

Hubungan antara stigma consciousness dan gejala depresi melalui persepsi terhadap dukungan sosial pada individu homoseksual di Indonesia = The relationship between stigma consciousness and depressive symptoms through perceived social support among homosexuals in Indonesia

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Abstrak

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Individu dengan orientasi homoseksual seringkali mendapatkan prasangka, diskriminasi, dan kekerasan berkenaan dengan orientasi seksual yang dimilikinya. Oleh karena itu, individu homoseksual mengalami salah satu stressor spesifik yaitu stres minoritas dalam bentuk stigma consciousness. Stigma consciousness dan dukungan sosial secara konsisten berkaitan dengan kesehatan mental. Penelitian kali ini dilakukan untuk melihat efek mediasi dari persepsi terhadap dukungan sosial pada hubungan antara stigma consciousness dan gejala depresi. Terdapat 295 partisipan dalam penelitian ini dengan kriteria; memiliki orientasi homoseksual, berusia minimal 18 tahun, dan warga negara Indonesia. Analisis regresi berganda menggunakan PROCESS for SPSS model 4 menunjukkan bahwa hipotesis penelitian ini didukung data yaitu persepsi terhadap dukungan sosial memediasi secara penuh hubungan antara stigma consciousness dan gejala depresi. Berdasarkan hasil penelitian ini, penting bagi individu homoseksual maupun masyarakat untuk memahami stres minoritas serta mengidentifikasi dukungan sosial yang dapat diberikan kepada individu homoseksual.

ABSTRACT

Homosexuals often get prejudice, discrimination, and violence regarding their sexual orientation. Therefore, homosexuals experience one specific stressor namely minority stress in the form of a stigma consciousness. Stigma consciousness and social support are consistently related to mental health. This research was conducted to investigate the mediating effects of perceived social support on the relationship between the stigma consciousness and depressive symptoms. There were 295 participants in this study with criteria; have a homosexual orientation, at least 18 years old, and an Indonesian. Multiple regression analysis using PROCESS for SPSS model 4 shows that the hypothesis of this study is supported by data, that is perceived social support is fully mediated the relationship between the stigma consciousness and depressive symptoms. Based on the results of this study, it is important for homosexuals and community to understand the minority stress and identify social support that can be given to homosexuals.