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Attitude towards Seeking Professional Psychological Help in a Sample of Pre-service Teachers

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Abstract: The attitude toward seeking professional psychological help is an important concept in the literature related to psychological help-seeking behaviors. The present study aimed to investigate the attitudes of pre-service teachers toward seeking psychological help. Data was collected from 143 university students from the Faculty of Education. Construct was assessed using the abbreviated Turkish form of the *scale "Attitudes Toward Seeking Psychological Help (ASPH-S)"* and a personal information form created by the researcher was utilized in order to obtain demographic and personal data. A general pattern of reluctance for help seeking was illustrated in the descriptive statistical results. No gender difference was found with respect to Attitude towards seeking psychological help. Attitude towards seeking psychological help had a significant correlation with age in the negative direction. Age correlated positively with actual history of professional psychological help and presence of educational experience about psychological help. Presence of educational experience about psychological help correlated positively with history of professional psychological help. Year in university correlated positively with presence of educational experience about psychological help. Income level correlated negatively with history of professional psychological help. The results and future implications are discussed.

Key Words: Attitude towards seeking professional psychological help, preservice teachers.

Bir Öğretmen Adayı Örnekleminde Profesyonel Psikolojik Yardım Almaya İlişkin Tutum

Öz: Profesyonel psikolojik yardım almaya yönelik tutum kavramı psikolojik yardım arama davranışları ile ilgili alan yazında önemli bir konuma sahiptir. Bu çalışmada öğretmen adaylarının profesyonel psikolojik yardım almaya ilişkin tutumlarının incelenmesi amaçlanmıştır. Veriler 143 Eğitim Fakültesi öğrencisinden toplanmıştır. Ölçme aracı olarak Psikolojik Yardım Almaya İlişkin Tutum Ölçeği-Kısa Formu" (PYTÖ-K) Türkçe formu ve demografik ve kişisel verileri toplamak için araştırmacı tarafından geliştirilen bir kişisel bilgi formu kullanılmıştır. Betimsel istatistik sonuçlarına göre öğretmen adaylarında psikolojik yardım almaya ilişkin genel olarak belirsiz tutum ve isteksizlik olduğu görülmüştür. Psikolojik yardıma karşı tutum düzeyleri açısından cinsiyetler arasında anlamlı bir farklılık bulunmamıştır. Psikolojik yardıma karşı tutum düzeyleri ile yaş arasında negatif yönde anlamlı bir ilişki bulunmuştur. Yaş ile psikolojik yardım geçmişi ve psikolojik yardım ile ilişkili eğitimsel deneyimler arasında pozitif yönde anlamlı ilişkiler bulunmuştur. Üniversitede geçen yıl ile eğitimsel deneyimler arasında pozitif yönde anlamlı bir ilişki bulunmuştur. Gelir düzeyi ile psikolojik yardım geçmişi arasında anlamlı düzeyde negatif ilişki bulunmuştur. Sonuçlar alan yazın kapsamında tartışılmış ve gelecek araştırmalar için öneriler yapılmıştır.

Anahtar Kelimeler: Profesyonel psikolojik yardım almaya ilişkin tutum, öğretmen adayları.

1. INTRODUCTION

Mental problems are found to be quite prevalent across different populations all over the world; approximately 30-50% of people are likely to experience a mental disorder at least once in their lifetimes and 15-30% are prone to experience a mental disorder within a particular year (Mackenzie, Gekoski, & Knox, 2006). Although there are signs of increase in the rates of mental health-services utilization, a majority of individuals with psychological problems; even those with severe disorders do not receive professional psychological help (Bebbington et al, 2000; Kessler et al., 2005). These facts hold true only for mental disorder diagnoses based on formal manuals such as DSM and ICD (Kessler et al., 2005). Help seeking attitudes contribute to the predisposition for actual help seeking behaviors.

The influence of demographic characteristics on the help-seeking attitudes is manifested by several studies (Lin et al., 1982; Fischer & Cohen, 1972). Ethno racial background, socioeconomic status, the subject area (major) -if the population is consisting of students- seem to have significant relationships with the attitude towards seeking psychological professional help. For instance the attitude of working class people towards psychological help is lower than those from higher classes even the therapy would be cost free (Fischer & Cohen, 1972).

