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Self-Esteem and Social Interaction Anxiety among Female Undergraduate Student in Indonesia

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Abstract

Social interaction anxiety become one of the main obstacles of female undergraduate students in social interaction. This study aimed to determine correlation between self-esteem and social interaction anxiety among female undergraduate students in Indonesia. This study involved 357 female undergraduate students, between the age range of 17-23 years. The sampling of this study was purposive sampling. The duration of this study were two weeks. Measurement of this study was done by using Rosenberg's Self-esteem Scale (Rosenberg, 1965) consist of 10 items, 5 favourable items and 5 unfavourable items, with two aspects, there are self-acceptance and self-respect. While Social Interaction Anxiety was measured by Social Interaction Anxiety Scale (Mattick and Clarke, 1998) with 20 items, 17 favourable items and 3 unfavourable items, used by likert scale that have been adaptation in five alternative answer (agree to strongly disagree). This scale was unidimensional scale. Spearman correlation used to analysis the data. Result indicated that there is negative correlation between self-esteem and social interaction anxiety among female undergraduate students, with $r=-0.508$; $p=0.000$. The relationship between the two variables showed that the lower self-esteem by female undergraduate students in Indonesia, have higher social interaction anxiety. When female undergraduate students have lower self-esteem, they tend to reduce their social interaction because they have anxiety to rejected from the environment. Based on these result, it can be said that the hypothesis is accepted. Further explanation will be discussed in the following study.

Keywords: Self-esteem, social interaction anxiety, female undergraduate students

Introduction

Adolescents is a transition period from children to adults. In this period there were various kinds of changes like hormonal, physical, psychological and social change. In social interaction adolescents must be able to socialize and adaptation with the surrounding environment (Batubara, 2010). According to Wittchen et al (1999) the stage of adolescence is the most a risk period of social anxiety in the life span. Undergraduate students are individual who are taking education at universities (Sarwono, 2002). Based on the age range, undergraduate students are in the age range of 17-23 years, based on that, some students can be classified in the category of late adolescence (Monks, Knoer, 2001). One of the function of development in late adolescents is achieving a closer relationship with their peers (Hurlock, 1990). The most difficult challenge that adolescents must pass is social interaction and adaptation with increasing group influence, social behavior change, new values, support, social rejection, and leadership selection, if they fail to pass the stage, it can cause to social interaction anxiety.

Social interaction anxiety is defined as fear and avoidance by individuals when meeting and talking with other people, both foreigners and friends. Fear itself is like not knowing what to say or how to respond to other individuals in the process of social interaction (Mattick & Clarke, 1998). Social interaction anxiety generally more often appears in social anxiety disorder (American Psychiatric Association, 1980, 1987). According to DSM-III-R (American Psychiatric, 1987), recently suggest the same differences for determine two important aspects from social anxiety disorder are first aspect is special supervision begin restricted like eat, drink, write something, and public speaking that associated with concern like red face, trembling. Ect.

Second aspect is a lot of general fear like social interaction anxiety told that stupid things or can not answered the question. In study Alden et al. (2008), dimension Labeled Interpretation of Positive Events (IPES) was found related findings on social interaction anxiety. In that study the sampling which is related to low positive social interaction anxiety. The fact shows that this bias can be found in individuals who are socially nervous to faced with a positive social situation. Voncken, Bögels dan de Vries (2003) find survey result that adults experience social interaction anxiety tendencies explain the social positive experience (example: someone praise your appearance) as a more negative fact. The same result have been observed by Vassilopoulos (2006) and Banerjee (2008) in the study by sketch used of the hypothesis with adults and children.

Individual who have anxiety in social interactions will feel disturbed thoughts and fears that do not have a rational basis and they will have difficult to control and eliminate these feeling (Cheong, 2009). Individuals who have a social interaction anxiety will withdraw their self from the environment, try as little as possible to communicate and only communicate with other in urgent conditions.

