

ABSTRAK

PERBEDAAN TINGKAT KECEMASAN SOSIAL MAHASISWA BARU ANGKATAN 2024 DITINJAU DARI JENIS KELAMIN PROGRAM STUDI BIMBINGAN DAN KONSELING UNIVERSITAS SANATA DHARMA

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Penelitian ini bertujuan untuk (1) mengetahui seberapa tinggi tingkat kecemasan sosial pada mahasiswa baru berjenis kelamin laki-laki, (2) mengetahui seberapa tinggi tingkat kecemasan sosial pada mahasiswa baru berjenis kelamin perempuan, (3) mengetahui tingkat kecemasan sosial mahasiswa baru berdasarkan aspek La Greca & Lopez, (1998) meliputi *Fear of Negative Evaluation (FNE)*, *Social Avoidance and Distress in New Situations (SAD-New)*, dan *General Social Avoidance and Distress (SAD-General)* ditinjau dari jenis kelamin (4) mengetahui ada tidaknya perbedaan tingkat kecemasan sosial antara mahasiswa laki-laki dan perempuan.

Penelitian ini menggunakan pendekatan kuantitatif. Subjek pada penelitian ini adalah mahasiswa baru Program Studi Bimbingan dan Konseling Angkatan 2024, Universitas Sanata Dharma yang berjumlah 90 orang, terdiri atas 19 laki-laki dan 71 perempuan. Instrumen pengumpulan data menggunakan kuesioner kecemasan sosial yang diadaptasi dari *Social Anxiety Scale for Adolescents (SAS-A)* menurut La Greca & Lopez (1998) yang memuat 40 item valid. Hasil uji reliabilitas sebesar 0,934. Teknik analisis data yang digunakan ialah deskriptif kategori dan uji perbedaan dengan uji *Mann-Whitney*.

Hasil penelitian menunjukkan bahwa tingkat kecemasan sosial mahasiswa sebagai berikut: (1) Pada mahasiswa laki-laki tidak ada yang masuk dalam kategori sangat tinggi, 1 (5%) kategori tinggi, 14 (74%) kategori sedang, 3 (16%) kategori rendah, dan 1 (5%) kategori sangat rendah. (2) Pada mahasiswa perempuan tidak ada yang masuk kategori sangat tinggi, 11 (15,5%) kategori tinggi, 33 (46,5%) kategori sedang, 21 (29,5%) kategori rendah, dan 6 (8,5%) kategori sangat rendah. (3) Hasil uji *Mann-Whitney* menunjukkan $p = 0,835$ ($p > 0,05$), hal ini berarti tidak terdapat perbedaan tingkat kecemasan sosial pada mahasiswa laki-laki dan perempuan pada Program Studi Bimbingan dan Konseling Angkatan 2024, Universitas Sanata Dharma.

Kata Kunci: kecemasan sosial, mahasiswa baru, bimbingan dan konseling, jenis kelamin.

ABSTRACT

DIFFERENCES IN SOCIAL ANXIETY LEVELS AMONG 2024 FIRST-YEAR STUDENTS BASED ON GENDER IN THE GUIDANCE AND COUNSELING STUDY PROGRAM AT SANATA DHARMA UNIVERSITY

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This study aims to (1) determine the level of social anxiety among male first-year students, (2) determine the level of social anxiety among female first-year students, (3) examine students' social anxiety based on the three aspects proposed by La Greca & Lopez (1998), namely Fear of Negative Evaluation (FNE), Social Avoidance and Distress in New Situations (SAD-New), and General Social Avoidance and Distress (SAD-General) viewed by gender, and (4) identify whether there are differences in social anxiety levels between male and female students.

This research employed a quantitative approach. The subjects were 90 first-year students of the 2024 cohort in the Guidance and Counseling Study Program at Sanata Dharma University, consisting of 19 males and 71 females. Data were collected using a social anxiety questionnaire adapted from the Social Anxiety Scale for Adolescents (SAS-A) by La Greca & Lopez (1998), which consisted of 40 valid items. The reliability coefficient obtained was 0.934. The data were analyzed using descriptive categorization and the Mann–Whitney difference test.

The results indicate the following: (1) Among male students, none were in the very high category; 1 student (5%) was in the high category, 14 (74%) in the moderate category, 3 (16%) in the low category, and 1 (5%) in the very low category. (2) Among female students, none were in the very high category; 11 students (15.5%) were in the high category, 33 (46.5%) in the moderate category, 21 (29.5%) in the low category, and 6 (8.5%) in the very low category. (3) In the FNE aspect, male students were mostly in the low category (36.84%), while female students were mostly in the moderate category (36.62%); in the SAD-New aspect, males were mostly in the moderate category (63.16%), and females in the moderate category (39.44%); in the SAD-General aspect, males mostly fell in the moderate category (47.37%), whereas females were mostly in the low category (45.07%). (4) The Mann–Whitney test yielded $p = 0.835$ ($p > 0.05$), indicating that there is no significant difference in social anxiety levels between male and female first-year students in the Guidance and Counseling Study Program, Class of 2024, Sanata Dharma University.

Keywords: social anxiety, first-year students, guidance and counseling, gender.