Gonzalez et al. (2005) found that age, gender, and race differences were significant predictors in the attitudes of the population toward professional psychological help. El-Khoury et al. (2004) has shown the differences in the mental help seeking attitudes between Caucasian (white) woman and African American woman who were exposed to IPV (intimate partner violence). Calliess et al. (2007) illustrated the differences between the Turkish immigrants and the Germans with regard to their attitudes toward professional mental help. Turkish immigrants seemed to have more negative attitudes towards psychotherapy when compared to the German sample.

Panganamala and Plummer (1998) conclude that the Asian Indians do not perceive counseling and professional mental help as helpful coping styles. Vogel et al shows a correlational link between television watching habits and the willingness to take therapy as a mental help activity (2008). Lewis et al, in their study with nearly four thousand women, have found out that both “formal” and “informal” help seeking attitudes have meaningful relationships with: “younger age, history of sexual assault, and past-year diagnoses of posttraumatic stress disorder (PTSD) and major depressive episode (MDE)” (2005).

Redmond et al. found out a relationship between some demographic variables and the tendency of psychological support seeking. In this study the help seeking attitude was defined in two categories: “informal” and “formal” help seeking (2002). The distinction between the forms of help seeking seems to be very helpful, but since the present study elaborates on the attitude towards the formal forms of psychological support. Gilgen et al (2005), as another example, investigated into the differences of patients towards seeking help and its possible relations with the migration experiences of Turkish and Bosnian patients. Another interesting contribution by Albert et al. (1998) about the help seeking behavior for medical symptoms, suggests that the educational level and the “proto-professionalization” (“the process in which lay people adopt insights, beliefs, and the accompanying behavioral standards from the profession of medicine”) have significant impact on the help seeking attitude of patients regarding their physical symptoms (p., 58). The concept of “proto-professionalization” seems to be very resemblant to what is meant by the phrase “educational experiences about psychological help”. In the present study, it is hypothesized that the educational experience

regarding psychological help would have an influence on the attitudes of subjects towards professional psychological help. The differences of these two concepts (“educational experiences about psychological help” and “proto-professionalization”) seem to be similar in principle, yet defined for different contexts (former is mental; whereas the latter is physiological symptoms).

1.1. Present study

Many studies conducted regarding the construct of “attitude towards seeking psychological help” seem to emphasize on the factors that are mainly related with the personal history of the subjects and other psychological constructs like “gender roles” as in the study conducted by Türküm in 2005. Many others emphasize the cultural background of the subjects. Türküm (2005) has found significant relationships between psychological help seeking attitudes and the gender, gender roles, and the earlier experience of psychological help is in a sample of Turkish University students studying in a faculty of education.

A substantial amount of research mainly stresses personal variables, yet the present study intends to take into account both ecological variables (such as development level of the province) and the educational history about professional mental help and actual help taking history. The provincial background is taken as operationally defined from a multitude of 58 social and economic variables such as (education, health, rural infrastructure, industry, construction, agriculture, finance and banking...) to a score from 1-5 with a study in State Planning Organization of Turkey (Dincer, Özaslan, & Kavasoglu, 2003, p. 15). The provinces are classified according to their socioeconomic development level in five groups; 1: first degree, 2: second degree....5: fifth degree of development. This can be considered as an implication of Maslow’s theory, Hierarchy of Needs (Maslow, 1943), in a way the present study hypothesizes that there is a correlation between the facilities around the subjects and the attitude of seeking psychological help, which may be considered as a higher order need. Or alternatively, this may also mean that the availability of resources may also limit the incentive to take psychological help.

“Educational experiences”, correspond to the educational history of the exposure of the subject related to psychological help, counseling, or psychology in general. Educational history regarding psychological help was quantified as two categories: 0: no educational experience (seminar, course etc.) regarding psychological help; 1: subject has participated in at least a course, a seminar or a conference related to psychological help. “Hometown categories” denote the status whether the subject has grown up in urban or rural settings.

Depending on the literature, the present study was carried out in order to understand the general level and attitude of university students regarding help-seeking, and to investigate possible relationships between actual help history, gender, age, and demographic variables. It is also anticipated that there may be statistically significant correlational links between these variables (income status, hometown categories, and educational experiences about counseling, or mental health in general).

2. METHOD

The research has a quantitative and cross-sectional design the measurement procedures relied on self-reported data from the subjects. It was made sure that all the instructions necessary for the process of responding to the instrument, namely the questionnaire had been provided. Informed verbal consent of the individuals to take part in the study was obtained.