Study of Lee and Robins (1998) found that social interactions was positively correlated with self-esteem and negatively correlated with anxiety. In several studied have explained the consequences about individual with low self-esteem are causing various kinds of psychopathology that affect the low interpersonal relationship of individual and low self-esteem in various social situations. The result of Coopersmith (1967) and Ginsberg, et al. (1998) states that there is a relationship between social anxiety, especially in interaction anxiety with self-esteem.

One of the factors that can affect social interaction anxiety is self-esteem. Self-esteem is positive and negative evaluation from individual (Rosenberg, 1965). Self-esteem refers to how someone look at or assess himself consciously (Stryker, 2002). Someone who has low self-esteem showing less of confidence, uncertainty, have experience negative feelings and more often experience nonconformity than other people who has

high self-esteem. Someone with low self-esteem trying to blame other people of their fail than take responsibility of their own action (Tracy & Robin, 2003). Eventually, this matter tends to be produce behavioral for avo rid people, new environment and discontinuation of social relations in general which leads to improvement social anxiety (Biemans, Halteren, Dijk, Rickenberg & Poortinga, 2008).

Nurihsan and Agustin (2011) Men and women have differences in how to they respect themselves and in forming relationships. Women compare themselves with others more than men and this is can decrease their self-esteem (Martinez & Dukes, 1991; Rapee & Spence, 2004; Sotelo, 2000). Women have experience greater fear, more experience separation anxiety, and increase in general anxiety level more than men (Anglod, 2002). Women twice than men experiencing depression and anxiety disorder, including generalized anxiety disorder, social anxiety disorder, and phobias (Kessler, 1994). The studied of Mustafa, et al (2015) showed that there is a significant different between self-esteem and social interaction anxiety based on gender.

Based on the explanation above, then the researcher conduct the research about the relationship between self-esteem with the social interaction anxiety intended to female undergraduate students in Indonesia to knowing the correlation from that two variables.

Purpose of the Study

The purpose of this quantitative study was to know the affect of self-esteem to social interaction anxiety in female undergraduate studentss. Social interaction is a important skill that undergraduate studentss should pass, anyway many problem can be interfere the interaction that occured. and this study purpose to know about the correlation between self-esteem that affect social interaction anxiety.

Research Questions

- Q1. Why the researchers prefer female undergraduate students being the subject of the research?
- Q2. Is there relationship between self-esteem and social interaction anxiety ?
- Q3. How can self-esteem effect the social interaction anxiety in female undergraduate students?

Theoretical Framework

Social Interaction Anxiety

Social interaction anxiety is defined as fear and avoidance by individuals when meeting and talking with other people, both foreigners and friends. Fear itself is like not knowing what to say or how to respond to other individuals in the process of social interaction (Mattick & Clarke, 1998). Whereas Leitenberg (1990) defines social interaction anxiety as anxiety that involves emotional stress, fear, and self-awareness that should be avoided and anticipated. Another definition was also explained by (Al-Amarei, 2011) that social interaction anxiety is a feeling of fear and avoidance by individuals when expressing, meeting, and interacting with others.

Self-Esteem

Self-esteem is individual's attitude about how they make perception about their self overall, in the form of positive or negative attitude to their self. (Rosenberg, 1965). Based on (Branden, 2001), self-esteem is about valuation and judgement about their self, how person sees and judge their self overall. According to (Cast & Burke, 2002), states that self-esteem is how someone appreciate and judge their self overall, positive or negative judgement.

Self-Esteem and Social Interaction Anxiety

Several studies have shown that there is a relationship between self-esteem and social interaction anxiety. Social Interaction Anxiety which is a unidimensional variable and self-esteem that has aspects of self-acceptance and self-respect which are interrelated. In a recent study, Islamic, Sharier, and Absar (2014) determined self-acceptance and anxiety in adolescents showed lower anxiety leads an adolescent to develop better self-acceptance or the lower self-acceptance is vulnerable to higher anxiety. Other studies from Machdan and Hartini (2012) about self-acceptance and anxiety in adults 21-35 showed a significant negative relationship between self-acceptance and anxiety.

