

## The Effect of Stigma on Attitudes towards Seeking Help from Social Workers

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**Abstract :** In the field of social work, social workers understand that it is very difficult for individuals to ask for help from therapists. Therefore, it is important to study the variables associated with seeking professional help. A total of 478 undergraduate students from Kuwait University participated voluntarily in the study. The findings for this study showed that the participants of the study have a slightly high degree of public stigma, low self-stigma, and positive attitude toward seeking professional help. In addition, the findings of the study reveal that there are significant relationships between gender, taking social work classes, thinking about receiving counseling and having social problems and participants' attitude towards seeking professional help. Furthermore, the findings of the study showed that there were significant relationships between gender, and thinking about receiving counseling, and self-stigma. The findings of the current study have implications for the field of social work in Kuwait that would help to improve the knowledge in this area.

**Keywords :** attitude towards help, social work, social workers, stigma

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