2.1. Participants

The universe of the study was 1350 (approximately) students studying in nine different undergraduate programs in Boğaziçi University Faculty of Education. The convenience sampling method was utilized. Individual consents of the 145 students were taken before participating in the study by responding to the questionnaire. Two of the participants lived in a foreign country, thus they had to be omitted, because the hypotheses of the study was related to only those people who have lived in a province in Turkey. Consequently the number of valid participants decreased into 143. The sample consisted of 70 male (49 %) and 73 female respondents (51 %). The average of the time span that the respondents have been in Boğaziçi University was 3.36 (in terms of year) (SD= 1,65) and the ages of the respondents ranged from 17 to 29 with an average of 21,78 (in terms of years) and a standard deviation of 2,253. Other demographics are presented in Table 1.

Table 1: Descriptive Statistics

Variable	Frequency	Percent
Gender		
Male	70	49.0
Female	73	51.0
Professional Help Status		
No	114	79.7
Yes	29	20.3
Educational Experiences about Psychological Help		
Yes	46	32.2
No	97	67.8
Hometown Status		
Rural	45	31.5
Urban	98	68.5
Total	143	100

2.2. Instruments

The questionnaire package of the study consisted of two parts. The first part in which the respondents reported their gender, age, psychological help history, year in the university and demographic qualities was the personal information form. Attitude-toward professional psychological help was measured by The *Attitudes toward Seeking Psychological Help* (ASPH-S) which is a shortened form of Fischer and Turner (1970) by Türküm (2005). Turkish name of the instrument is "Psikolojik Yardım Almaya İlişkin Tutum Ölçeği-K" (PYTÖ-K). The measure is a 18-item Likert scale (5 pointed) each item is evaluated by the correspondents from 1 (*strongly disagree*) to 5, (*strongly agree*). The instrument had high internal consistency ($\alpha = .90$); and the test-retest reliability in 10 week interval is .77.

3. RESULTS

Kolmogorov-Smirnov Normality Test result indicated that the data was not normally distributed ($p < .05$). Yet, a Levene's statistics verified that the data had homogenous distribution ($p > .05$). Considering these results, respective non-parametric analyses were utilized in the present study.

3.1. Descriptive Statistics

The construct "attitude toward seeking psychological help", as measured by the scale ASPH-S which had a score interval with a minimum of 18 and a maximum of 90. The mean of the

scores in the sample is 53,61 with a standard deviation of 18,55. Table 2. Contains some sample responses and the mean of responses to ASPH-S items.

Table 2: Sample responses

Items	Translation	\bar{X}	Mode	Sd. Std. Deviation
5. Kendimi çok rahatsız hissedersen psikolojik yardım isteyebilirim.	If I feel very uncomfortable I can seek psychological help.	3,11	4	1,47
6. Gerekliğinde, duygusal sorunların çözümüne yardımcı olması için, kişisel sırlarımı bir uzmana açabilirim.	If necessary, I can open my personal secrets to an expert to assist the resolution of my emotional problems.	3,10	4	1,36
8. Ruhsal sorunlarımın olduğunun duyulması beni utandırır.	I would be embarrassed if it was heard that I had mental problems.	2,97	4	1,21
9. Psikolojik yardım, kişinin sorunlarla başa çıkma gücünü yükseltir.	Psychological help increases the power of person to cope with their problems.	2,80	1	1,35
13. Psikolojik yardım, kişinin kendine saygısını azaltır.	Psychological help reduces a person's self-respect.	3,13	5	1,58
18. Eğer bir ruhsal bozukluğum olduğumu düşünürsem, ilk yapacağım şey, profesyonel yardım almak olacaktır.	If I think, I have a mental disorder, First thing to do would be to get professional help.	2,95	2	1,25

Note: The translations belong to the present author. Reverse coded items are not coded reversely here.

The mean of the scores for the item 5 "If I feel very uncomfortable I can seek psychological help." was 3,11 which was relatively higher and the mode for this item was 4 (24 % of respondents) which corresponds to "Agree".. Responses to item 6 "If necessary, I can open my personal secrets to an expert to assist the resolution of my emotional problems." was also similar with a mean of 3,1 and a mode of 4 (23 %). And for the item 9 "Psychological help increases the power of person to cope with their problems.", the mean was below the average (2,8) with a mode of 1 (32 %) which corresponds to "Totally Disagree".

