

Students' Preferential Helpers in Facing Specific Areas of Concerns: An Indonesian Study

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This paper describes a study designed to investigate preferred helpers in specific areas of concern among Indonesian students. A questionnaire consisting of 14 areas of concern and 14 choices of helpers was distributed to 1,279 students. Findings showed that Friend was consistently the most frequently selected helper in the areas of Academic, Transitions, Romantic Relationships, Other Relationships, Loss, Depression, and Anxiety. In the areas of Welfare, Parental Relationships, and Physical Health, Mother was the most common choice. In the problems related to Self, Compulsive Behavior, Abuse, and Sexual Issues, students relied on their own resources. The study confirms that the selection of helpers is influenced by the nature of problem.

Keywords: preferred helper, areas of concern, selection of helper

Makalah ini membahas penelitian yang dirancang untuk menyelidiki penolong yang lebih disukai membantu mengatasi permasalahan tertentu pada mahasiswa Indonesia. Sebuah kuesioner berisi 14 permasalahan dan 14 pilihan penolong, dibagikan kepada 1.279 mahasiswa. Hasilnya menunjukkan bahwa Teman merupakan pilihan penolong yang paling sering dipilih dalam bidang Akademis, Transisi, Hubungan Romantik, Hubungan Lain, Kehilangan, Depresi, dan Kecemasan. Pada bidang Kesejahteraan, Hubungan Orang Tua, dan Kesehatan Fisik, Ibu merupakan pilihan yang paling umum. Permasalahan yang berkaitan dengan Diri, Perilaku Kompulsif, Pelecehan, dan Persoalan Seksual, mahasiswa mengandalkan sumber daya mereka sendiri. Penelitian ini menegaskan bahwa pemilihan penolong dipengaruhi oleh sifat dasar permasalahan

Kata kunci: penolong yang disukai, bidang permasalahan, pemilihan penolong

In response to various concerns that students experience during their time in the university, numerous studies have been carried out to examine students' preferred helpers. Studies by Cook et al. (1984), Dubow, Lovko, & Kausch (1990), Offer, Howard, Schonert, & Ostr (1991), and Oliver, Reed, Katz, & Haugh (1999) showed that friends and family members were the most preferred helpers from whom students would seek help, apart from themselves. Boldero and Fallon (1995) and Gonzales (2001) in their study in Australia came to similar findings. Parents or family members and friends were those mostly selected for help and counselors were rarely chosen. Skuy, Hoar, Oakley-Smith, & Westaway (1985), Raviv, Sills, Raviv, & Wilansky (2000), Lin (2001), and Rudowicz and Au (2001) who conducted their study in

South Africa, Israel, Taiwan, and Hong Kong respectively, provided parallel results.

Gibson et al. (1992) conducted a study investigating the problems that caused the participants to worry or feel pressured and to whom they went for help. The study was carried out in seventeen countries including Australia, Brazil, Canada, Greece, Hong Kong, India, Israel, Japan, Kuwait, Netherlands, the Philippines, and the People's Republic of China, Puerto Rico, Russia, Turkey, USA and Venezuela. Results showed that personal friends and family were the most frequently selected both in male and female groups of participants. Mothers were consistently chosen more frequently than fathers.

Clark (1983b) asserts that distinguishing between types of relationships would give some information about whether or not a person will seek help in a certain situation, and also about from whom the person is most likely to seek help. There are two types of relationships declared by Clark (1983a, b) including 'communal relationships' and

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