

Peran Perceived Social Support terhadap Self-Esteem pada Individu dengan Vaginismus di Indonesia = The Role of Perceived Social Support on Self-Esteem in Individuals with Vaginismus in Indonesia

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Abstrak

Individu dengan vaginismus sering menghadapi tantangan biopsikososial, termasuk masalah self-esteem. Padahal, self-esteem penting bagi kehidupan individu, terutama mereka yang rentan terhadap masalah psikologis seperti individu dengan vaginismus. Perceived social support diketahui berhubungan dengan self-esteem, tetapi penelitian pada populasi vaginismus masih terbatas. Penelitian ini merupakan penelitian kuantitatif noneksperimental yang menginvestigasi peran perceived social support terhadap self-esteem pada individu dengan vaginismus di Indonesia. Kriteria partisipan adalah pernah didiagnosis vaginismus, sedang atau pernah mengalami vaginismus, dan berdomisili di Indonesia. Penelitian melibatkan 115 partisipan penyintas dan penderita vaginismus dengan rentang usia 23-45 tahun di Indonesia. Instrumen yang digunakan adalah Rosenberg's Self-Esteem Scale dan Multidimensional Scale of Perceived Social Support yang telah diterjemahkan ke bahasa Indonesia. Analisis regresi linear menunjukkan bahwa perceived social support memprediksi self-esteem pada individu dengan vaginismus ($r = .150, p < .001$). Penelitian ini juga mengungkap temuan lain terkait tantangan terkait mencari pengobatan dan menerima diagnosis yang dihadapi oleh penyintas vaginismus di Indonesia.

.....Individuals with vaginismus often encounter biopsychosocial challenges, including issues with self-esteem. Self-esteem plays a critical role in the well-being of individuals, particularly for those vulnerable to psychological issues such as those with vaginismus. Although perceived social support is linked to self-esteem, research specifically focusing on the vaginismus population remains limited. This quantitative non-experimental study investigates the role of perceived social support in influencing self-esteem among individuals with vaginismus in Indonesia. Participants were selected based on having been diagnosed with or currently experiencing vaginismus, and they resided in Indonesia. The study involved 115 participants aged between 23 and 45 years. The instruments utilized were the Rosenberg Self-Esteem Scale and the Multidimensional Scale of Perceived Social Support, both translated into Indonesian. Linear regression analysis demonstrated that perceived social support significantly predicts self-esteem in individuals with vaginismus ($r = .150, p < .001$). The study also highlighted challenges related to seeking treatment and accepting the diagnosis faced by vaginismus survivors in Indonesia.