Items corresponding to stigmatic attitudes have yielded interesting results. The mean for the item 8 "I would be embarrassed if it was heard that I had mental problems." was 2,97 with a mode of 4 (40 %). The most striking item was the item 13 "Psychological help reduces a person's self-respect." which had a mean of 2,80 and a mode of 1 (32 %) which corresponds to "Totally Disagree". Responses to item 18 "If I think, I have a mental disorder, first thing to do would be to get professional help." also signaled a relatively negative attitude with a mean of 2,95 and a mode of 2 (27 %).

3.2. Inferential Statistics

In order to test whether there was a significant difference between males and females with respect to the levels of attitude towards seeking psychological help; Mann-Whitney U Test was utilized. Results are presented in Table 3. When the Table 3. is examined, it can be seen that though there was an arithmetic difference between males ($M= 67.20$) and females ($M= 76.60$) in their levels of ASPH; this difference was not statistically significant ($p> .05$).

Table 3: Mann-Whitney U Test: Difference in ASPH levels with respect to gender

Gender	N	Mean Rank	Sum of Ranks	U	p
M	70	67.20	4704.00	2219.00	.175
F	73	76.60	5592.00		

Table 4 shows the inter-correlations of the variables under investigation. Attitude towards seeking psychological help had a significant correlation with age in the negative direction ($r = -.17, p < .05$). Age correlated positively with actual history of professional psychological help ($r = .17, p < .05$); and presence of educational experience about psychological help ($r = .20, p < .001$). Presence of educational experience about psychological help correlated positively with history of professional psychological help ($r = .24, p < .001$). Year in university correlated positively with presence of educational experience about psychological help ($r = .20, p < .001$). Income level correlated negatively with history of professional psychological help ($r = -.18, p < .05$). And there were no significant relation between the hometown indicators, namely SPO ranks, hometown category with any of the other variables.

Table 4. Spearman's rho Correlations

	1	2	3	4	5	6	7	8
1. ASPH	1							
2. Hist. of Pro. Psy. Help	.03	1						
3. Age	-.17*	.17*	1					
4. Educational Experience	.01	.24**	.20*	1				
5. Year in university	-.04	.06	.79**	.20*	1			
6. Income level	-.10	-.18*	.03	-.10	.08	1		
7. SPO Rank	.08	.04	.03	.11	.08	.04	1	
8. Hometown Category	-.10	-.03	-.06	-.14	-.11	.03	-.13	1

*. Correlation is significant at the 0.05 level (2-tailed).

**. Correlation is significant at the 0.01 level (2-tailed).

4. DISCUSSION

As the related literature shows, “attitude towards seeking psychological help” is related with personal variables such as political ideology (Hatzidimitriadou, 2002) and television watching habits (Vogel et al, 2008)). Vogel et al (2007) argues that the factors that make people “avoid” taking psychological help are mainly psychological, that is, they are mainly originating from their personal perception of the psychological help. The present study, alternatively focused on the ecological variables and educational experiences.

In the present study the gender difference in the related literature in positive help seeking attitudes (e.g. Çebi, 2009; Kessler, Brown, & Broman, 1981; Kuhl, Jarkon-Horlick, L., & Morrissey, 1997; Oliver, Pearson, & Coe, 2005) was not verified in a University sample, although visible as an arithmetic difference in favor of females. As for age, although the range was narrow, there was a significant negative correlation with age and attitude towards psychological help. This finding was contradictory with the results of other studies with larger age groups that found positive correlations (see Oliver, 2005). This difference may be due to the specific culture of the university or identity formation processes, in this case the transformation from adolescence to young adulthood. Social desirability bias may also be a possible factor at play. On the other hand actual history of taking professional help was positively related to the help-seeking attitude, which is not counterintuitive. Educational experiences correlated positively with history of psychological help which is in line with the findings of at least one study (Goh, 2007). Income was not related with ASPH similar to Kuhl et al. study (1997), yet it was negatively related to help history. This finding can be understandable in a way that income may decrease the incidence of psychological problems or increase well-being in general (Cramm, Van Dijk, & Nieboer, 2013; Diener, 2000; Myers, 2005). Educational experiences related to psychological help related to history of psychological help positively. Educational experiences may increase the likelihood of receiving psychological help, or help process may facilitate educational experiences.

What is also inferred from the present study is that the construct attitude towards seeking psychological help does not show a significant relation with the development levels of the provinces of the university students nor the SPO rankings (Dincer, Özaslan, & Kavasoglu, 2003) in Boğaziçi University. The literature on the effect of geographical areas on help seeking behavior has mixed findings, some studies has found an effect (Oliver et al., 2005) whereas some did not (Kuhl et al., 1997). This lack of effect may be due to the long interval between the measurement time and the possible impact of the influence of the physical facilities of the region as well as the standard environment offered by the university and the surrounding city.