Methodology

In this study we used a quantitative approach. The quantitative approach was very appropriate to use because we want to see the correlation between two variables, namely self-esteem and social interaction anxiety. This study involved 357 respondents with the criteria of female undergraduate students aged 17-23 years in Indonesia. Purposive sampling method was used in this study. Purposive sampling is a method where sampling was based on criteria or requirements made by researchers (Nasution, 2003). Sampling is done if the target sample had met the required criteria and if the characteristics do not meet the requirements, will not be taken (Mulyatiningsih, 2011). Data analysis was done using SPSS (Statistical Product and Service Solutions) software for windows. There are two variables in this study, self-esteem and social interaction anxiety.

Instruments

1. Social Interaction Anxiety Scale (SIAS) was used to measure individual's level of anxiety in interacting. This scale was made by Mattick and Clarke in 1998 with 17 favourable items and 3 unfavourable items, used by Likert scale with five response options (1=strongly disagree and 5=strongly agree). This scale was a unidimensional scale, so that it does not have aspects in it. Cronbach alpha=0.899
2. Measurement of self-esteem was done by using Rosenberg's Self-Esteem Scale was made by Rosenberg in 1965 consist of 10 items, 5 favourable items and 5 unfavourable items, with two aspects, there are self-acceptance (question number 2,6,7,8,9,10) and self-respect (question number 1,4,3,5) with Cronbach alpha=0.817

Findings

Table 1

Correlation Result

Variabel	r	P
Self-Esteem* Social Interaction Anxiety	- 0.508	0.000

The result of statistical of Spearman Correlation showed that there is a negative correlation between self-esteem and social interaction anxiety. These results indicate that the lower self-esteem by female undergraduate students in Indonesia, have higher social interaction anxiety. When female undergraduate students have lower self-esteem, they feel more anxious and like to avoid talking and meeting with others because they feel the fear of rejection.

Discussions

Based on the result, there is negative correlation between self-esteem and social interaction anxiety with $p = 0.000$ and value $r = -0.508$, can showed that there is a significantly negative correlation between self-esteem and social interaction anxiety. Responden with higher social interaction anxiety have lower self-esteem and responden with lower social inteaction anxiety have higher self-esteem.

This study focuses on female students and shows that there is a significant relationship between self-esteem and social interaction anxiety, this statement according with the results of the study of Bosak, Neff, and Schyns, (2004) that women have lower self-esteem than men in every condition in life like self-esteem and satisfaction with what is done in life.

Based on Nurihsan and Agustin's statement (2011) Men and women have differences in how to they respect themselves and in forming relationships. Women compare themselves with others more than men and this is can decrease their self-esteem (Martinez & Dukes, 1991; Rapee & Spence, 2004; Sotelo, 2000) can strengthen the results of this study which focuses on female students.

Female undergraduate students have differences in how to they respect themselves and in forming relationships. Women compare themselves with others more than men and this is can decrease their self-esteem (Martinez & Dukes, 1991; Rapee & Spence, 2004; Sotelo, 2000).

Female undergraduate students who have high self-esteem will feel they are able to communicate with others in the environment, this statement according to Biemans et al (2008), individuals who have self-esteem in high categories will make individuals have self-confidence and ability to adapt in various situations, and reduce social interaction anxiety.

Limitations

The researchers was aware of the limitations of this study because of the sample size and the case study methodology on distribution questionnaire that convenient sampling, with the result that the data collected is not very specific and there are some data that are not appropriate.

Recommendation

The result of the reasearch explained to all the readers that self-esteem can affect social interaction anxiety. For the further researcher should increase the number of samples and prefer the sample in more specifically to be a representation of the population of the study. In addition, further research is expected to examine further whether there are mediator variables between self-esteem and social interaction anxiety in undergraduate students.

Conclusion

Based on the results of the study it can be concluded that there is a significant relationship between self-esteem and social interaction anxiety in students. The lower the self-esteem of the individual, the higher social interaction anxiety, the higher self-esteem that individual has, the lower social interaction anxiety.

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