

Peran Perceived Social Support terhadap Kecemasan pada Mahasiswa dengan Self-Esteem sebagai Moderator = The Role of Perceived Social Support to Anxiety among College Student with Self-Esteem as Moderator

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Abstrak

Sebagai mahasiswa, berada pada masa transisi dari remaja akhir menuju dewasa awal dan memiliki berbagai tuntutan yang diemban dapat berpotensi menimbulkan gangguan kesehatan mental salah satunya yakni kecemasan. Fenomena kecemasan ini dapat berdampak buruk hingga fatal pada individu jika terus meningkat. Oleh karena itu, penting bahwasannya untuk mengetahui hal-hal yang berperan dalam menurunkan tingkat kecemasan pada mahasiswa. Penelitian ini memiliki bertujuan untuk mengetahui apakah peran dari perceived social support terhadap kecemasan dimoderasi self-esteem. Variabel kecemasan diukur dengan 10 item dimensi kecemasan dari Hopkins Symptom Checklist-25 (HSCL-25), perceived social support diukur dengan Multidimensional Scale of Perceived Social Support (MSPSS), dan self-esteem diukur dengan Rosenberg Self-Esteem Scale (RSES). Sebanyak 747 mahasiswa dari berbagai perguruan tinggi di Indonesia merupakan responden dalam penelitian ini. Hasil dalam penelitian ini menunjukkan bahwa perceived social support berhubungan secara negatif terhadap kecemasan, namun hubungan di antara keduanya tidak dimoderasi self-esteem.

.....As a college student, being in the transition from late teenage to young adult and have a lot of role demands may leads to increase mental illness which one of them is anxiety. This anxiety phenomenon can bring bad impact up to fatalities if it keeps on escalating. Therefore, it is important to know the matters that have impact on reducing the anxiety level of college students. This research's goal is to know the role of perceived social support to anxiety level and moderated by self-esteem. The anxiety variable was measured using 10 items anxiety dimension of Hopkins Symptom Checklist-25 (HSCL-25), the perceived social support was measured using Multidimensional Scale of Perceived Social Support (MSPSS), and the self-esteem was measured using Rosenberg Self-Esteem Scale (RSES). Total of 747 college students from various colleges in Indonesia were respondents in this research. The result of this research indicates that perceived social support has a negative relationship to anxiety, but the relationship between both is not moderated by self-esteem.