When the descriptive data for separate items were taken into consideration, a general reluctance and confused attitude towards psychological help seeking in the study group consisting of students was visible. These findings are remarkable for the fact that it shows a general confused attitude even in the students of a high-ranking urban university with a rank of 4 in Turkey and 708 in the world (Webometrics.info, 2014). This can be regarded as a warning for the mental health and general well-being of the university students in the study group.

Since the present study has a sample of students in a particular university, and are pre-service teachers, all of the respondents share the subculture of a faculty. This fact may be interpreted as the “softening effect” of the university environment on the possible correlation between the provincial background and the “educational experiences” variable (as defined above) with the construct “attitude towards seeking psychological help”. A possible design to see whether this kind of an effect is present would be to administer a similar research design on a wide sample consisting of people with different cultural, occupational and socioeconomic backgrounds and in a sample consisting of university students, and investigate the differences in the general inclinations.

Another suggestion would be to work on variables like the public stigma, TV preferences, cognitive schemas regarding psychological help would be comparatively investigated together with ecological variables like (perceived) available mental health service opportunities and provincial indicators (as in the present study). This would be helpful in understanding the predictors of “attitude towards seeking psychological help” especially in the context of Turkey.

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GENİŞ ÖZET

Ruhsal problemler bütün dünyadaki topluluklarda oldukça yaygın olmasına (Mackenzie, Gekoski, & Knox, 2006) rağmen, bu problemleri yaşayan bireylerin çoğunluğu profesyonel psikolojik yardım almamaktadır (Bebbington ve diğerleri, 2000; Kessler ve diğerleri, 2005). Psikolojik yardıma ilişkin tutum, psikolojik yardım arama davranışlarına öncülük etmesi açısından önemli bir değişkendir. Bireylerin yardım arama tutumları ile kişisel ve demografik özelliklerinin ilişkisi çeşitli çalışmalarda incelenmiştir (örn. Lin ve diğerleri, 1982; Fischer & Cohen, 1972). İlgili alan yazında etnik köken, sosyoekonomik durum, öğrenim görülen alan gibi birçok değişken ile profesyonel psikolojik yardıma ilişkin tutum arasında anlamlı ilişkiler bulunmuştur. Örneğin psikolojik yardım ücretsiz olsa bile işçi sınıfında olan bireylerin psikolojik yardıma ilişkin tutumları daha üst gelir gruplarına oranla daha düşük düzeylerde olduğu saptanmıştır (Fischer & Cohen, 1972). Bu çalışmada ise öğretmen adaylarının profesyonel psikolojik yardım almaya ilişkin tutum düzeylerinin ve bu değişkenle birlikte psikolojik yardım geçmiş, psikolojik yardıma ilişkin eğitimsel deneyimler, cinsiyet, yaş ve demografik değişkenler arasındaki ilişkilerinin incelenmesi amaçlanmıştır. Yaşanan şehir özellikleri, Devlet Planlama Teşkilatı DPT bünyesinde yapılan bir çalışmada eğitim, sağlık, kırsal altyapı, sanayi, inşaat, tarım, finans ve bankacılık gibi 58 toplumsal ve ekonomik değişkenlere dayalı olarak işevuruk olarak hesaplanmış bir gelişmişlik skoru üzerinden incelenmiştir (Dincer, Özasan, & Kavasoglu, 2003, p. 15)..

Psikolojik yardım arama davranışları ve tutumları ile ilgili araştırmaların önemli bir bölümü çoğunlukla kişisel değişkenleri vurgulamaktadır; bu çalışmada ise hem profesyonel psikolojik yardım konusundaki eğitim geçmişi ve gerçek yardım alma geçmişi gibi kişisel değişkenlerin, hem de yaşamın önemli bir kısmında yaşanan yerin gelişmişlik düzeyi ve türü gibi çevresel değişkenlerin ilişkilerinin incelenmesi amaçlanmıştır.

