

ABSTRAK

Skripsi dengan judul “Pengaruh *Self-Esteem* dan Dukungan Sosial terhadap Tingkat Kecemasan Sosial pada Dewasa Awal di Tulungagung” ini ditulis oleh Nerryanti Enggar Kumalasari, NIM. 1860308223228, dengan pembimbing Nuzulunni'mah, M. Psi.

Kata Kunci : *self-esteem*, dukungan sosial, kecemasan sosial, dewasa awal, tulungagung

Tahap perkembangan ditandai dengan peningkatan tuntutan sosial yang di mana disebutkan sebagai masa dewasa awal, yang membutuhkan tingkat adaptabilitas individu yang tinggi. Namun, tidak semua orang mampu mengatasi tuntutan ini, yang berpotensi menimbulkan kecemasan sosial. Penelitian ini diarahkan untuk menguji hal-hal berikut : (1) pengaruh *self-esteem* terhadap kecemasan sosial pada dewasa awal di Tulungagung (2) pengaruh dukungan sosial terhadap kecemasan sosial pada dewasa awal di Tulungagung (3) pengaruh simultan *self-esteem* dan dukungan sosial terhadap kecemasan sosial pada masa dewasa awal di Tulungagung. Penelitian ini dilakukan berdasarkan definisi kecemasan sosial menurut (La Greca & Lopez), dukungan sosial (Sarafino), serta *self-esteem* (Coopersmith) menjadi fondasi penelitian. Analisis regresi berganda diterapkan sebagai pendekatan kuantitatif. 400 orang dewasa awal di Tulungagung, berusia 18 hingga 25 tahun dipilih secara *purposive sampling*. Instrumen tervalidasi mengukur *self-esteem*, dukungan sosial, dan kecemasan sosial ($\alpha > 0,70$) guna pengumpulan data. Temuan menunjukkan: (1) *self-esteem* memengaruhi kecemasan sosial secara negatif signifikan ($B = -0,287$, $t = -6,786$, $p = 0,000 < 0,05$), (2) dukungan sosial memengaruhi kecemasan sosial secara negatif signifikan ($B = -0,103$, $t = -4,511$, $p = 0,000 < 0,05$), serta (3) dukungan sosial dan *self-esteem* secara simultan memengaruhi kecemasan sosial secara signifikan ($F = 216,322$, $p = 0,000 < 0,05$), dengan kontribusi 51,9% ($R^2 = 0,519$). Dewasa awal di Tulungagung dengan dukungan sosial dan *self-esteem* yang lebih tinggi mengalami kecemasan sosial lebih rendah. Pentingnya intervensi untuk memperkuat *self-esteem*, dan dukungan sosial dalam mengurangi kecemasan sosial.

ABSTRACT

This thesis, entitled "The Influence of Self-Esteem and Social Support on Social Anxiety Levels in Early Adulthood in Tulungagung," was written by Nerryanti Enggar Kumalasari, Student ID Number 1860308223228, with the supervisor Nuzulunni'mah, M.Psi.

Keywords: self-esteem, social support, social anxiety, early adulthood, Tulungagung

The developmental stage is characterized by increased social demands, referred to as early adulthood, which requires a high level of individual adaptability. However, not everyone is able to cope with these demands, which has the potential to cause social anxiety. This study aims to examine the following: (1) the influence of self-esteem on social anxiety in early adulthood in Tulungagung (2) the influence of social support on social anxiety in early adulthood in Tulungagung (3) the simultaneous influence of self-esteem and social support on social anxiety in early adulthood in Tulungagung. This study was conducted based on the theories of social anxiety (La Greca & Lopez), social support (Sarafino), and self-esteem (Coopersmith) as the foundation of the study. Multiple regression analysis was applied as a quantitative approach. 400 early adults in Tulungagung, aged 18 to 25 years old, were selected by purposive sampling. Validated instruments measuring self-esteem, social support, and social anxiety ($\alpha > 0.70$) were used for data collection. The findings show: (1) self-esteem significantly negatively affects social anxiety ($B = 0,287$, $t = -6,786$, $p = 0.000 < 0.05$), (2) social support significantly negatively affects social anxiety ($B = -0,103$, $t = -4,511$, $p = 0.000 < 0.05$), and (3) social support and self-esteem simultaneously significantly affect social anxiety ($F = 216,322$, $p = 0.000 < 0.05$), with a contribution of 51,9% ($R^2 = 0,519$). Early adults in Tulungagung with higher social support and self-esteem experience lower social anxiety. The importance of interventions to strengthen self-esteem and social support in reducing social anxiety.