

ABSTRAK

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Judul Skripsi : Pengaruh Literasi Kesehatan Mental dan Dukungan Sosial Teman Sebaya terhadap *Self-Diagnosis* Kesehatan Mental
Pembimbing : Dr. Dearly, M.Psi., Psikolog.

Penelitian ini bertujuan untuk menguji pengaruh literasi kesehatan mental dan dukungan sosial teman sebaya terhadap *self-diagnosis* kesehatan mental dengan subjek *followers* Instagram @studiodjiwa, @socialconnect.id, dan @psycircle.id. Metode penelitian yang digunakan adalah kuantitatif dengan analisis regresi linear berganda yang dibantu oleh SPSS versi 25. Pengambilan sampel dilakukan dengan teknik *accidental sampling* dan memperoleh sampel sebanyak 437 responden. Pengukuran *self-diagnosis* menggunakan instrumen *Identification of Having a Mental Illnes (SELF-I) Scale* dari Schomerus *et al.* (2019). Literasi kesehatan mental menggunakan *Mental Health Literacy Scale* dari Jung, *et al.* (2016). Dukungan sosial teman sebaya dari Zimet, *et al.* (1988) *Multidimensional Scale of Perceived Social Support* (MSPSS). Hasil penelitian membuktikan bahwa terdapat pengaruh positif yang signifikan antara literasi kesehatan mental dan dukungan sosial teman sebaya terhadap *self-diagnosis* baik secara parsial maupun secara bersama-sama dengan nilai koefisien determinasi sebesar 12,7% pada literasi kesehatan mental terhadap *self-diagnosis*, 2,4% pada dukungan sosial teman sebaya, dan 13% pada literasi kesehatan mental dan dukungan sosial teman sebaya terhadap *self-diagnosis* kesehatan mental.

Kata Kunci: *Self-diagnosis*, literasi kesehatan mental, dukungan sosial teman sebaya.

ABSTRACT

Name : Nurul Faiza Amalia

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Study Program : Psychology Program at Mercu Buana University

Title of Thesis Report : *The Influence of Mental Health Literacy and Peer Social Support on Self-Diagnosis of Mental Health*

Counsellor : Dr. Dearly, M.Psi., Psikolog.

This research aims to examine the influence of mental health literacy and peer social support on self-diagnosis of mental health among followers of Instagram accounts @studiodjiwa, @socialconnect.id, and @psycircle.id. The research employed a quantitative method with multiple linear regression analysis assisted by SPSS version 25. The sample was obtained using accidental sampling technique, resulting in 437 respondents. Self-diagnosis was measured using the Identification of Having a Mental Illness (SELF-I) Scale by Schomerus et al. (2019). Mental health literacy was assessed using the Mental Health Literacy Scale by Jung et al. (2016), and peer social support was measured using Zimet et al.'s (1988) Multidimensional Scale of Perceived Social Support (MSPSS). The research findings demonstrate a significant positive influence of both mental health literacy and peer social support on self-diagnosis, both partially and collectively, with a coefficient of determination of 12.7% for mental health literacy, 2.4% for peer social support, and 13% for the combined effect of mental health literacy and peer social support on self-diagnosis mental health.

Keywords: Self-diagnosis, mental health literacy, peer social support.