independence.*