

ABSTRAK

***Resilient Coping* Sebagai Mediator Dalam Peran *Perceived Social Support* terhadap Sikap Mencari Bantuan Psikologis Profesional pada Perempuan yang Mengalami Kekerasan dalam Pacaran serta Tinjauannya dalam Islam**

Kekerasan terhadap perempuan, termasuk kekerasan dalam pacaran (KDP), telah mengalami peningkatan selama satu dekade terakhir di Indonesia. Meskipun berbagai penelitian melaporkan bahwa KDP berdampak negatif, korban sering kali enggan mencari bantuan psikologis profesional karena pandangan negatif terhadap bantuan tersebut. Penelitian ini dilakukan untuk mengidentifikasi peran *resilient coping* sebagai mediator antara *perceived social support* dan sikap mencari bantuan psikologis profesional. Penelitian ini dilakukan dengan metode kuantitatif non-eksperimental terhadap perempuan korban KDP berusia 18–25 tahun ($N=294$). Alat ukur yang digunakan adalah *Mental Help-Seeking Attitude Scale* (MHSAS) ($\alpha=.950$), *Multidimensional Scale of Perceived Social Support* (MSPSS) ($\alpha=.946$), dan *Brief Resilient Coping Scale* (BRCS) ($\alpha=.673$). Hasil penelitian menunjukkan bahwa *perceived social support* memiliki efek langsung positif yang signifikan terhadap sikap mencari bantuan psikologis profesional ($\beta=0.127$, $p<0.001$) dan memiliki peran positif yang signifikan terhadap *resilient coping* ($\beta=0.466$, $p<0.001$). Adapun *resilient coping* memiliki peran positif yang signifikan terhadap sikap mencari bantuan psikologis profesional ($\beta=0.082$, $p<0.001$). Terdapat pula efek tidak langsung positif yang signifikan dari *perceived social support* terhadap *resilient coping* dan *resilient coping* terhadap sikap mencari bantuan psikologis profesional ($\beta=0.038$, $p<0.001$), serta hasil akhir jalur total ($\beta=0.165$, $p<0.001$). Penelitian ini menunjukkan bahwa *resilient coping* berperan sebagai mediator antara *perceived social support* dan sikap mencari bantuan psikologis profesional. Dalam pandangan Islam, *perceived social support* memiliki peran positif terhadap sikap mencari bantuan psikologis profesional dan *resilient coping*. Adapun *resilient coping* berperan positif terhadap sikap mencari bantuan psikologis profesional. Implikasi dari penelitian ini dapat dimanfaatkan sebagai landasan dalam membuat intervensi berbasis dukungan sosial yang dapat memperkuat *resilient coping* dan sikap positif mencari bantuan psikologis profesional pada perempuan korban KDP.

Kata Kunci: Kekerasan dalam Pacaran, *Perceived Social Support*, Perempuan, *Resilient Coping*, Sikap Mencari Bantuan Psikologis Profesional

ABSTRACT

Resilient Coping as a Mediator in the Role of Perceived Social Support on Attitudes Toward Seeking Professional Psychological Help in Women Experiencing Dating Violence and its Overview in Islam Perspective

Violence against women, including dating violence (DV), has increased over the past decade in Indonesia. Despite various studies reporting that DV has a negative impact, victims are often reluctant to seek professional psychological help due to negative attitudes towards seeking professional psychological help. This study was conducted to identify the role of resilient coping as a mediator between perceived social support and attitudes towards seeking professional psychological help. This study was conducted using a non-experimental quantitative method on female victims of DV aged 18–25 years ($N=294$). The measurement tools used were the Mental Help-Seeking Attitude Scale (MHSAS) ($\alpha=.950$), the Multidimensional Scale of Perceived Social Support (MSPSS) ($\alpha=.946$), and the Brief Resilient Coping Scale (BRCS) ($\alpha=.673$). The result showed that perceived social support has a significant positive direct effect on the attitude towards seeking professional psychological help ($\beta=0.127$, $p<0.001$) and has a significant positive role on resilient coping ($\beta=0.466$, $p<0.001$). Resilient coping has a significant positive role on the attitude towards seeking professional psychological help ($\beta = 0.082$, $p = <0.001$). There is also a significant positive indirect effect of the perceived social support path on resilient coping and resilient coping on the attitudes towards seeking professional psychological help ($\beta = 0.038$, $p = <0.001$), as well as the total path ($\beta = 0.165$, $p = <0.001$). Consequently, this study shows that resilient coping can play a role as a mediator between perceived social support and attitudes towards seeking professional psychological help. As for the Islamic view, perceived social support has a positive role on the attitudes towards seeking professional psychological help and resilient coping. Meanwhile, resilient coping has a positive role on the attitudes towards seeking professional psychological help. The implications of this study can be utilized as a foundation in creating social support-based interventions that can strengthen resilient coping and positive attitudes towards seeking professional psychological help among female victims of DV.

Keywords: Attitudes towards Seeking Professional Psychological Help, Dating Violence, Perceived Social Support, Resilient Coping, Women