

**HUBUNGAN ANTARA HARGA DIRI (*SELF-ESTEEM*)
DAN *PERCEIVED BENEFITS OF SEEKING HELP*
DENGAN
PERILAKU Mencari Bantuan (*HELP-SEEKING BEHAVIOUR*)
PADA SISWA SMA**

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara harga diri dan *perceived benefits of seeking help* dengan perilaku mencari bantuan pada siswa SMA. Penelitian ini adalah penelitian kuantitatif korelasional dengan teknik survey dan pengumpulan data menggunakan media survei online. Pemilihan sampel menggunakan *convenience sampling*. Instrumen penelitian yang digunakan adalah Skala Harga Diri, Skala *Perceived Benefits of Seeking Help*, dan 3 Skala tipe Perilaku Mencari Bantuan. Uji coba skala menghasilkan koefisien reliabilitas Skala Harga Diri 0,804, *Perceived Benefits of Seeking Help* 0,839, tipe Perilaku Mencari Bantuan Instrumental 0,703, tipe Perilaku Mencari Bantuan Eksekutif 0,893, dan tipe Perilaku Menghindar Mencari Bantuan 0,916. Partisipan dalam penelitian ini sebanyak 201 siswa SMA dengan rentang usia 15-18 tahun. Hipotesis penelitian dianalisis menggunakan uji regresi tiga variabel melalui aplikasi SPSS versi 25. Hasil uji hipotesis secara parsial menunjukkan tidak terdapat hubungan antara harga diri dan perilaku mencari bantuan instrumental ($\text{sig}=0,89; \text{sig}>\alpha$), sedangkan *perceived benefits of seeking help* memiliki korelasi dengan perilaku mencari bantuan instrumental ($\text{sig}=0,00; \text{sig}<\alpha$). Pada perilaku mencari bantuan eksekutif diketahui memiliki korelasi dengan harga diri ($\text{sig}=0,01; \text{sig}<\alpha$), dan berkorelasi negatif dengan *perceived benefits of seeking help* ($\text{sig}=0,00; \text{sig}<\alpha$). Perilaku menghindar mencari bantuan diketahui tidak memiliki korelasi dengan *perceived benefits of seeking help* ($\text{sig}=0,227; \text{sig}>\alpha$), namun memiliki korelasi dengan harga diri ($\text{sig}=0,00; \text{sig}<\alpha$).

Kata kunci: Harga Diri, Perilaku Mencari Bantuan, *Help Seeking Behaviour*, *Perceived Benefits of Seeking Help*, remaja.

***THE CORRELATION BETWEEN SELF-ESTEEM
AND PERCEIVED BENEFITS OF SEEKING HELP
WITH HELP-SEEKING BEHAVIOUR
IN HIGH SCHOOL STUDENT***

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ABSTRACT

The purpose of this study was to evaluate the relationship between self esteem and perceived benefits of seeking help with help seeking behaviour among high school student. This research used correlational method with convenience sampling. The data in this study was collected with questionnaire. Self Esteem Scale, Perceived Benefits of Seeking-Help Scale, and 3 types of Help Seeking Behaviour Scale were used in this study. The Reliability for Self Esteem is 0,804, Perceived Benefits of Seeking Help is 0,839, Help Seeking Behaviour (instrument) is 0,703; (executive) is 0,893; (avoidance) is 0,916. The respondents of this research were 201 high school students (15-18 years old). The collected data was analyzed with regression test by SPSS 25 software for windows. The result indicated no significant correlation between self esteem with instrumental help seeking behaviour ($\text{sig}=0,89$; $\text{sig}>\alpha$), instrumental help seeking behaviour was known correlated with perceived benefits of seeking help ($\text{sig}=0,00$; $\text{sig}<\alpha$). Executive help seeking behaviour was correlated with self esteem ($\text{sig}=0,01$; $\text{sig}<\alpha$), and negatively correlated with perceived benefits of seeking help ($\text{sig}=0,00$; $\text{sig}<\alpha$). The result also indicated no significant correlation between avoidance of seeking help with perceived benefits of seeking help ($\text{sig}=0,227$; $\text{sig}>\alpha$), avoidance of seeking help was correlated with self esteem ($\text{sig}=0,00$; $\text{sig}<\alpha$).

Keywords: Self-Esteem, Seeking Help, Help-Seeking Behaviour, Perceived Benefits of Seeking Help, adolescents.