

## **HUBUNGAN ANTARA PERILAKU SEXTING DENGAN LITERASI KESEHATAN MENTAL PADA REMAJA**

(Studi Korelasional pada Peserta Didik di Madrasah Tsanawiyah Negeri 5 Ciamis  
Tahun Ajaran 2021/2022)

### **SKRIPSI**

Diajukan untuk memenuhi sebagian dari syarat memperoleh gelar Sarjana Pendidikan  
dalam bidang Ilmu Bimbingan dan Konseling



**oleh :**  
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**PROGRAM STUDI BIMBINGAN DAN KONSELING**  
**FAKULTAS ILMU PENDIDIKAN**  
**UNIVERSITAS PENDIDIKAN INDONESIA**  
**2022**

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Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar  
Sarjana Pendidikan pada Program Studi Bimbingan dan Konseling  
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## LEMBAR PENGESAHAN

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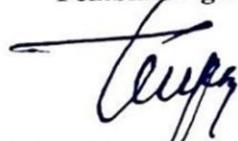
1700273

### HUBUNGAN ANTARA PERILAKU SEXTING DENGAN LITERASI KESEHATAN MENTAL REMAJA

Studi Korelasional terhadap Peserta Didik di MTs Negeri 5 Ciamis Tahun  
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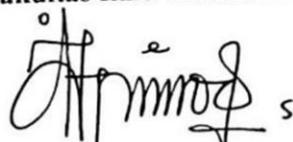
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## **PERNYATAAN KEASLIAN SKRIPSI**

Dengan ini saya menyatakan skripsi yang berjudul "**Hubungan antara Perilaku Sexting dengan Literasi Kesehatan Mental pada Remaja**" adalah karya saya sendiri. Saya tidak melakukan penjiplakan atau pengutipan dengan cara-cara yang tidak sesuai dengan etika keilmuan yang berlaku dalam masyarakat keilmuan. Atas pernyataan ini, saya berani menanggung risiko/sanksi apabila kemudian hari ditemukan adanya pelanggaran terhadap etika keilmuan atau klaim dari pihak lain terhadap keaslian karya saya.

Bandung, Agustus 2022  
Pembuat Pernyataan



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## ABSTRAK

**Nita Monitasari 1700273 (2022). Hubungan antara Perilaku *Sexting* dengan Literasi Kesehatan Mental Remaja: Studi Korelasional terhadap Peserta Didik MTs Negeri 5 Ciamis Tahun Ajaran 2021/2022.**

Penelitian ini dilatarbelakangi oleh pentingnya literasi kesehatan mental sebagai upaya mengurangi keterlibatan remaja dalam perilaku *sexting* yang dapat membahayakan remaja. Tujuan penelitian ini untuk mengetahui hubungan antara perilaku *sexting* dengan literasi kesehatan mental pada peserta didik Kelas VII dan VIII di MTs Negeri 5 Ciamis. Pendekatan yang digunakan adalah kuantitatif dengan metode korelasional dan menggunakan teknik sampel acak (*random sampling*), dengan partisipan sebanyak 176 orang. Instrumen literasi kesehatan mental disusun oleh peneliti berdasarkan teori literasi kesehatan mental Jorm. Instrumen *sexting* disusun oleh peneliti berdasarkan teori *sexting* Harris dkk. Instrumen literasi kesehatan mental dan *sexting* disesuaikan dengan keadaan subjek penelitian. Data diperoleh melalui penyebaran instrumen berupa kuesioner yang diolah menggunakan uji *Spearman's Rank Order Correlation* dengan nilai koefisien korelasi sebesar -0,782. Hasil penelitian menunjukkan gambaran literasi kesehatan mental peserta didik memiliki kecenderungan pada kategori sedang-tinggi, sedangkan gambaran *sexting* peserta didik memiliki kecenderungan pada kategori sedang-rendah, sehingga terdapat hubungan kuat yang negatif dan signifikan antara literasi kesehatan mental dan perilaku *sexting*. Upaya untuk meningkatkan literasi kesehatan mental remaja sangat diperlukan untuk meminimalisir perilaku *sexting* remaja.

Kata Kunci: *Sexting*, Literasi Kesehatan Mental, Remaja

## **ABSTRACT**

**Nita Monitasari 170273 (2022). *The Relationship of Sexting Behavior and Mental Health Literacy in Adolescent: A Correlational Study of Students at MTs Negeri 5 Ciamis for the 2021/2022 Academic Year.***

*This research is motivated by urgency of mental health literacy as an effort to reduce the involvement of adolescents in sexting behavior that can harm adolescents. The purpose of this study was to determine the relationship of sexting behavior and mental health literacy of students in Class VII and VIII at MTs Negeri 5 Ciamis. The approach used is quantitative with correlational method and using random sampling technique, with 176 participant. The mental health literacy instrument was developed by researchers based on Jorm's theory of mental health literacy. The sexting instrument was developed by the researcher based on the sexting theory of Harris et al. Mental health literacy and sexting instruments were adapted to the circumstances of the research subjects. The data was obtained through the distribution of the instrument in the form of a questionnaire which was processed using the Spearman's Rank Order Correlation test with a correlation coefficient of -0.782. The results showed that the mental health literacy picture of students had a tendency in the medium-high category, while the sexting picture of the students had a tendency in the medium-low category, so there was a strong negative and significant relationship between mental health literacy and sexting behavior. Efforts to improve adolescent mental health literacy are needed to minimize adolescent sexting behavior.*

**Keywords:** *Sexting, Mental Health Literacy, Adolescents*

## KATA PENGANTAR

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Skripsi dengan judul “**Hubungan antara Perilaku *Sexting* dengan Literasi Kesehatan Mental Remaja (Studi Korelasional terhadap Peserta Didik di MTs Negeri 5 Ciamis Tahun Ajaran 2021/2022)**” disusun bertujuan untuk mengetahui gambaran umum perilaku *sexting* dan kemampuan literasi kesehatan mental, serta hubungan antara perilaku *sexting* dengan literasi kesehatan mental pada peserta didik Kelas VII dan VIII di MTs Negeri 5 Ciamis.

Penulis menyadari bahwa skripsi ini jauh dari kata sempurna, baik ditinjau dari segi isi maupun penulisan. Penulis berharap untuk mendapatkan kritik dan saran yang membangun dari berbagai pihak. Semoga skripsi ini dapat memberikan manfaat bagi para pembaca sebagai referensi mengenai gambaran perilaku *sexting* dan literasi kesehatan mental pada peserta didik.

Bandung, Agustus 2022



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## UCAPAN TERIMA KASIH

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## **2. Peraturan Perundangan:**

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