

ABSTRAK

Dzakiyah Jihaan

PENGARUH WEBSITE “*ReMind*” TERHADAP PERILAKU MENCARI BANTUAN (*HELP-SEEKING BEHAVIOUR*) PADA REMAJA

xvii + 82 Halaman + 11 Tabel + 16 Lampiran

Masa remaja diartikan sebagai berpindahnya tahap kehidupan yang turut disertai dengan sejumlah perubahan, sehingga remaja rentan mengalami masalah psikologis dan membutuhkan bantuan. Namun, pada kenyataannya remaja cenderung untuk memendam permasalahan yang mereka miliki tanpa mencari bantuan. Penelitian ini bertujuan menganalisis perbedaan pengaruh website “*ReMind*” dan booklet “*Kenali Dirimu*” terhadap perilaku mencari bantuan (*help-seeking behaviour*) pada remaja.

Penelitian ini menggunakan desain kuasi eksperimental dengan rancangan *pretest-posttest control group design*. Pengambilan sampel dilakukan secara *purposive sampling* sejumlah 84 siswi kelas XI SMA Wachid Hasyim 2 Taman yang terbagi dalam kelompok intervensi dan kelompok kontrol dengan tiap kelompok memiliki 42 sampel. Variabel *independen* adalah website “*ReMind*”, sedangkan variabel *dependent* adalah perilaku mencari bantuan (*help-seeking behaviour*). Teknik pengumpulan data menggunakan kuesioner *help-seeking behaviour* yang dikembangkan oleh peneliti berdasarkan aspek perilaku mencari bantuan (*help-seeking behaviour*), terdiri dari 15 pertanyaan skala Guttman (Ya/Tidak). Analisis menggunakan uji *Wilcoxon Signed Rank Test* dan *Mann-Whitney* ($\alpha \leq 0,05$).

Hasil uji *Wilcoxon* menginterpretasikan terdapat pengaruh website “*ReMind*” terhadap perilaku mencari bantuan (*help-seeking behaviour*) ($p\text{-value} < 0,001$) dan terdapat pengaruh booklet “*Kenali Dirimu*” terhadap perilaku mencari bantuan (*help-seeking behaviour*) ($p\text{-value} < 0,001$). Hasil uji *Mann-Whitney* menginterpretasikan tidak terdapat perbedaan pengaruh website “*ReMind*” dan booklet “*Kenali Dirimu*” terhadap perilaku mencari bantuan (*help-seeking behaviour*) ($p\text{-value} = 0,719$).

Tidak adanya perbedaan pengaruh di antara kedua media tersebut menunjukkan bahwa kedua media efektif meningkatkan perilaku mencari bantuan (*help-seeking behaviour*) pada remaja. Oleh karena itu, remaja diharapkan dapat memanfaatkan media tersebut sebagai alternatif media edukasi kesehatan mental.

Kata kunci: Perilaku mencari bantuan, remaja, website, kesehatan mental

Daftar bacaan: 12 buku (2010-2025)

ABSTRACT

Dzakiyah Jihaan

THE EFFECTS OF “ReMind” WEBSITE ON HELP-SEEKING BEHAVIOUR IN TEENAGERS

xvii + 82 Pages + 11 Tables + 16 Appendices

The teenage years are defined as a transition in life stages accompanied by numerous changes, making teenagers vulnerable to psychological issues and in need of assistance. However, in reality, teenagers tend to suppress their problems without seeking help. This study aims to analyze the difference in the effects of the "ReMind" website and the "Kenali Dirimu" booklet on help-seeking behavior among teenagers.

This study employed a quasi-experimental design with a pretest-posttest control group design. Sampling was conducted using purposive sampling, involving 84 eleventh-grade female students of SMA Wachid Hasyim 2 Taman, who were divided into an intervention group and a control group, with 42 samples in each group. The independent variable was the "ReMind" website, while the dependent variable was help-seeking behavior. The data collection technique used a help-seeking behavior questionnaire developed by the researcher based on the aspects of help-seeking behavior, consisting of 15 Guttman scale questions (Yes/No). Analysis was performed using the Wilcoxon Signed Rank Test and the Mann-Whitney test ($\alpha \leq 0,05$)

The results of the Wilcoxon test indicated that the "ReMind" website had an effect on help-seeking behavior ($p\text{-value} < 0.001$) and the "Kenali Dirimu" booklet also had an effect on help-seeking behavior ($p\text{-value} < 0.001$). Meanwhile, the results of the Mann-Whitney test indicated that there was no significant difference between the effect of the "ReMind" website and the "Kenali Dirimu" booklet on help-seeking behavior ($p\text{-value} = 0.719$).

The absence of a significant difference in effect between the two media shows that both media are effective in improving help-seeking behavior among teenagers. Therefore, teenagers are expected to utilize these media as alternative mental health educational tools

Keywords: Help-seeking behaviour, teenager, website, mental health

References: 12 books (2010–2025)