

ABSTRACT

Hidayati, Lilik. 2012. The Relationship between Self Esteem and Social Anxiety of Early Teenager on 7th Grade Students at Junior High School of Terpadu Al-Anwar, Trenggalek. Thesis. Faculty of Psychology, Maulana Malik Ibrahim State Islamic University, Malang.

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Key words: Self esteem, social anxiety, early teenager

The student that graduates from elementary school and continues his/her study to junior high school will meet and interact with many new students. However, the student that is shy or afraid to get acquainted with other students will be difficult to interact with his/her new friends. This case is caused of the student's social anxiety. The anxiety can be influenced by the anxiousness, negative self evaluation, negative self opinion and self orientation. The negative evaluation and self opinion are also the factors that cause low self esteem. This kind of case is also found by the researcher at Junior High School of Terpadu Al-Anwar, Trenggalek. At the previous study, the researcher observes some new students that get anxiousness when they interact with their friends. It can be the failure of formation factor on the student's self esteem.

The purpose of this research is to know the self esteem level, the social anxiety level, and the relationship between self esteem and social anxiety on 7th grade at Junior High School of Terpadu Al-Anwar, Trenggalek .

This research uses quantitative method through correlation research plan. Self esteem is as free variable and social anxiety is as attached variable. The respondents of this research are 7th grade students on Junior High School of Terpadu Al-Anwar, Trenggalek that attain the age of 11 to 13 years and amount to 102 students. The instruments of data collection use two kinds of scales; they are self esteem scale and social anxiety scale. The data are analyzed using the data analysis method of product moment correlation by Karl Pearson.

The result of data analysis shows that the self esteem level is mostly at low category, that is 65 students (63,72%) whereas the social anxiety level is mostly at the high category, that is 52 students (50,98%). Based on the correlation result of product moment correlation test analysis, getting the result of $r_{xy} = -0,533$ and $p = 0,000$. This case shows that there is significant negative relationship between self esteem and social anxiety. It means that the higher the self esteem, the lower the social anxiety. On the contrary, the lower the self esteem, the higher the social anxiety. The effective contribution of self esteem and social anxiety is 28,4%, so there is still contribution amount to 71,6% decided by other factors that have not been revealed in this research.