

ABSTRAK

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Judul : Hubungan Antara Praktik Pengasuhan Dengan Literasi Kesehatan Mental Pada Remaja Akhir Usia 15-18 Tahun Dengan Sosial Ekonomi Tinggi Di Jakarta Selatan.
Pembimbing : Dr. Dearly, M.Psi., Psikolog.

Penelitian ini bertujuan untuk mengetahui hubungan antara praktik pengasuhan dengan literasi kesehatan mental pada remaja akhir usia 15-18 tahun dengan sosial ekonomi tinggi. Metode penelitian yang digunakan adalah kuantitatif korelasional. Dengan teknik sampling *non probability* menggunakan teknik *purposive sampling*. Responden penelitian ini sebanyak 251 siswa/i SMA Swasta di Jakarta Selatan. Literasi kesehatan mental diukur menggunakan *Multicomponent Mental Health Literacy Measure (MMHLM)* oleh Jung et al. (2016) yang telah diadaptasi, sementara praktik pengasuhan diukur menggunakan *Parent as Social Context Questionnaire (PSCQ)* oleh Skinner et al (2005) yang telah diadaptasi ke dalam Bahasa Indonesia. *Multicomponent Mental Health Literacy Measure (MMHLM)* terdiri dari 26 item, *Parent as Social Context Questionnaire (PSCQ)* sebanyak 11 item yang valid dan reliabel (Cronbach's Alpha *MMHLM* =0,930, *PSCQ* = 0,878). Data analisis korelasi Spearman menggunakan aplikasi SPSS versi 23. Hasil penelitian membuktikan bahwa terdapat hubungan positif dan signifikan antara praktik pengasuhan dengan literasi kesehatan mental ($r = 0,470$, $p=0,00$). Artinya semakin individu mendapatkan praktik pengasuhan yang positif, maka semakin tinggi pula literasi kesehatan mental nya. Sumber perolehan informasi kesehatan mental menjadi faktor yang membedakan praktik pengasuhan positif dan tingkat literasi kesehatan mental remaja akhir dengan sosial ekonomi tinggi.

Kata Kunci: Praktik pengasuhan, literasi kesehatan mental, remaja akhir, sosial ekonomi tinggi

ABSTRACT

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Title : *Relationship Between Parenting Practices and Mental Health Literacy in Late Adolescents Aged 15-18 Years with High Socio-Economy in South Jakarta.*
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This study aims to determine the relationship between parenting practices and mental health literacy in adolescents aged 15-18 years with high socioeconomic status. The research method used is correlational quantitative. With non-probability sampling technique using purposive sampling technique. The respondents of this study were 251 students from private high schools in South Jakarta. Mental health literacy was measured using the Multicomponent Mental Health Literacy Measure (MMHLM) by Jung et al. (2016) which has been adapted, while parenting practices are measured using the Parent as Social Context Questionnaire (PSCQ) by Skinner et al (2005) which has been adapted into Indonesian. The Multicomponent Mental Health Literacy Measure (MMHLM) consists of 26 items, the Parent as Social Context Questionnaire (PSCQ) is 11 valid and reliable items (Cronbach's Alpha MMHLM = 0.930, PSCQ = 0.878). Spearman's correlation analysis data used the SPSS version 23 application. The results of the study proved that there was a positive and significant relationship between parenting practices and mental health literacy ($r = 0.470$, $p = 0.00$). This means that the more individuals get positive parenting practices, the higher their mental health literacy. The source of obtaining mental health information is a factor that distinguishes positive parenting practices and the level of mental health literacy in late adolescents with high socioeconomic status.

Keywords: Parenting practices, mental health literacy, late adolescence, high socioeconomic