

HUBUNGAN ANTARA *PERCEIVED PARENTAL REJECTION* DENGAN KECEMASAN SOSIAL PADA MAHASISWA

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Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan antara *perceived parental rejection (PPR)* dengan kecemasan sosial pada mahasiswa. Penelitian ini melibatkan 329 mahasiswa aktif Fakultas Psikologi Universitas Diponegoro yang tinggal bersama orang tua saat usia 7-17 tahun. Teknik pengambilan sampel yang digunakan yaitu dengan menggunakan teknik *purposive sampling*. Alat ukur yang digunakan adalah Skala Kecemasan Sosial (12 aitem $\alpha=0,870$) *Parental Acceptance-Rejection Questionnaire Father Version for Adult* (24 aitem $\alpha=0,938$), dan *Parental Acceptance-Rejection Questionnaire Mother Version for Adult* (24 aitem $\alpha=0,938$). Teknik analisis data dalam penelitian ini menggunakan uji korelasi *Spearman's Rho*. Hasil penelitian menunjukkan adanya korelasi positif yang signifikan antara *perceived father rejection* dengan kecemasan sosial ($r_s=0,252$; $p \leq 0,001$). Semakin kuat perasaan ditolak ayah maka semakin tinggi kecemasan sosial dan sebaliknya. Kemudian pada skala ibu tidak terdapat korelasi signifikan antara *perceived mother rejection* dengan kecemasan sosial ($r_s=0,094$; $p=0,089$). Hasil penelitian ini diartikan bahwa kecemasan sosial yang dirasakan mahasiswa tidak berkaitan dengan apakah ia merasa ditolak ibunya atau tidak.

Kata Kunci: *parental rejection*, kecemasan sosial, mahasiswa

CORRELATION BETWEEN PERCEIVED PARENTAL REJECTION AND SOCIAL ANXIETY IN STUDENTS

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Abstract

This research aims to determine the correlation between perceived parental rejection (PPR) and social anxiety in students. This research involved 329 active students at the Faculty of Psychology, Diponegoro University who lived with the parents aged 7-17 years. The sampling technique used was purposive sampling. The measuring instruments used were the Social Anxiety Scale (12 items $\alpha=0.870$), Parental Acceptance-Rejection Questionnaire Father Version for Adult (24 items $\alpha=0.938$), and Parental Acceptance-Rejection Questionnaire Mother Version for Adult (24 items $\alpha=0.938$). Data analysis used the Spearman Rho Correlation Test. The research result showed that there was a significant positive correlation between perceived father rejection and social anxiety ($r_s=0.252; p \leq 0.001$). Stronger the perceived of being rejected by father, the higher social anxiety and vice versa. Then, on mother scale there was no significant correlation between perceived mother rejection and social anxiety ($r_s=0.094; p=0.089$). The result of study mean that the social anxiety felt by students is not related to whether they feel rejected by their mother or not.

Keywords: parental rejection, social anxiety, students