PENGARUH *SOCIAL SUPPORT* DAN *SELF-COMPASSION* TERHADAP *HELP-SEEKING ATTITUDES* PADA GENERASI Z DENGAN GEJALA DEPRESI DI KOTA BANDUNG

SKRIPSI

diajukan untuk memenuhi salah satu syarat memperoleh gelar Sarjana Psikologi di Program Studi Psikologi

oleh

Ahmad Shendy Nur Rafi

NIM 2007274

PROGRAM STUDI PSIKOLOGI

FAKULTAS ILMU PENDIDIKAN

UNIVERSITAS PENDIDIKAN INDONESIA

2024

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2007274

Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar

Sarjana Psikologi di Program Studi Psikologi Fakultas Ilmu Pendidikan

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Universitas Pendidikan Indonesia

Desember 2024

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LEMBAR PENGESAHAN

Ahmad Shendy Nur Rafi

2007274

PENGARUH *SOCIAL SUPPORT* DAN *SELF-COMPASSION* TERHADAP *HELP-SEEKING ATTITUDES* PADA GENERASI Z DENGAN GEJALA DEPRESI DI KOTA BANDUNG

Disetujui dan disahkan oleh:

Pembimbing I

Drs. HM. Engkos Kosasih, M.Pd.

NIP 19611002 198403 1 004

Pembimbing II
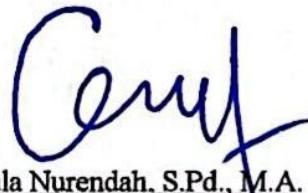
Gemala Nurendah, S.Pd., M.A.

NIP 19830202 201012 2 002

Mengetahui,

Ketua Program Studi Psikologi
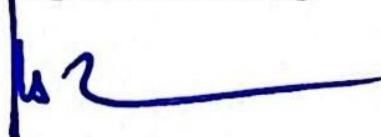
Dr. Sri Maslihah, S.Psi., M.Psi., Psikolog

NIP 19700726 200312 2 001

SKRIPSI INI TELAH DIUJIKAN PADA

Hari/Tanggal: Kamis, 12 Desember 2024

Waktu: 07.30 s.d. 08.30 WIB

Tempat: Ruang Sidang I, Lantai 8, Gedung FIP

Penguji terdiri atas:

Penguji I

Dr. Sri Maslihah, S.Psi., M.Psi., Psikolog

NIP 19700726 200312 2 001

Penguji II

Gemala Nurendah, S.Pd., M.A.

NIP 19830202 201012 2 002

Penguji III

Ismawati Kosasih, S.Pd., M.Si.

NIP 19910428 201903 2 025

Tanggung jawab yuridis ada pada

Peneliti

Ahmad Shendy Nur Rafi

NIM 2007274

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LEMBAR PERNYATAAN

Dengan ini saya menyatakan bahwa skripsi dengan judul "Pengaruh *Social Support* dan *Self-Compassion* terhadap *Help-Seeking Attitudes* pada Generasi Z dengan Gejala Depresi di Kota Bandung" ini beserta seluruh isinya adalah benar-benar karya saya sendiri. Saya tidak melakukan penjiplakan atau pengutipan dengan cara-cara yang tidak sesuai dengan etika ilmu yang berlaku dalam masyarakat keilmuan. Atas pernyataan ini, saya siap menanggung risiko/sanksi apabila di kemudian hari ditemukan adanya pelanggaran etika keilmuan atau ada klaim dari pihak lain terhadap keaslian karya saya ini.

Bandung, Desember 2024

Yang membuat pernyataan,

Ahmad Shendy Nur Rafi

NIM 2007274

KATA PENGANTAR

Bismillaahirrohmaanirrohiim,

Segala puji dan syukur penulis panjakan kepada Allah Swt., Tuhan semesta alam, karena atas berkah dan rahmat-Nya yang telah diberikan, penulis memperoleh kekuatan dan kelancaran untuk menyelesaikan penelitian skripsi yang diberi judul "Pengaruh *Social Support* dan *Self-Compassion* terhadap *Help-Seeking Attitudes* pada Generasi Z dengan Gejala Depresi di Kota Bandung" ini dengan baik. Selawat serta salam semoga senantiasa tercurah limpahkan kepada junjungan kita, yakni Nabi Muhammad Saw., beserta keluarganya, sahabatnya, tabiinnya, dan sampailah kepada kita selaku umatnya.

Skripsi ini telah dirampungkan sebagai salah satu syarat memperoleh gelar Sarjana Psikologi di Program Studi Psikologi Fakultas Ilmu Pendidikan Universitas Pendidikan Indonesia. Namun, tidak ada yang sempurna di dunia ini, dan penulis menyadari adanya kekurangan dari penelitian skripsi ini. Oleh karena itu, kritik, saran, dan masukan dari pembaca sangat diharapkan agar menjadi pembelajaran dan evaluasi bagi penulis. Akhir kata, semoga penelitian skripsi ini dapat bermanfaat bagi khalayak umum sehingga bisa diterapkan sisi positifnya.