Araştırmanın yöntemi kesitsel ve nicel araştırma özelliklerini taşımaktadır. Araştırmanın verileri 70 erkek (% 49) ve 73 kadın (% 51) toplam 143 Eğitim Fakültesi öğrencisinden toplanmıştır. Toplam ulaşılan öğrenci sayısı 145 olmasına rağmen iki öğrenci yaşamının önemli bir bölümünde yurtdışında yaşadığı için araştırmaya dahil edilmemiştir. Ölçme aracı olarak Psikolojik Yardım Almaya İlişkin Tutum Ölçeği-Kısa Formu” (PYTÖ-K) Türkçe versiyonu, demografik ve kişisel verileri toplamak için araştırmacı tarafından geliştirilen bir kişisel bilgi formu kullanılmıştır. PYTÖ-K, Fischer ve Turner (1970) tarafından geliştirilmiş olan orijinal formun Türküm (2005) tarafından kısaltılarak Türkçeye uyarlanmış halidir. Ölçek 18 maddeden oluşan 5’li Likert derecelendirmeye (1: *Kesinlikle katılıyorum*, 5: *Kesinlikle katılmıyorum*) sahip bir ölçektir. Cronbach alfa iç tutarlık güvenirlik katsayısı .90 ve 10 hafta aralıklı ölçümlerde test-tekrar test güvenilirliği .77 olarak bulunmuştur.

Kolmogorov-Smirnov Normallik Testi sonuçlarına göre verilerin normal dağılıma uymadığı ($p < .05$); bununla birlikte Levene Testine göre homojen dağılım özellikleri gösterdiği bulunmuştur ($p > .05$). Bu nedenle parametrik olmayan analiz yöntemleri kullanılmıştır. Betimsel istatistik sonuçlarına göre öğretmen adaylarında psikolojik yardım almaya ilişkin genel olarak belirsiz tutum ve isteksizlik olduğu görülmüştür. Psikolojik yardıma karşı tutum puanlarının ortalaması 18 ila 90 arasında değerler alabilmektedir. PYTÖ-K puanlarının ortalaması 53,61 ve standart sapma 18,55 olarak bulunmuştur. Gerek bir bütün olarak, gerek maddelere verilen tepkiler tek tek incelendiğinde psikolojik yardıma ilişkin stigmatik yaklaşımlara ilişkin maddelere görece yüksek tepkiler verildiği görülmüştür. Bu bulgular özellikle, Türkiye’de iyi (4) sıralamaya sahip bir üniversitenin (Webometrics.info, 2014) öğrencilerinden elde edilmiş olduğu dikkate alındığında öğrencilerin genel ruh sağlığı ve iyi olma düzeyleri açısından önemli bir risk faktörü olarak göze çarpmaktadır.

Mann-Whitney U Testi sonuçlarına göre psikolojik yardıma karşı tutum düzeyleri açısından erkek ($M = 67.20$) ve kadın öğrenciler arasında ($M = 76.60$) cinsiyetler arasında anlamlı bir farklılık bulunmamıştır ($p > .05$). Spearman Rho Korelasyon Analizi sonuçlarına göre psikolojik yardıma karşı tutum düzeyleri ile yaş arasında negatif yönde anlamlı bir ilişki bulunmuştur ($r = -.17$, $p < .05$). Yaş ile psikolojik yardım geçmişi ($r = .17$, $p < .05$) ve psikolojik yardım ile ilişkili eğitimsel deneyimler arasında pozitif yönde anlamlı ilişkiler bulunmuştur ($r = .20$, $p < .001$). Psikolojik yardım geçmişi ile eğitimsel deneyimler arasında pozitif düzeyde anlamlı ilişkiler bulunmuştur ($r = .24$, $p < .001$). Üniversitede geçen yıl ile eğitimsel deneyimler arasında pozitif yönde anlamlı bir ilişki bulunmuştur ($r = .20$, $p < .001$). Gelir düzeyi ile psikolojik yardım geçmişi arasında anlamlı düzeyde negatif ilişki bulunmuştur ($r = -.18$, $p < .05$).

Psikolojik yardıma ilişkin tutum ile DPT sıralamaları ve yaşamın önemli bir kısmının geçirildiği şehir özellikleri arasında anlamlı ilişkiler bulunmamıştır. İlgili alan yazında coğrafi bölgelerin yardım arama davranışlarına etkisine ilişkin bulgular çeşitlidir; bazı araştırmalarda bu etki bulunurken (Oliver et al., 2005) bazılarında ise bulunamamıştır (Kuhl et al., 1997). Türkiye’de psikolojik yardıma ilişkin tutumun belirleyicileri ve ilişkili olduğu değişkenler üzerinde çeşitli gelişimsel dönemlerdeki bireyler üzerinde ve daha büyük örneklerde yapılacak araştırmalar ilgili alan yazına önemli katkılar sağlayacaktır.