Bandung, Desember 2024

Ahmad Shendy Nur Rafi

Peneliti

UCAPAN TERIMA KASIH

Alhamdulillahirobbil'alamin, terciptanya skripsi ini yang berjudul "Pengaruh *Social Support* dan *Self-Compassion* terhadap *Help-Seeking Attitudes* pada Generasi Z dengan Gejala Depresi di Kota Bandung" tak terlepas dari banyaknya pihak-pihak yang senantiasa mengarahkan, mendukung, membimbing, memfasilitasi, membantu, mendampingi, dan memberikan masukan kepada penulis. Maka dari itu, pada kesempatan ini, penulis secara khusus mengucapkan terima kasih banyak kepada:

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Semoga segala bentuk bantuan dan dukungan yang telah diberikan secara langsung atau tidak langsung, akan mendapat balasan yang lebih dari Allah Swt.

ABSTRAK

Ahmad Shendy Nur Rafi (2007274). Pengaruh *Social Support* dan *Self-Compassion* terhadap *Help-Seeking Attitudes* pada Generasi Z dengan Gejala Depresi di Kota Bandung. Skripsi. Program Studi Psikologi, Fakultas Ilmu Pendidikan, Universitas Pendidikan Indonesia. Bandung. (2024).

Penelitian ini bertujuan untuk memeriksa pengaruh *social support* dan *self-compassion* terhadap *help-seeking attitudes* pada generasi Z dengan gejala depresi di Kota Bandung. Dengan menggunakan pendekatan kuantitatif dan teknik pengambilan sampel *non-probability* (*purposive sampling*), penelitian ini berhasil mengumpulkan sampel sebanyak 370 orang yang merupakan generasi Z (berusia 15-25 tahun), tinggal di Kota Bandung, belum pernah menggunakan layanan profesional kesehatan mental, dan memiliki gejala depresi berdasarkan alat ukur *Patient Health Quesionnaire*-9 (PHQ-9) dengan skor $\geq$ 10. Instrumen yang digunakan dalam penelitian ini antara lain, *Multidimensional Scale of Perceived Social Support* (MSPSS) untuk mengukur *social support* yang terdiri atas *family support*, *friends support*, dan *significant other support*, *Self-Compassion Scale* (SCS) untuk mengukur *self-compassion*, dan *Attitudes Toward Seeking Professional Psychological Help-Shortened Form* (ATSPPH-SF) untuk mengukur *help-seeking attitudes*. Teknik analisis data yang diterapkan adalah analisis regresi berganda. Hasil penelitian ini menunjukkan bahwa penurunan *family support* dan peningkatan *friends support* berpengaruh signifikan terhadap peningkatan *help-seeking attitudes*. Sementara itu, *significant other support* dan *self-compassion* tidak berkontribusi secara signifikan terhadap *help-seeking attitudes*.

Kata Kunci: *social support, family support, friends support, significant other support, self-compassion, help-seeking attitudes*, generasi Z, gejala depresi.

ABSTRACT

Ahmad Shendy Nur Rafi (2007274). Social Support and Self-Compassion as Predictors of Help-Seeking Attitudes among Generation Z with Depression Symptoms in Bandung City. Thesis. Psychology Study Program, Faculty of Educational Science, Indonesia University of Education. Bandung. (2024).

This research aims to examine the influence of social support and self-compassion on help-seeking attitudes in generation Z with depressive symptoms in Bandung City. Using a quantitative approach and non-probability sampling technique (purposive sampling), this research collected a sample of 370 people who are generation Z (aged 15-25 years), live in Bandung City, have never used mental health professional services, and have symptoms of depression based on the Patient Health Quesionnaire-9 (PHQ-9) instrument with a score $\geq$ 10. The instruments used in this research include the Multidimensional Scale of Perceived Social Support (MSPSS) to measure social support, which consists of family support, friends support, and significant other support, the Self-Compassion Scale (SCS) to measure self-compassion, and the Attitudes Toward Seeking Professional Psychological Help-Shortened Form (ATSPPH-SF) to measure help-seeking attitudes. The data analysis technique used was multiple regression analysis. The findings showed that a reduction in family support and an increase in friends support significantly influence positive help-seeking attitudes. In contrast, significant other support and self-compassion were found not to contribute significantly to help-seeking attitudes.

Keyword: social support, family support, friends support, significant other support, self-compassion, help-seeking attitudes, generation Z, depression symptoms.

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